

A Prayer for You

From the article “When Alcohol Has a Hold on You: Faith, Recovery & Getting Help”

God, You already know. I don't have to explain or soften it for You, and I'm tired of explaining it to myself.

I'm bringing this into the light because I can't carry it in the dark any longer. Thank You that You don't turn away from honesty. Thank You that You are near to the brokenhearted, and that You have never once been disgusted by a person who came to You needing help.

Give me the courage to tell one safe person the truth, and give me the right person to tell. Steady my hands when I make the call I've been avoiding. Lead me to good help — wise doctors, skilled counsellors, a community where I don't have to pretend. Help me receive that help as part of the way You answer, not as evidence that my faith is small.

When the craving comes, be nearer to me than it is. Show me a way out, even a small one — a phone, a door, a walk, a friend. Teach me what I've been trying to numb, and hold me while I look at it.

And Lord, if I stumble, keep me from disappearing. Bring me back quickly. Let me reach out faster instead of hiding longer. Remind me that I am not my worst night and not my best week — I am Yours.

I'm not asking You to make this easy. I'm asking You to be with me in it, to give me strength for today only, and to help me take the next right step. In Jesus' name, amen.

Amen.

Scripture to sit with (KJV)

Psalm 34:17-18

James 5:16

1 Corinthians 10:13

Isaiah 41:10

Matthew 11:28

Galatians 6:2