
Prayer Guide

on behalf of
those
Recovering
from
Spiritual
Abuse



FINDING HOPE AFTER SPIRITUAL ABUSE

I am the Lord
who heals
you.

- Exodus 15:26b



The Way Home Ministries, Inc.

Prayer Guide on Behalf of Those Impacted by Spiritual Abuse

Thank you for your prayers on behalf of those impacted by the heartbreak of spiritual abuse. Whether abuse has been exposed and has sent a community reeling, or whether a church is at risk and is showing indications of unhealthy or toxic patterns which could lead to a painful implosion, the damage being done is incalculable. Jesus loves the Church so much so that He laid down His life for her. It is no wonder that the enemy has made the Church his primary target.

When the enemy gets a foothold in a church, the battle is dark, and the resulting impact can be devastating. Not only are people harmed, but their faith in God, pastors, and the church can be damaged, cutting them off from the very source of healing they need most.

The potency of this kind of attack will only be broken through the power of God – shining light, breaking down strongholds, and opening the eyes of those in harm's way. He invites us to join Him in this holy work through earnest prayer, seeking and believing Him for breakthrough, healing, and recovery.

As you do battle on behalf of this church, you are encouraged to

- **Pray scripture.** *We've provided some passages in this guide, but you are certainly not limited to these! Pray as the Lord leads you.*
- **Pray in bold authority.** *Ephesians 2:6 says we have been raised up with Christ and are seated with Him in the heavenly realms, giving us all authority.*
- **Consider fasting** once a week as part of your earnest prayer for this church. *(a meal, food for a day, social media – however the Lord leads)*
- **Ask someone to cover YOU in prayer** as you are doing battle in the heavenly realms.

Thank you for your prayers. You are interceding on behalf of women, men, and children of all ages - including whole families, the next generation, staff members, communities – so many lives and hearts. Your bold, loving prayers of faith matter!



Prayers for Churches and Individuals in Recovery after the Exposure of Spiritual Abuse

Being caught in the web of spiritual abuse is a disorienting, confusing, shattering experience. As we hold our wounded brothers and sisters before the Lord, pray for the Lord's gentle healing, but also that the Lord will do what only He can do: sift out what messages were from Him and which were from the enemy. In Matthew 13, the Lord promises that at the right time, He will divide the wheat from the chaff, the work of God from the work of an enemy. Pray, believing that God will expose all that is broken and bring to life all that is from Him. He promises to make all things right. Pray in faith that He will do just that.

1. Surely He took up our pain and bore our suffering, yet we considered Him punished by God, stricken by Him, and afflicted. But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed. ~Isaiah 53:4-5 (niv)

Our dear Savior did not leave us to face our heartbreaks alone. He took every pain, betrayal, and wound on His back – and through His suffering, He offers us healing. Pray for those who have been wounded and betrayed to turn to our Healer to experience the power and love of Jesus' healing. The enemy – and even well-meaning friends – can offer

false sources for recovery that will instead *interrupt* healing instead of meeting their deepest needs. Pray that the Lord would throw the enemy's plans into confusion and surround the confused and wounded with His healing love.

2. Rise from the dust, O Jerusalem. Sit in a place of Honor. Remove the chains of slavery from your neck, O captive daughter of Zion.

~Isaiah 52:2 (nlt)

Pray that the Holy Spirit will stir within those who know Him, prompting them to throw off every chain of slavery they've encountered: the chains that came through the abusive culture AND those that the enemy offers in the aftermath. Intercede on behalf of those who are finding false comfort in the dusty places of slavery that the enemy offers.

3. Jesus replied, "Every plant not planted by my heavenly Father will be uprooted, so ignore them..." ~ Matthew 15:13-14a (nlt)

The Lord is on the job, and at just the right time, He will uproot EVERYTHING He did not plant. Ask the Lord to tend broken, angry hearts with the comfort of His sovereignty and power to bring down every stronghold that sets itself up against His Kingdom. This is the Lord's work, but it can be tempting to take that work into our own hands. Intercede on behalf of those being tempted to do just that. We can rest in the fact that He will do the uprooting.

4. *No weapon forged against you will prevail... ~Isaiah 54:17a (niv)*

Pray that nothing would stand against the Holy Spirit's work in the lives of people who have been rocked by the exposure of spiritual abuse. Stand in the gap over their wounded, broken hearts so that the work of the Lord in their lives will prevail.

