

# The Overcoming Hurtful Words Prayer



*Above all else, guard your affections.*

Dear God,

No one knows pain like You. Please come alongside me. Walk every single step of this hard-but-worth-it-journey with me. Surround me with your healing wings (Psalm 91). As I review the tender, broken places in my heart, I pray You will visit me with the miraculous healing that comes only from You.

Where there is despair, bring the bright dawn of a brand-new beginning. Where there are lies, bring the light of truth. Where there is hate, bring a love that comes only from You. Where there is unforgiveness, bring the supernatural capacity to let go. Where there is anger, bring the peace that passes all understanding. Where there is confusion, bring clarity and vision. Where there is oppression, bring the freedom of the cross. Where there is sadness, bring joy unspeakable and full of glory.

Help me rise above my crushing hearttrift and bring me to rejoice in my powerful heartlift. Most of all, help me remember that I need to take really good care of my heart. Teach me to guard my affections, for they influence absolutely everything in my life.

*Amen.*

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## MEET JANELL

Author, Board Certified Life Coach and Professional Speaker, Janell Rardon, loves helping women find their God-breathed capacity, purpose and potential. She lives in Virginia with her husband of 33 years, Rob, and passionately misses her three children who live all over the globe!

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