



THE SINNER'S  
PRAYER BOOK

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***The Sinner's Prayer Book: Sample Chapter***

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### **Addiction (Sex, Drugs, Etc.)**

Stuff you want to stop doing, or at least doing so much of. Our addictions that we wish freedom from.

*Make Me Stop*

I am more than hopeless, Lord. My resolve is less than nothing, my will to cease this sin, empty words that fly away when put to test. I don't know how You may possibly do it, but somewhere in me I know You can: You can turn my life around, piece together a victory from the scraps of my defeat. And I know it is You who must do it, for I cannot—I am completely in Your hands. Grow in me a desire such as I have never known, or if I have, long since forgot: make me want to stop my wrong. Make of this beast a human being. Amen.

*Related:*

I Eat And Eat, p. 23

Overpowered By Desire, p. 27

Violence, p. 32

Obsession, p. 60

*Prevent Me*

Prevent me, Lord. I cannot stop unless You prevent me. I put up barriers to prevent myself, but these are weak devices, easily foiled, fences climbed over in two steps or knocked over with just a shrug—and I give in again. Do it for my own good, though I may think to hate You for a little that I do not get my way (and if so, make me see the larger good). I have no strength. It is You who are strong, so I ask that You be the strength for both of us; I have nothing. Amen.

*Related:*

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*Slipping*

How easy it is to slip, Lord, to return to sin. And the second slip—it is even easier. How am I to stop? I feel as if I am getting weaker, and not stronger. And sometimes I feel any strength I have is an illusion. I do not understand Your way, my Lord—You never strayed, and that, I cannot fathom. Make in me something that can weather these temptations, if that is at all possible. I know You are there in my heart, even if I cannot feel You there. Amen.

*Related:*

Temptations Everywhere, p. 24

Overpowered By Desire, p. 27

Violence, p. 32

*Let Me Desire Not To*

Lord, make me want to stop. My fault is that I do not desire to do what is right, but invariably fall on bad habits. I don't want to change, even though I know it would be the better thing if I did. I don't know how I can stop my sin: it is second nature, an second skin I cannot simply shed. Let me desire the "why" to quit, let me desire the "how". I desire the desire—Lord, please make it so in me. Amen.

*Related:*

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*To Stop Smoking*

I do not know to whom else I may turn. I have no will to cease my smoking—to quit seems impossible. It is an insidious thing, it sneaks up on me when I have thought I had resolve for no more of it. It is so easy to slip up back into this habit, this addiction. Lord, let my desire to stop be strong enough to withstand, let not that creeping whisper convince me that it is too hard and not worth it. Give me strength I never knew I had. Amen.

*Related:*

Obsession, p. 80

For Stronger Faith, p. 85



*To Stop Drinking*

I cannot imagine a life without drink. It is an empty passion, a numb obsession. But know, Lord, I realize that I need a new way to live. This life as a slave to alcohol has no value—they are wasted days, wasted nights. Grant me purpose, that I may shake myself awake again, regain a lucid eye to the world. Slap me in the face if You need to, Lord: I am sick of being so sick. Amen.

*Related:*

Obsession, p. 80

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*To Stop Gambling*

It is better when I win, of course, but losing does not make me stop. There are warning signs to my gambling, I am sure, but none of them ever seem real to me when I make the bet. The thrill of what seems like riding on the edge of fate—this I do not know how to resist, and I am nothing against it. So being, Lord, I ask of You to instill in me a sense of worth, that even if it be small, it would be something I could never win—a center, that I may be secure enough not to take the chances I do. Let me not find one day that I have gambled away my soul without realizing it, or caring. Amen.

*Related:*

Loving Money Too Much, p. 36

Obsession, p. 80

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“Pray hardest when it is hardest to pray.”

- Charles H. Brent

