



Life Prayer

In Ezekiel 47 we read how a man with a measuring rod brought the Prophet first to the temple and then along a stream which flowed from the sanctuary. In the prayer that follows this flowing water is compared to God's healing life-force as it envelops the different stages of our life beginning at conception. As we are healed by the Lord and as a result of this, more spiritually mature, we become holy persons who will bear fruit - the fruit of the Holy Spirit - in our life of service to Him and His people. As you pray this prayer it is suggested that with the help of your imagination you take the place of Ezekiel and allow Jesus to lead you through your life's history as you walk along the river-bank with Him.

Generational (Eze. 47:2)

"Then he brought me out by way of the North Gate and led me round the outside to the outer gate that faces towards the east and the water was coming out on the south side."

I hold before you my ancestors and my ancestral line on both my mother's and my father's side. I thank you for all the good qualities that I have received through them. I ask you, Lord, to strengthen these bonds. Recognising that I have also inherited weaknesses and negative qualities from my ancestral line I call upon you now, Lord, by the power of your Spirit to break all negative bonds and set me free. Loving Father let the cleansing, healing waters of my baptism flow back through the generations to purify my family line of contamination. In the words of Jeremiah I pray:

**Heal me Lord, and I shall be healed.
Save me and I shall be saved.
For you alone are my hope. (Jer. 17:14)**

Conception/Birth (Eze. 47:3)

"Going on eastward with a line in his hand the man measured a thousand cubits and led me through the water and it was ankle deep"

Lord Jesus I ask that you lovingly take me by the hand and journey with me through the various stages of my life's history where I am in need of your healing power and love. May the cleansing waters flow over the first moments of my coming into being, freeing me of anything which is not of you.

While I was in my mother's womb whatever traumas she may have experienced, whatever negative feelings which I may have received which have affected or hurt me in any way, free me now Lord Jesus, healing me, loving me.

I ask you to unite this time of my life to the time you spent in your mother's womb perfecting it, making it whole.

I offer you my birth, Lord Jesus, about which I know nothing but you know everything. Whatever difficulties that may have been then, whatever deprivations in the months and years of infancy that followed, take them now, Jesus, and heal what needs to be healed. Unite this period of my life to that of yours, to the love and happiness you experienced. In the words of Jeremiah I pray:

**Heal me Lord, and I shall be healed.
Save me and I shall be saved.
For you alone are my hope. (Jer. 17:14)**

Childhood (Eze. 47:4)

"Again he measured a thousand cubits and led me through the water and it was knee deep".

Lord Jesus, lead me by the hand through the years of my childhood. Cleanse, restore, renew all that needs healing, renewing, restoring.

I praise and thank you for the mother you chose for me, for all her love and attentiveness. But she was human and she made mistakes in my regard. Whatever has been imperfect, wanting, in our relationship, whatever needs forgiveness, whether she is still alive or with you in your kingdom, in my imagination I lean towards her now, I embrace her and say, "Mother I forgive you. Please forgive me." Jesus, heal our relationship as you take us both into your embrace.

I praise and thank you for my father with all his good qualities, but again he, too, had his faults and failings - times when he was not there when I needed him, when he did not in any way demonstrate his love for me, or when he caused a lack of peace in the family. Whatever way his behaviour may have damaged me psychologically or deprived me of love and understanding, I lean towards him now and say as I embrace him: "Dad I forgive you. Please forgive me." Lord Jesus, heal our relationship.

School, Jesus, was often painful. I recall the teachers who did not understand me, who were insensitive to my feelings, or the pupils who laughed at me. I forgive all of them now and ask you to pour the healing waters of your love over all the hurts inflicted on me. Take all the negative memories of this period of my life and transform them into positive and healthy ones so that these memories will cause no more pain. I unite all my childhood years to those of yours when you were a child on earth and ask you to perfect them and make whole. In the words of Jeremiah I pray:

**Heal me Lord, and I shall be healed.
Save me and I shall be saved.
For you alone are my hope. (Jer. 17:14)**

Adolescence (Eze. 47:4)

"Again he measured a thousand cubits and led me through the water, it was up to the loins."

