

Prayer to Sanctify the Amygdala

Father God, we bless your name and declare that what the Bible teaches us about you is true. We declare that your very nature is love. Your love for us does not depend on our merit or favor. It is just who you are.

Father, help me to feel secure in your love. I declare your love breaks down my fear and worries about my health, my finances, my relationships, and my future.

Father God, I ask you to put your loving healing touch on my amygdala. Take the fearful emotions and negative memories that I may have stored in my brain and sanctify them.

Any neurological patterns of fear and worry must now submit to your love!

Father, remove the lies that have led me to believe that I will always have fear and anxiety and that I cannot change.

I declare that I am not too old to change; and with your help, I will become a new person.

I declare that your love will win the day!

In Jesus' powerful name I pray.

Amen.