5. *Be strong in the Lord and in His mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. ~Ephesians 6:11b-12 (nlt)*

While people hurt, wound, betray, and abuse us, the reality is that we have ONE enemy. HE is the source of all of the destruction and brokenness in this world. Pray that those wounded would turn their battle from broken people to the one who is pulling all the strings. That they would stand strong in His mighty power against the enemy's strategies instead of getting sucked into the wrong skirmishes. That is NOT where our battle is. We have one enemy, and he has been conquered by the blood of the Lamb!

6. *God has given us this task of reconciling people to Him. For God was in Christ, reconciling the world to Himself, no longer counting people's*

sins against them. And He gave us this wonderful message of reconciliation. So we are Christ's ambassadors; God is making His appeal through us. ~2 Corinthians 5:18b-20a (nlt)

So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God. ~Matthew 5:23-24 (nlt)

As those in the aftermath of spiritual abuse begin the journey of recovery, the degree of healing they experience with God is inextricably connected to the degree of healing they are willing to pursue with others. Pray against the enemy who desires to see us ripped apart internally, divided from one another, and estranged from God. Intercede for healing and reconciliation in every arena - whole, thorough healing - possible through the power of Jesus, the One who restores everything the enemy tries to destroy.

7. He will not crush the weakest reed or put out a flickering candle. He will bring justice to all who have been wronged. He will not falter or lose heart until justice prevails throughout the earth.

~Isaiah 42:3-4a (nlt)

He won't brush aside the bruised and the hurt, and he won't disregard the small and insignificant, but he'll steadily and firmly set things right. He won't tire out and quit. He won't be stopped until he's finished his work – to set things right on earth. ~Isaiah 42:3-4a (msg)

God promises that He doesn't disregard the pain of the wounded, and that HE will make all things right. Pray in agreement with His promise over the communities and individuals who've been crushed by abuse. Our God won't be stopped until He's finished His thorough work of healing, justice, and setting things right. Pray in faith that the Lord will complete this work in each life touched by this pain.

8. *They found grace out in the desert, these people who survived the killing. Israel, out looking for a place to rest, met God out looking for them!* God told them, "I've never quit loving you and never will. Expect love, love, and more love! And so now I'll start over with you and build you up again. ~Jeremiah 31:2b-3 (msg)

On behalf of those whose worlds seem shattered, pray that the Lord will fulfill His promise to start over and rebuild their lives. Ask the Lord to faithfully tend each place of brokenness and shattering, touching and healing each loss with His faithful love that will never stop.

9. *He led me to a place of safety; He rescued me because he delights in me. ~Psalm 18:19 (nlt)*

While the journey to healing can be painful and long for those coming out of a destructive church culture, the reality is that God has rescued them because of His great love for them. Pray for the truth of God's

attentive care to bring deep comfort and security in days that are filled with upheaval, confusion, and loss.

10. *I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. ~Ephesians 3:16-18 (nlt)*

Pray that the Lord will strengthen those whose faith, emotions, and relational worlds have been shaken. Pray that their roots would go deep into His love, anchoring them to the Source of their security and strength.

11. *Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.*

~1 Peter 5:8 (nlt)

And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.

~Ephesians 4:26-27 (nlt)

The enemy doesn't give us a reprieve when our hearts are broken. On the contrary, he is an opportunist, seeking our vulnerabilities to pounce upon, pollute, and destroy. We can allow him access through untended

anger, unforgiveness, and not taking extra care when we are wounded. Intercede on behalf of the vulnerable, where the enemy is preying upon their grief. Ask the Lord for protection, an alert spirit, and thorough work in the areas of their deep losses. Pray for the humility to run to the Lord's truth, protection, and direction in such vulnerable days.

12. *"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full"* ~John 10:10 (niv)

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

~Galatians 5:1 (niv)

Pray against the enemy who will try to ensnare us any way he can. If the abuse gets exposed and he doesn't have the power of abuse, deception, and secrecy any longer, he'll set up strongholds in the excruciating days of discovery and exposure. Ask the Lord to bring light to any lies or strongholds that remain from the abuse AND intercede for the breaking of new vows and agreements that were made in the discovery. The enemy wants us to live trapped, robbed, and destroyed. Fight for the wounded to be set free from his deception and traps on all sides.



THE WAY HOME MINISTRIES

recovering a life of thriving faith
in the aftermath of spiritual abuse

theway-home.org

Please remember this work
in your prayers.