Take me, Lord Jesus, through the years of my adolescence. I praise you for the good things, my growing awareness of identity and relationships, a new creativity and concern for the wider world. I acknowledge that these years were sometimes turbulent and confusing. I was often rebellious, misunderstood, doing the things I should not do, not doing the things I should.

I bring to you, Lord Jesus, that time when I finished my schooling, the years of training which followed. Whatever difficulties, hurts, deprivations I experienced then, I ask you, my Lord, friend and Saviour, to take them to yourself upon the Cross and turn all the darkness I experienced into resurrection life, light and hope.

Forgive, Lord Jesus, all that adults may have done to me during those delicate years of my life. If I have difficulties in the area of sexuality with roots going back to this time, I ask you, Jesus, to heal me in my sexuality so that I may belong to you in a growing and joyful harmony of my whole being. I thank you, Jesus, that you forgive all that needs to be forgiven. I unite this period of my life to that of yours when you were an adolescent and ask you to pour your healing and the cleansing waters of your love over it. In the words of Jeremiah I pray:

**Heal me Lord, and I shall be healed.
Save me and I shall be saved.
For you alone are my hope. (Jer. 17:14)**

Adulthood (Eze. 47:5)

"Again he measured a thousand cubits and it was a river that I could not pass through for the water had risen. It was deep enough to swim in, a river that could not be passed through."

Lord Jesus, journey with me now through all the years of my adulthood. I praise and thank you for the numerous times you carried me through the storms, over the valleys of darkness, across the rocky wastes, through the brambles and the briars or when I sought to overcome the high walls and difficult passes. I thank you that I have survived so many crises in my life because of your care and love for me. I am not asking you to be able to forget all those things that cause pain. I only want you to take away from these negative memories any suffering and pain, any humiliations, shame and resentment so that I will be able to praise you at all times for any sufferings and difficulties, realising that you can turn everything, yes, even evil, into good, even unto a greater good, for those who love you. Heal, Lord Jesus, all that needs healing.

I have not always been faithful. I have sinned, I have been unforgiving and I ask you now to forgive me and to heal me of the consequences of my sin. If I ever dabbled in occult practices of any kind, I renounce them fully now and ask you through your loving forgiveness to undo any psychological or spiritual damage my folly has caused me, and to deliver me now from their evil consequences. Thank you, Jesus.

I have been unfaithful in many ways, as a Christian, a son/daughter, a father/mother, a husband/wife, a religious, but I have not left you nor have you abandoned me. Heal all the roots of my unfaithfulness. Grant me the gift of new freedom, Lord. Free me from all my sin, above all from not loving enough or for loving badly, gratifying my own needs by using other people, sometimes in the name of love. You know me, Lord Jesus, through and through. You perceive the blemishes that need to be brought to the surface and removed, so that I may become that fully alive, spiritually mature person you want me to be. May your healing waters flow over this whole period of adulthood. It is my trust and faith in you that will make me whole. In the words of Jeremiah I pray:

**Heal me Lord, and I shall be healed.
Save me and I shall be saved.
For you alone are my hope. (Jer. 17:14)**

Conclusion (Eze. 47: 7, 9, 12).

"Then He led me along the bank of the river. As I went back I saw upon the bank of the river very many trees on the one side and on the other...and he said to me...wherever the river goes every living creature which swarms will live...everything will live where the water flows...and on the banks on both sides of the river there will grow all kinds of trees for food. Their leaves will not wither nor their fruit fail but they will bear fresh fruit every month because the water from them flows from the sanctuary, their fruit will be food and their leaves for healing."

You, Lord Jesus, are my sanctuary. By Your wounds I am healed and so made more whole. I know that all harvest is the fruit of faith and trust in You. Unless I believe and have trust I cannot be fruitful, but I do believe and I do trust You that You have healed me this day. Because of this I become more fully alive, more spiritually mature and more fruitful.

I commit my life to you afresh now and humbly ask that I daily grow in You, that I may blossom and bear fruit - the fruit of Your Holy Spirit, and thus yield a rich harvest for Your honour and glory.
Amen.

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Maranatha

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