

TIME BOMB PRAYER

Healing Time-Triggered Trauma and Spiritual Sabotage

Scripture Foundation:

Ecclesiastes 3:11 – “He has made everything beautiful in its time...” Psalm 139:16 – “All the days ordained for me were written in Your book before one of them came to be.” Isaiah 61:1 – “...to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners...”

Prayer: Disarming Time Bombs in Your Timeline

Heavenly Father, In the name of Jesus, I come before You and invite Your Holy Spirit to walk with me through every part of my timeline. I ask You to reveal any time bombs—any trauma, pain, curses, soul wounds, or demonic assignments—that have been hidden or set to trigger at specific times in my life.

I repent for any known or unknown agreement I’ve made with fear, shame, hopelessness, or despair. I break every generational cycle, timeline pattern, and soul tie that may have planted these time bombs in my body, soul, or spirit.

Jesus, I declare that You are Lord over my timeline—past, present, and future. I ask You to disarm every spiritual or emotional time bomb planted by the enemy. I cancel every assignment of sabotage, sickness, or spiritual confusion that was set to activate at a certain age or life event. I close the door to these hidden triggers in Jesus’ name.

Walk with me through every age, every memory, and every wound. Heal the places I don’t even remember. Restore joy where there was grief, confidence where there was fear, and peace where there was pain.

I declare that my timeline is now under the blood of Jesus. I call back every piece of my identity and purpose that was lost or delayed because of trauma. I step into divine alignment with God’s original design for my life.

Thank You for making all things beautiful in Your time.
In Jesus’ name, Amen.

Timeline Healing Worksheet Use this space to reflect with the Holy Spirit. Write down any memories, triggers, feelings, or spiritual impressions related to each season of your life. Then pray the Time Bomb Prayer over those moments.

Timeline Healing Worksheet

Age Range	Memory or Feeling	Trigger or Pattern	What to Pray/Declare
0–5 years			
6–10 years			
11–15 years			
16–20 years			
21–30 years			
31–40 years			
41–50+ years			

Closing Declaration: “I am not bound by the broken patterns of my past. I am not waiting for something to go wrong. I am moving forward in hope, healing, and alignment with the purposes of God. My timeline belongs to Him.”

**Thank you for reading. If this resource has helped you, please share it with others.
Join us on Facebook and Instagram.**