

Mormon (Latter-Day Saints): Breaking Free

Leaving the Mormon Church (LDS) is rarely a simple decision. For many, it marks the beginning of a deeply personal and often painful transition—one that can include strained relationships, social isolation, identity shifts, and emotional upheaval. When faith has shaped your community, family life, and sense of purpose, stepping away can feel like losing your entire world at once. Yet even in the disorientation, there is space for growth, healing, and rediscovery.

Key challenges include:

Social Isolation and Shunning: Members who leave often experience, or fear, being shunned or alienated by their community, leading to a loss of social, family, and professional networks.

Family Conflicts and Divorce: Faith transitions can cause severe strain on marriages and family relationships, sometimes resulting in divorce, estrangement from children, and inability to attend family functions, such as temple weddings.

Identity Crisis and Loss of Purpose: Losing a deeply structured, all-encompassing lifestyle often creates a sense of disorientation, causing former members to struggle with their sense of self and purpose.

Mental Health Struggles: Many experience anger, betrayal, grief, and fear, as well as lingering, obsessive thoughts of perfectionism or worthlessness.

Rebuilding a Worldview: Individuals must navigate the complex process of defining their own values, beliefs, and morals outside of a rigid, predefined framework.

"Shelf-Breaking" Realizations: The transition often follows a "shelf-breaking" moment where cognitive dissonance between church teachings and personal or historical facts becomes too great to ignore.

Perception of Dishonesty: Some may feel pressured to continue appearing to be in good standing with the Church to maintain relationships, leading to feelings of living inauthentically.

When you are ready, say the following prayer out loud, with conviction.
Change the wording to express what is in your heart.

*Heavenly Father,
Creator of Heaven and Earth,*

I come before You in humility and sincerity. You see my heart completely—my questions, my experiences, my wounds, and my longing for truth. Nothing about my journey is hidden from You.

Today, by an act of my will, I choose to renounce any spiritual, emotional, mental, or covenantal ties that I have made—knowingly or unknowingly—with the Mormon church and its teachings. I release myself from every agreement, oath, expectation, identity, and belief that is not aligned with Your truth and Your will for my life.

If I have entered into promises, ceremonies, or commitments that were not from You, I ask for Your forgiveness and cleansing. I cancel any words spoken over me that brought fear, control, shame, or spiritual bondage. I break every unhealthy tie in the name of Jesus and declare that my allegiance belongs fully to You alone.

Heal my heart from disappointment, isolation, or misunderstanding. Restore relationships that can be restored, and give me grace where boundaries are needed. Surround me with wise, loving, and supportive people who reflect Your heart.

*Lord, where there has been confusion, bring clarity.
Where there has been fear, bring peace.
Where there has been rejection or loss, bring comfort.
Where there has been hurt, bring deep healing.*

I declare that my identity is not in a religious system, but in being Your beloved child. I am not lost—I am led by You. I am not alone—You are with me. I am not condemned—I am forgiven and free.

Fill every place that feels empty with Your Holy Spirit. Replace doubt with faith, anxiety with assurance, and heaviness with joy. Establish my steps in truth, and guide me into a deeper, more intimate relationship with You.

Thank You that leaving a place is not leaving You. Thank You that healing is possible. Thank You that freedom is real.

I trust You with my future. I receive Your peace. I walk forward in hope.

In Jesus' name, Amen.

If this is your journey, take heart: you are not alone, and you are not lost. Seasons of transition often feel heavy, but they can also become sacred ground where clarity, authenticity, and deeper faith are formed. Healing takes time, relationships may shift, and emotions may rise and fall—but peace is possible. Your identity is not confined to a religious system. You are worthy of love, belonging, and spiritual freedom.

There is comfort for the brokenhearted, wisdom for the searching, and hope for the rebuilding. This chapter is not the end of your story—it is the beginning of living more fully, honestly, and courageously than ever before.

“He heals the brokenhearted and binds up their wounds.” Psalm 147:3

“Come to Me, all who labor and are heavy laden, and I will give you rest.” Matthew 11:28–30

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” John 14:27–28

“Cast your burden on the Lord, and He will sustain you.” Psalm 55:22

“His mercies never come to an end; they are new every morning.” Lamentations 3:22–23

“Cast all your anxieties on Him, because He cares for you.” 1 Peter 5:7

“Trust in the Lord with all your heart, soul and mind.” Proverbs 3:5–6

“Nothing can separate us from the love of God in Christ.” Romans 8:38–39

“If any of you lacks wisdom, let him ask God...” James 1:5

“Make me to know Your ways, O Lord; teach me Your paths.” Psalm 25:4–5

“I will never leave you nor forsake you.” Hebrews 13:5

“May the God of hope fill you with all joy and peace in believing.” Romans 15:13

“When I fall, I shall rise; when I sit in darkness, the Lord will be a light to me.” Micah 7:8