

“Pray as though everything depended on God.  
Work as though everything depended on you.”

—St. Augustine

These wise words speak of the journey from slavery into freedom, from addiction into recovery.

God is the Source of liberation and abundant life. We can turn to and lean on God as we make our journey towards wholeness.

At the same time, our vision and determination motivate us to act. We alone can choose to take the next step towards freedom and peace.

May these prayers support and accompany you along the way.

We are never alone.

God provides all we need to move in goodly directions.

## Prayer for Serenity

God, grant me the serenity  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.

Living one day at a time,  
enjoying one moment at a time;  
accepting hardship as a pathway to peace;  
taking, as Jesus did,  
this sinful world as it is,  
not as I would have it;  
trusting that you will make all things right  
if I surrender to your will;  
so that I may be  
reasonably happy in this life  
and supremely happy with you  
forever in the next.

—Reinhold Niebuhr



If you desire a companion to walk  
with you along your spiritual journey:  
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## Prayers for Liberation from the past, from addictions, from all that binds



“If the Son sets you free,  
You will be free indeed.”

— John 8:36

“Cast all your anxiety on God,  
because God cares for you.”

— 1 Peter 5:7

My Lord God,  
I have no idea where I am going. I do not see  
the road ahead of me. I cannot know for  
certain where it will end, nor do I really  
know myself, and the fact that I think I am  
following your will does not mean that I am  
actually doing so.

But I believe that the desire to please you  
does in fact please you. And I hope I have  
that desire in all that I am doing. I hope that  
I will never do anything apart from that  
desire. And I know that if I do this you will  
lead me by the right road though I may  
know nothing about it.

Therefore, I will trust you always though I  
may seem to be lost and in the shadow of  
death. I will not fear, for you are ever with  
me, and you will never leave me to face my  
perils alone.

—Thomas Merton



Dear God:  
Help me to have the confidence  
to speak openly with others  
about where I am at,  
about the struggle  
I am experiencing.

I long to be free,  
yet I feel trapped  
by my thoughts and fears.  
I trust that you can lead me  
out of this prison,  
that you can heal me  
body and soul.

So, enfold me in your love  
until, with your help,  
I can walk in freedom  
and fully live.

Amen.

God help me to change.  
To change myself  
and to change my world.  
To know the need for it.  
To deal with the pain of it.  
To feel the joy of it.  
To undertake the journey without  
understanding the destination.  
The art of gentle revolution.

—Michael Leunig, adapted

### **A Meditation**

*(with your fists clenched)*  
Liberating God, I bring to mind those  
things that have a hold on me...

*(relax your fists)*  
Free me, I pray...

*(with your fists clenched)*  
I speak to you about those things to  
which I am clinging...

*(relax your fists)*  
Help me to let go...