

Prayer for Sexual Healing

by John & Stasi Eldredge

Lord Jesus Christ, I confess here and now that you are my Creator (John 1:3) and therefore the creator of my sexuality. I confess that you are also my Savior, that you have ransomed me with your blood (1 Corinthians 15:3, Matthew 20:28). I have been bought with the blood of Jesus Christ; my life and my body belong to God (1 Corinthians 6:19-20). Jesus, I present myself to you now to be made whole and holy in every way, including in my sexuality. You ask us to present our bodies to you as living sacrifices (Romans 12:1) and the parts of our bodies as instruments of righteousness (Romans 6:13). I do this now. I present my body, my sexuality ("as a man" or "as a woman") and I present my sexual nature to you.

Jesus, I ask your Holy Spirit to help me now remember, confess and renounce my sexual sins. {Pause. Listen. Remember. Confess and renounce.} Lord Jesus, I ask your forgiveness for every act of sexual sin. You promised that if we confess our sins you are faithful and just to forgive us our sins and cleanse us from all unrighteousness (1 John 1:9). I ask you to cleanse me of my sexual sins now, cleanse my body, soul, and spirit, cleanse my heart and mind and will, cleanse my sexuality. Thank you for forgiving me and cleansing me. I receive your forgiveness and cleansing. I renounce every claim I have given Satan to my life or sexuality through my sexual sins. Those claims are now broken by the Cross and blood of Jesus Christ (Colossians 2:13-15). Lord Jesus, I thank you for offering me total and complete forgiveness. I receive that forgiveness now. I choose to forgive myself for all of my sexual wrongdoing. I also choose to forgive those who have harmed me sexually. {Be specific here; name those people, and forgive them.} I release them to you. I release all my anger and judgment toward them. Come Lord Jesus, into the pain they caused me, and heal me with your love.

I now bring the Cross of my Lord Jesus Christ between me and every person with whom I have been sexually intimate {Name them specifically whenever possible. Also, name those who have abused you sexually.} I break all sexual, emotional, and spiritual bonds with {name if possible}. I keep the Cross of Christ between us.

I renounce {name what the struggle is – "the inability to have an orgasm" or "this lingering shame" or "the hatred of my body" or "this lack of desire"}. I bring the Cross and blood of Jesus Christ against this {guilt or shame, every negative consequence}. Lord Jesus, I also ask you to reveal to me any agreements I have made about my sexuality or this specific struggle. {An example would be "I will always struggle with this" or "I don't deserve to enjoy sex now" or "My sexuality is dirty." Pause and let Jesus reveal those agreements to you. Then break them.} I break this agreement {name it} in the name of my Lord Jesus Christ, and I renounce every claim I have given it in my life.

Lord Jesus, I now consecrate my sexuality to you in every way. I consecrate my sexual intimacy with my spouse to you. I ask you to cleanse and heal my sexuality and our sexual intimacy in every way. I ask your healing grace to come and free me from all consequences of sexual sin. I ask you to fill my sexuality with your healing love and goodness. Restore my sexuality in wholeness. Let me and my spouse both experience all of the intimacy and pleasure you intended a man and woman to enjoy in marriage. I pray all of this in the name of Jesus Christ my Lord. Amen.