

## *A prayer to break addictions...*

*This prayer might be spoken with a counselee who has undergone treatment and ceased any substance abuse for an agreed time period. Lord, I ask You to meet \_\_\_\_\_ in this addiction.*

*As he has committed to finding the wounds that made him vulnerable to addiction, I ask that You come alongside and carry the overwhelming part of this load.*

*In particular, I ask that You control one craving or the other; either the emotional craving or the physical craving.*

*Lord; stand between, so they both are not allowed to come at the same time. Strengthen his spirit to do the hard work of healing; of identifying the structures and patterns that led to this point.*

*Help him to forgive the ones he needs to forgive and receive the forgiveness he needs to receive.*

*Guide us who are his friends so that we may support without encouraging dependency. Help us be the church to this one and to be family and friends through whom You can bring him to the measure of the fullness of the stature of Christ that You designed him to be.*

*Grant him the wisdom to know when to ask for help and to know when he doesn't truly need it.*

*I ask You to minister to the fear, the loneliness and the insecurity.*

*Speak the truth to his spirit when he feels a weakening. I ask that Your holy angels go with him; protect and secure each step of progress.*

*Thank You for walking through the Valley of the Shadow of Death with (add NameHere)*

*Help him build new structures and practices that glorify You.*

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**IMPORTANT:** These sample prayers are not formulas; rather, they offer ideas and direction. Be led by the Holy Spirit, and use the substance of this prayer as a guide. Also, please acknowledge these prayers as sample narratives, in which gender-exclusive references are used as they would be used in a real situation. For this reason, some prayers are for a female and others for a male. All are interchangeable