

Releasing Prayer For A Loved One

Instructions: Take a deep breath. Breath in through your nose for 5 seconds and exhale through your mouth for 5 seconds. Do this 3 times releasing all thoughts and heaviness in your mind and body. Now, Visualize and surround yourself in a big bubble of Christ Light for protection.

Father,

I come to you today to say thank you.

I thank you for being my everlasting light of hope and glory!

I come to thank you for being the love of my life and the joy of my life!

There is NO ONE or NO THING that I love more than you!

Father you know me, you know my thoughts, you know the very intentions of my heart.

You

know that my heart has been heavy for a long time as I walked thru _____
experience with

him. Father, you know that _____ did not want to leave this realm so soon.

And you know that I

did not want him to leave so soon.

There are so many things about his experience in this life that I don't understand!

My PRAYER TODAY is not to ask you to help me understand right now BUT to ask you
to help me

trust you! I trust that you will allow my heart to open and experience the Peace that
passes all

understanding that my heart may be whole again.

Father, today give me the strength as I RELEASE _____ back to you.

I acknowledge and believe that beyond this realm there is another realm where your
purpose

for him continues.

Today, I forgive myself of any guilt I've been holding onto!

I did the best that I could do. _____, I ask that you forgive me for anything
you feel that I did or

did not do. I love you and I did my best!

God forgive us both for any expectations we had of each other beyond our own
capacity!

_____, I LOVE YOU WITH ALL MY HEART AND I NOW RELEASE
YOU BACK TO SPIRIT FROM
WHENCE YOU CAME!

I have enjoyed you in this realm and I thank God for having you with me for the time that
I did

have you!

I release BOTH OF US from the bondages of earthly experiences that we don't want to
let go!

I release US from the bondage of time and I NOW RELEASE YOU INTO AN ENDLESS
LIFE!

So, today with all of my heart, I release _____ back to SPIRIT!

I Release him with love to go forth and continue HIS PURPOSE in the Invisible Realm.

I Miss You _____! But I know you are FOREVER with me.

I thank you Father for your love.....for your love has healed US BOTH!

AMEN!

Written by Kim B. Polk (my mother)