



HEALING

WOUNDS

A BOOK OF POEMS FROM MY HEART TO GOD

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Efuru Miller



TO THE TRUE VINE OF MY LIFE,  
JEHOVAH RAPHA, MY HEALER

**THIS BOOK OF POEMS IS DEDICATED TO ANYONE WHO  
SEEKS GOD'S FACE BUT JUST DON'T KNOW WHAT TO SAY.  
IF YOU SOMETIMES FEEL LOST IN THIS WORLD, REST  
ASSURED YOU ARE NOT ALONE. I WROTE THESE POEMS  
SPEAKING FROM MY OWN PERSONAL CRY TO GOD AND  
FROM THE PERSPECTIVE OF OTHERS IN MY LIFE.  
PRAYERFULLY, THESE POEMS WILL SPEAK TO YOUR  
HEART AND INSPIRE YOU TO SEEK HIM IN THIS JOURNEY  
WE CALL LIFE.**

**JEREMIAH 30:17  
JOHN 15:1-17**



## DEAR GOD

*Dear God, let me be whom I was created to be. Please don't let my present circumstances dictate my future for me. Mold me, shape me, lead me, guide me, keep me, hide me, heal me, teach me, love me, and free me. Free me from negative thoughts, insecurities, low self-esteem, depression, self doubt, feeling defeated and even sometimes feeling unloved. Fill me with love, joy, peace, laughter, thoughtfulness, willingness, discernment, wisdom, strength, discernment, favor and faith.*

*In Jesus Name,  
Amen*

# *Spirit of Healing*

The process of healing can be immediate or sometimes it can be a journey in itself. Where there is healing, there was once an open wound. Wounds can come in many different forms, emotional trauma, physical abuse, and even poverty, to name a few. My prayer for you is that whatever needs to be healed in your life, you seek God and ask for His Healing, He can make a way for you.

What are some wounds you have, or may have had in your life? Ask God to reveal the wounds that you may be ignoring or avoiding because it hurts too much to think about, and ask Him to heal those wounds for you too.





# *Spirit of Healing*

*Spirit of Healing where are thee?  
Save me from satan's destructive plan for me.*

*Spirit of healing move these dry bones.  
Put them together and make me whole.*

*Spirit of Healing please hear my cry.  
For you shed your blood that I shall not die.*

*For you came here that I shall have life more  
abundantly.  
You said it only takes faith as small as a mustard  
seed.*

*You met me in the hospital, you met me at home.  
Your healing spirit promised to never leave me alone.*

*Now faith is the substance of all things hoped for.  
Your Spirit of Healing is with me forever more.*

# *Spirit of Self Doubt*

Think about a time where you thought that maybe you weren't good enough. Maybe it was before an interview, or maybe while you were in a relationship. Self-Doubt will have you constantly questioning yourself, self-doubt will discourage you, and make you feel unworthy and not enough.

The God we serve didn't create any unworthy children! YOU ARE ROYALTY!!!

Write down three affirmations or bible verses that you can use when you are having Self-Doubt. Memorize the affirmations or bible verses because you will need them. Keep them at home, at work, in your phone, wherever they are easily accessible.



# *Spirit of Self Doubt*

*Spirit of self doubt, get out of my head.  
For the Lord says I am fearfully and wonderfully  
made.*

*Spirit of self doubt why don't you just let me be?  
For the Lord says He'll never leave or forsake me.*

*Spirit of self doubt you have nothing to offer.  
For the Lord I serve says I'm more than a conqueror.*

*Spirit of self doubt I don't have the time.  
For the Lord I serve says victory is mine.*

# *Spirit of Self Discernment*

Decisions, decisions, decisions, yes, we all must make them. Have you ever felt uneasy about someone, or a situation and you can't pick up on what it is? Have you ever had to have a major change in your life but felt paralyzed and encapsulated in fear because you didn't want to make the wrong move? God will help you if you just ask. He hears your prayers, even if you whisper them. He knows what's best for you but wants to empower you to decide and He'll be with you, every step of the way.

Do you have to make a major change, or impactful life decision? Ask God to give you the Spirit of Discernment, and the wisdom that he bestowed upon King Solomon, the writer of the book of Proverbs.



