



with Dana Grindal and Laura Gallier

FearlessAndFreeCommunity.com

**PODCAST EPISODE 35
Does Anyone Care?**

PRAYER TO QUIET THE MIND

It is often difficult to hear from the Lord because our minds are so busy with our own thoughts, as well as the distractions and disruptions the enemy seeks to bring. This prayer is very helpful to pray at the start of your prayer time—or anytime your mind needs peace and clarity.

Lord God, I thank You for Your presence with me right now. I surrender my mind, body and spirit fully to You, Holy Spirit, to speak and lead according to Your will and purposes for me. In the name of Jesus, I bind the enemy from any interference or disruptions. I silence his voice. I silence the voice of myself and of others in my mind as well. I only want to hear Your voice.

Lord, according to James 4:7, I submit myself to You and resist the devil; therefore, he must flee. Wash me clean from anything that is not of You, and lift from me any burdens that are not mine to carry. Quiet my soul with Your love, and show me what is on Your heart.

In Jesus' name, amen.

From the *Free to Be Me* course, modified from the Alignment Prayer by Edie Bayer

REFLECTION & PRAYER EXERCISE

Make this a time of prayer and reflection. Remove distractions. Begin an authentic conversation with Jesus. Consider writing down thoughts as they come to you.

Thank you, Jesus, that You are here with me. I ask You to reveal truth to my heart and guide me in this time of prayer and reflection. . .

- 1. Countless people are walking around with smiles on their faces, doing their best to act like everything is fine, when in reality, they are suffering great turmoil within, and feeling deeply alone. This tempts us to believe that no one cares.**
 1. Can you think of a time when you suffered alone in silence?
 2. Did you notice the longer you waited to bring up your suffering, the harder it was to bring up?

3. Did you notice you pulled back from normal activity or friendships you previously enjoyed?
 4. How did this reenforce the lie that no one cares?
 5. Pause and reflect on that time. Maybe it is happening now. Invite Jesus to meet with you as you look at your responses to your painful circumstances.
2. **Trauma can set in so easily when we are young or at key moments of our lives, where we are hurt and no one notices, or no one is there in that significant moment to comfort us. This tempts us to hold the pain inside. Because we are alone in that moment, we are tempted to believe the lie that we are alone and no one cares. In response, we make the vow “not to need help” or “not to need comfort.” That vow “not to need” isolates us.**
1. Is this true for you?
 2. If so, this vow made to protect your heart from being hurt is blocking you from healing.
 3. But you don't have to be stuck. Healing is possible! The following prayer will lead you . . .

3. **To heal from inner vows, the Holy Spirit is our Advocate (Romans 8:26-27). He is our Helper (John 14:26). He is our Intercessor (Romans 8:26-27). You are not alone. He cares for you and your heart. Consider now inviting Him to come and heal your heart.**

Pray: Lord, I recognize I have made inner vows not to need. These vows are blocking me from receiving help from You and others. I repent for making these vows. I renounce them in Jesus' name. Take down this block in my heart. Thank You for Your forgiveness and cleansing me from all the ways these vows have blocked me from receiving love, comfort, and nurturance from You and others. I choose to forgive those who tempted me to make these vows. I release them to You. Come Holy Spirit. Fill me fresh. Fill in every gap within me with Your perfect love. Thank You that You care immensely for me. Thank You for always being with me. Heal my heart and make me whole. In Jesus' name, amen.

**If you have yet to call on Jesus as your Lord and Savior,
find a biblical explanation of the vital need and a prayer guide at**

FearlessAndFreeCommunity.com/Saving-Faith