

A Prayer for Sexual Healing



Healing for your sexuality is available; this is a very hopeful truth!

But you must realize that your sexuality is very deep and core to your nature as a human being. Sexual brokenness can be one of the deepest types of brokenness a person can experience. You must take your healing and restoration seriously. This guided prayer will help immensely. You may find you need to pray through it a few times in order to experience a lasting freedom.

A bit of explanation on the reasons for the prayer: First, when we misuse our sexuality through sin we give Satan an open door to oppress us in our sexuality. A man who uses pornography will find himself in a very deep struggle with lust; a woman who was sexually promiscuous before marriage may find herself wrestling with sexual temptation years afterward. So it is important to bring our sexuality under the Lordship (and therefore protection) of the Lord Jesus Christ and seek his cleansing of our sexual sins. Second, sexual brokenness— whether through abuse of our sexuality by our own actions or by the actions of others— can create sexual difficulties, and also opens the door for the enemy to oppress us. Quite often forgiveness is needed— both the confidence that we are forgiven by the Lord and the choice we make to forgive others. This will prove immensely freeing.

Let us begin by bringing our lives and sexuality under the Lordship of Jesus Christ:

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.

Next you need to renounce the ways you have misused your sexuality. The more specific you can be the more helpful this will be. Your sexuality was created by God for pleasure and joy within the context of the marriage covenant. Sexual activity outside of marriage can be very damaging to a person and to their relationships (1 Corinthians 6:18–20). What you want to do in this part of the prayer is confess and renounce all sexual sin— for example, sexual intimacy outside of marriage; not only intercourse, but other forms of sexual intimacy such as mutual masturbation or oral sex. Many people assume these “don’t really count as sin” because they didn’t result in actual intercourse; however, there was sexual stimulation and intimacy outside marriage. Keep in mind there is the “Spirit of the law” and the “letter of the law.” What matters are issues of heart and mind as well as body. Other examples of sins to renounce would be extramarital affairs, the use of pornography, and sexual fantasies. You may know exactly what you need to confess and renounce; you may need to ask God’s help to remember. Take your time here. As memories and events come to mind, confess and renounce them. For example: “Lord Jesus I ask your forgiveness for my sins of masturbation and using pornography. I renounce those sins in your name.” After you have confessed your sins— and don’t get tied up trying to remember each and every one, just trust God to remind you— then go on with the rest of the prayer.

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).

Next comes issues of forgiveness. It is vital that you forgive both yourself and those who have harmed you sexually. LISTEN CAREFULLY: Forgiveness is a choice; we often have to make the decision to forgive long before we feel forgiving. We realize this can be difficult, but the freedom you will find will be worth it! Forgiveness is not saying, “It



didn't hurt me." Forgiveness is not saying, "It didn't matter." Forgiveness is the act whereby we pardon the person, we release them from all bitterness and judgment. We give them to God to deal with.

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.

This next step involves breaking the unhealthy emotional and spiritual bonds formed with other people through sexual sin. One of the reasons the Bible takes sexual sin so seriously is because of the damage it does. Another reason is because of the bonds it forms with people, bonds meant to be formed only between husband and wife (see 1 Corinthians 6:15–20). One of the marvelous effects of the Cross of our Lord Jesus Christ is that it breaks these unhealthy bonds. "May I never boast except in the Cross of our Lord Jesus Christ, through which the world has been crucified to me and I to the world" (Galatians 6:14).

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, or just "that girl in high school" if you can't remember her name]. I keep the Cross of Christ between us.

Many people experience negative consequences through the misuse of their sexuality. Those consequences might be lingering guilt (even after confession) or repeated sexual temptation. Consequences might also be the inability to enjoy sex with their spouse. It will help to bring the work of Christ here as well. Many people end up making unhealthy "agreements" about sex or themselves, about men or women or intimacy, because of the damage they have experienced through sexual sin (their sin, or the sin of someone against them). You will want to ask Christ what those agreements are, and break them!

I renounce [name what the struggle is—"the inability to have an orgasm" or "this lingering shame" or "the hatred of my body"]. 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.

Finally, it will prove helpful to consecrate your sexuality to Jesus Christ once more.

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!!

We could report many, many stories of stunning redemption that have come as a result of individuals and couples praying through this type of prayer. Now remember—sometimes the wounds and consequences take time to heal. You might want to revisit this prayer several times over if lasting healing has not yet taken place. You may recall actions that need confession long after you finish this book; return to this prayer, and confess those as well. Some of you will also benefit from seeing a good Christian counselor. Hold fast to these truths:

You, your body, and your sexuality belong to Jesus Christ. He has completely forgiven you. He created your sexuality to be whole and holy. He created your sexuality to be a source of intimacy and joy. Jesus Christ came to seek and save "what was lost" (Luke 19:10), including all that was lost in the blessings he intended through our sexuality!

