

# THE PHOENIX PRAYER

God,

You made me for **connection and intimacy**

With You and with others.

I long for that **true intimacy**

Despite the hard work that it takes.

Develop in me a disgust for the "quick fix"

Alternative of meeting my own needs.

Change my focus from selfish desires,

Relying on self-medicating habits,

And coping mechanisms

To one that is **outward facing**.

I ask for the greed born from addiction

To be replaced with the opposite spirit

Of **gratitude and gratefulness**.

Create in me an **empathetic spirit**

With a heart for **servicing other's needs**.

God, I receive your **tender love, mercy and grace**.

Help me give up trying to be perfect

And worrying what others think.

Teach me to embrace my imperfections and be slow to judge

So that in **being kind to myself**

I might create a reservoir of **compassion**

That I can extend to others.

Lord, I need the bravery to be **vulnerable**.

Change in me the false belief

That vulnerability is a weakness

Into a confidence that it is **true courage**.

I praise you for feelings of guilt

That drive my **growth and transformation**.

Thank you for Your **healing work** in my life.

Save me from the immobilizing effects of shame

That would keep me bound to destructive cycles and rob me of the belief that

**I am worthy of love and acceptance.**

Allow me to see weaknesses not as inadequacies

But reminders that we are **all in this together**

And that we are **not alone**.

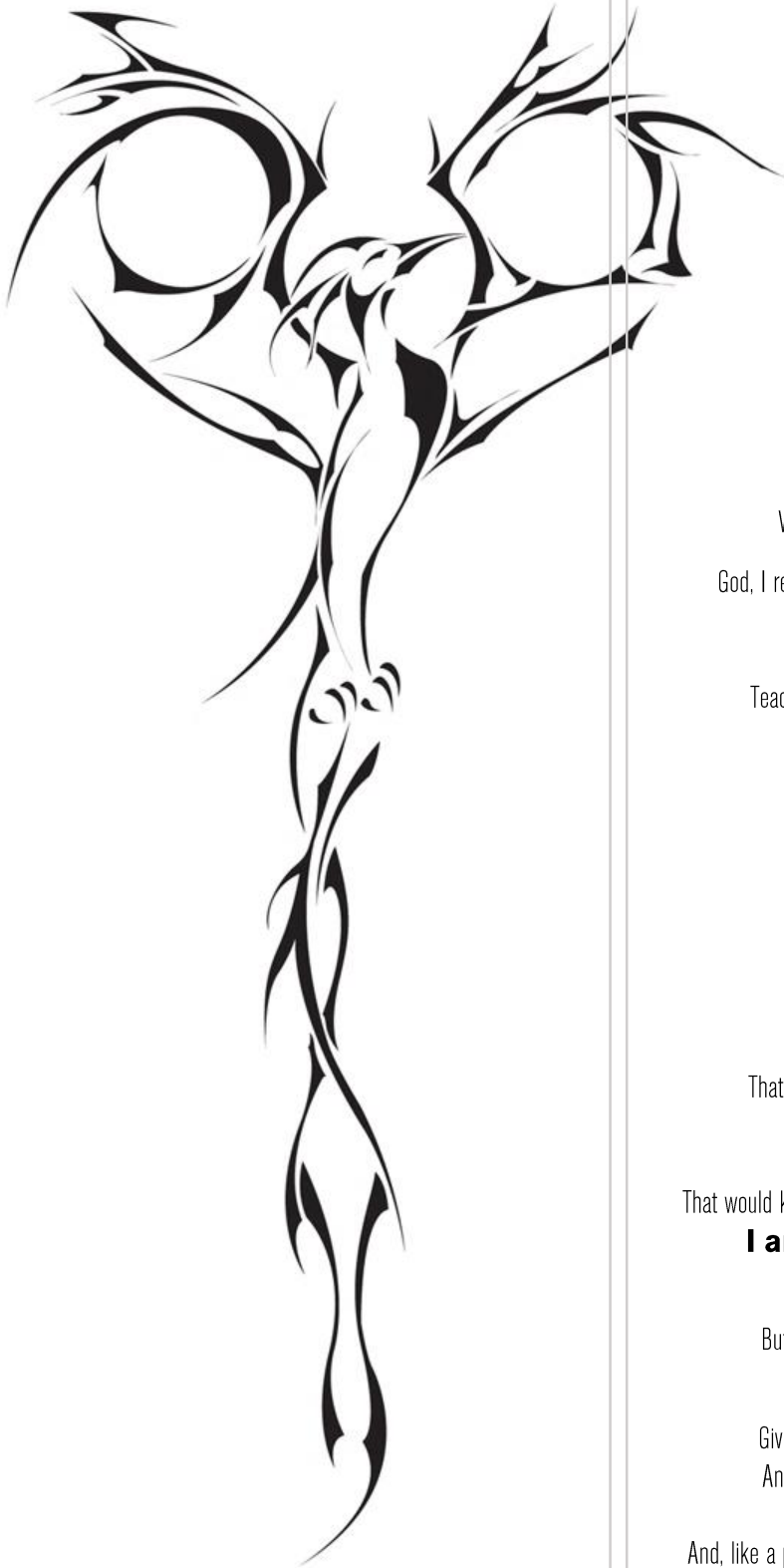
Give me the compassion to **own my own story**

And **freedom** to embrace who You created me to be

As I become more fully my **true self**

And, like a phoenix, **rise from the ashes of addiction.**

Amen.



By: Wendell Esbenshade