# *Spirit of Self Discernment*

*Spirit of Discernment come rescue me.  
Clear my thoughts of ambiguity.*

*Give me the ability to see things through.  
Let me decipher things and know that it comes from you.*

*Spirit of Discernment don't let me fall.  
Order my steps before I make the wrong call.*

*Give me the steps to go the right way.  
By following the wisdom of Jesus each and every day.*

*Spirit of Discernment come rescue me.  
Allow me to be all that God calls me to be.*



# *Spirit of Peace*

Chaos, confusion, frustration, drama, none of these have any place in your life. God is Peace, Yahweh Shalom, and He wants Peace for you. Peace on your job, peace at home, peace with your friendships, but most importantly Peace within yourself!

Life has its ups and downs; How do you keep your Peace? Prayer for Peace is a great start!

Have faith and believe, you will see the difference in your life, and the Spirit of Peace will come and overflow in every area of your life.





# *Spirit of Peace*

*Spirit of Peace come into my house.  
Flee all confusion and distrust from my heart.*

*Spirit of Peace calm this storm.  
Show me God's favor of the battle already won.*

*Spirit of Peace don't leave me with fear.  
Give me more confidence and dry all these tears.*

*Spirit of Peace I need you so.  
Please knock this hell right out of the door.*



# *Spirit of Favor*

Have you ever heard the saying, favor ain't fair? Well, it's not! God wants to reward those with Favor for those who diligently seek Him. He has some treasures for you and wants to you to have them, but you must come to Him with Faith. The bible gives many examples of those who had Faith. One that I love to reference is in the Book of Genesis, God had so much Favor with Abraham that he rewarded him as the Father of Many Nations! Same God, same Favor that He has for you and me too!

What are some of the things that you are hesitant to ask God for because it seems to big, or you think you don't deserve to even ask for it? He loves you! Write down a list of everything that your heart desires, seek God and ask Him for His Favor in your life, have Faith, and watch God show up and show out!



# *Spirit of Favor*

*Spirit of Favor rain down on me.  
Show me all of God's grace and mercy toward me.*

*Spirit of Favor reveal yourself.  
Thank you for my prosperity and good health.*

*Spirit of Favor come through right now.  
Before all of that let me take a bow,*

*To the matchless name of Jesus Christ that is,  
so I can thank Him for His salvation again and  
again.*

*Heavenly wealth is what I want to attain.  
I will see it ALL in Jesus mighty name.*

# *Spirit of Anxiety*

Does the very thought of the unknown make your heart palpitate, raise your blood pressure, causes you headaches, stress, causes you to shut down, or even lash out,? Well my friend you may be experiencing anxiety. Anxiety comes in many forms, but one thing we know for sure is that God can give you the tools to ease your thoughts, emotions, and behaviors.

Meditating on God's word about who He says you are, is one way to start. There are many other ways to release anxiety as well. What are some of the ways that you release anxiety? Who do you talk to about your thoughts, fears, and emotions? Ask God to give you the tools you need to release your anxiety, to be mindful of your thoughts, feelings, and actions, and to send someone a therapist, coach, friend, or spiritual partner that you can be vulnerable with to walk through this journey of transformation with you.



# *Spirit of Anxiety*

*Spirit of anxiety why are you trying to cripple me?  
Is it because you know what God's plan will be?*

*Spirit of anxiety you should just bounce.  
The Lord who is my Shepard is in this house.*

*Spirit of anxiety you are nothing to fear.  
For my cares are cast upon the one who is near.*

*Spirit of anxiety I breathed you in, now out.  
It's time for my Champion to take the stage and  
show out.*

# *Spirit of Joy*

Happiness, delight, gladness, all these words to describe joy. Do you feel joy in your heart? Do you feel happy, delightful, or gladness when you wake up in the morning? Many people go about their day or lives never experiencing this type of Joy. Joy is certainly God giving. Ask Him for it!

What does joy look or feel like to you? Not experiencing joy in our lives sometimes make it impossible to even imagine what it feels like. Pray that God sends you joyful people in your life that you may see how it looks, the happiness they carry with them, the gratitude they have for it, and most importantly pray that you experience the Joy that only God can give you.





