

# Praying for a Loved One Stuck in Addiction

---

God wants us to come to him. Philippians 4:6-7 says, "Be anxious about nothing, but through prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

Sometimes people tell me they don't know what to pray or that they have such confusing emotions, because of all the hurt and anger, that they are at a loss for words. You can choose to simply pick up the Bible and allow God to speak to you until you are ready to share your heart with Him. He tells us...

**"Come to me, all you who are weary and burdened,  
and I will give you rest. Take my yoke upon you  
and learn from me, for I am gentle and humble in  
heart, and you will find rest for your souls. For my  
yoke is easy and my burden is light."**

*- Matthew 11:28-30 (NIV)*

Another option is to get help from others who have walked this path. There's a wonderful book that you might find helpful called: *Praying for Your Addicted Loved One* by Sharron K. Cosby

Whatever you choose, remember to keep your eyes on Jesus, the author and perfecter of our faith. Pray unceasingly my friend as our creator hears our prayers!

