

**FREEDOM PRAYER** “Free to Pray. Free to Love” by Max Oliva, S.J.

“The freedom prayer offers deliverance from those obstacles within ourselves, aspects of the false self that keep us imprisoned. The faith involved in the freedom-prayer is like the faith of a child; it expresses a child’s openness and trust. It is based on the belief that God truly loves us and knows what is best for us, that God wants us to be free and wants to heal us of anything that inhibits our inner freedom. Faith is a gift, but we grow in faith each time we put our trust in God’s love.”

1. I become aware of an aspect of the false self that I want freedom from.
2. I cannot become free of this aspect through my own efforts. I acknowledge that only God can free me.
3. I believe that God wants to heal me, wants me to know my true self -because God loves me.
4. I ask God for insight to know what it is that I need freedom from. I try to name it to heighten self-awareness.
5. I ask God for freedom. I pray this every time I find this unfreedom arise within me or I act from this unfreedom.
6. I leave the healing in God’s hands, like a child, with complete trust that the freedom will be given to me. It is not necessary to repeat the prayer but only say it at the time I am aware of this aspect of the false self.

Source: “Free to Pray; Free to Love” Max Oliva