# *Spirit of Joy*

*Spirit of Joy I feel you in my heart.  
It was a feeling that I knew was there from the  
start.*

*Spirit of Joy how happy you make me.  
Let your joy shine in me so brightly.*

*Spirit of Joy sometimes I can't see your face.  
Yet I still will rejoice because I know this isn't  
always the case.*

*Spirit of Joy I'm right in your presence.  
Joyfully waiting to share God's message.*

# *Spirit of Strength*

When life comes with its seasons of storms, lightning strikes, it strikes hard, and to be honest it hurts! Have you ever experienced a storm where you thought there is no way out? As soon as the clouds move and the sun starts to appear, then another gloomy cloud is behind it. Maybe you are in your storm right now and you want to give up. **DON'T GIVE UP!** Call on your present help in the times of trouble. Ask God for His strength to make it **THROUGH** the storm.

What are some of the ways that you can seek God's strength? Who can you talk to about your storm? Ask God to give you clarity and direction through your storm and to reveal how you can help others that may share your same experience. Pray over your situation daily and remember He will fight your battle for you, all you must do is show up, and He will be your strength for you.



# *Spirit of Strength*

*Spirit of Strength, pick me up in troublesome times.  
I need to move forward to get what's mine.*

*Spirit of Strength flex those muscles to the world.  
Like David vs Goliath, the enemy shall fall on God's  
Word.*

*Spirit of Strength please come through.  
Your strength is made perfect through my weakness  
more than I ever knew.*

*Spirit of Strength I can't believe you did all this for  
me.  
I will celebrate victory like the day of Jubilee.*

# *Spirit of Love*

There are many definitions of Love, what it looks like, and what it feels like. If you follow the Holy Scriptures in 1st Corinthians 13, Paul does an awesome job of explaining what love is and what it's not. Even today, many people have not experienced this kind of love. So, I do understand that it is hard to give what you have never experienced. However, you can experience this love, God's Love. He loves you through His everlasting mercy and grace.

What does love mean to you? In what ways have you experienced love? What ways do you show love to others? Ask God to reveal His love to you. Pray that He not only reveals His love to you, but to also teach you how to love others.



# *Spirit of Love*

*Spirit of Love I've been reckless at times.  
Let me see your face to know that everything is fine.*

*Spirit of Love are you still there?  
Your loves comes with forgiveness for all those who  
care.*

*Spirit of Love wrap your arms around me.  
With God's touch Healing Wounds is what it will  
manifest to be.*

*Spirit of Love what more can I say?  
You gave me your life, for that Spirit of Love, I can  
never repay.*

# *Seek God In Holy Scriptures*

Healing- Mark 5:34, 1 Peter 2:24, Isaiah 53:5, Psalms 30:2,  
Psalms 103:2

Self-Doubt- Psalms 139:14, Psalms 23, Romans 8:37, Zechariah 2:8,  
Philippians 4:13

Discernment- Proverbs 1:7, James 1:5, Romans 12:2, Mathew 7:24,  
1 Kings 3:9

Peace- John 14:7 Number 6:26, Genesis 15:15, 1 Corinthian 14:33,  
Jeremiah 29:7

Favor- Genesis 6:8, Leviticus 26:9, Ruth 2:2, Psalms 69:13,  
Proverbs 10:32

Anxiety- 2 Timothy 1:7, 1 Peter 5:7, Philippians 4:6, Psalm 91:1-16,  
Luke 12:22-26

Joy- Psalms 37:4, 1 Chronicles 16:27, Ezra 6:22, Isaiah 61:10,  
Galatians 5:22-23

Strength- Nehemiah 8:10, Isaiah 41:10, Exodus, 15:2, Psalms 118:14,  
Psalms 27:1-3

Love- John 3:16, 1 Corinthians 13:4-5, 1 John 4:7-9, Mark 12:28-32,  
John 15:9-17





# **EAGLES WITH VISION LLC**

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Healing Wounds is not just a Book of Prayers but it is also a Coaching Guide toward self discovery and healing. Each Prayer is accompanied by questions and practical tools that any one can use.

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Efuru Miller has always dedicated herself to helping and inspiring others. Early in her collegiate career she went to school to become a Registered Nurse. It wasn't until Efuru took a Community Psychology undergraduate course that she was intrigued by the study of human behavior. Thereafter, she changed her major to Psychology. Efuru went on to earn her Master of Arts Degree in Counseling and Human Services. After being healed from her own health battle, and always one seeking personal growth and development, Efuru saw God's vision for herself to plant seeds and cultivate greatness around the world. Efuru founded Eagles with Vision LLC to continue to motivate and inspire people of all ages and backgrounds to reach within themselves and SOAR!