

# Prayer for the Healing of Adverse Childhood Experiences (ACEs)

Our loving and merciful God, you know us inside and out—and you know our families.

Some of us had parents who hurt us. They were addicted, abusive, or broken. Please give us the grace we need to seek help, care for ourselves, and forgive. Heal us, O Lord.

When we look back on our child-raising years, some of us have come to realize that our own actions, inactions, and words wounded our children. Heal our adult children, help us to forgive ourselves and accept we did the best we could, and show us how to embrace and trust your healing love for ourselves, our families, and all families. Heal us, O Lord.

Some of us are desperate every single day as we struggle to raise our kids. We love our children, but we are overwhelmed with bills, possible eviction, sickness, addiction, or abuse. We feel gut-wrenching hopelessness. Heal us, O Lord. Send a miracle. Send someone. We beg you.

Some of us had parents who loved us and tried very hard but weren't perfect and unknowingly hurt us. Even though our ACE score may be low, we too need help. Please open the eyes of our hearts so we can recognize the times we think and act unconsciously in ways that harm—mindlessly reacting to our childhood experiences.

Heal all of us, O Lord. Give us the gift of your presence so we can be instruments of your healing for others. Give us patience, tolerance, and understanding so we can prevent ACEs by helping others find hope and healing. Help us reach out to a vulnerable child at risk of being harmed because of poverty, neglect, or addiction in the family—may we be that caring adult that will change a child's life.

We pray to you, our loving God, that all the effects of ACEs— past, present, and future—be healed, and that ACEs be no more. Heal us, O Lord. Amen.

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More about ACEs and this prayer at [SerenityandHealth.com/aces-prayer](https://SerenityandHealth.com/aces-prayer)

