

# Prayer Book

For those affected by addiction



PASTORAL RESPONSE  
TO SUBSTANCE MISUSE



IRISH CATHOLIC  
BISHOPS' CONFERENCE  
COMHDHÁIL EASPAG CAITLÍCEACH ÉIREANN

# Prayer Book

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## **Pastoral Response to Substance Misuse**

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The Irish Bishops' **"Pastoral Response to Substance Misuse"** offers this Pocket Book of Prayers and Reflections as a resource to give hope, support, the will to carry on to those struggling with addiction, their families and friends, those in treatment, recovery and denial.

**Bishop Eamonn Walsh**

# Why Pray

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

**Mark 11:24**

Put simply, prayer is the art of communicating with God. We talk to God and He talks to us. Many people struggle to pray as they fear they are not 'doing it right'. The good news is that there are numerous ways to pray either as a group or alone. Jesus withdrew many times to solitary, quiet places to pray. He teaches us that we find God in the quiet, and as we hear Him in the quiet place we will take Him with us throughout the day into the noise of everyday life.



Written prayers help us make the first step in communicating with God and welcoming Him into our lives. Spending time with God requires discipline as we do not always 'feel' like praying. Jesus made the sacrifice to get up early and go to a quiet place to spend time with his Father, through this His spirit was nourished. It is the same for us, we must make time for God in our lives. If we want to know Him, we need to set some time aside in our busy day and...

# “JUST DO IT”



## Reflection

Prayer is about listening as well as asking. Have you made time to listen to God in your prayer today?

## A guide for regular prayer:

- Find your space, light a candle and watch the flame as you say your prayers. Lighting a candle is a visual sign of inviting God into your prayer space.
- Listen to relaxing instrumental music to help you set the scene for prayer. We suggest instrumental music, because music with words can distract our thoughts.
- Kneeling at your bed and closing your eyes helps you concentrate on your prayers.
- Sitting in silence helps us 'listen' to what God wants from us.
- Just talk with God, tell him your worries, concerns or problems.
- Be thankful, think of all the many things you have to be thankful for e.g. food, technology, family.
  - Put your faith into God's answer for you, it may not always be as you asked for but there is a reason.



Remember to thank God for the good things in your life as well as asking him to help you in the difficult times.



# God grant me the Serenity

to accept the things I cannot change,  
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 the pathway to peace.

Taking, as He did, this sinful world  
as it is, not as I would have it;

Trusting that He will make all  
things right if I surrender to His Will;

That I may be reasonably happy  
in this life, And supremely happy  
with Him forever in the next.

**Reinhold Niebuhr**



# Morning Prayer

I entrust this day and all that it may bring to you Lord.  
Help me to see you in everyone I meet and work with  
this day.

I can only live this day once. Don't allow me waste it,  
because each day  
Is a Gift from YOU.

O'Jesus through the most pure heart of Mary, I offer  
you all my thoughts, words and actions, joys and  
sufferings of this day for all the intentions of your  
divine heart.

Amen







# Prayer to St. Jude



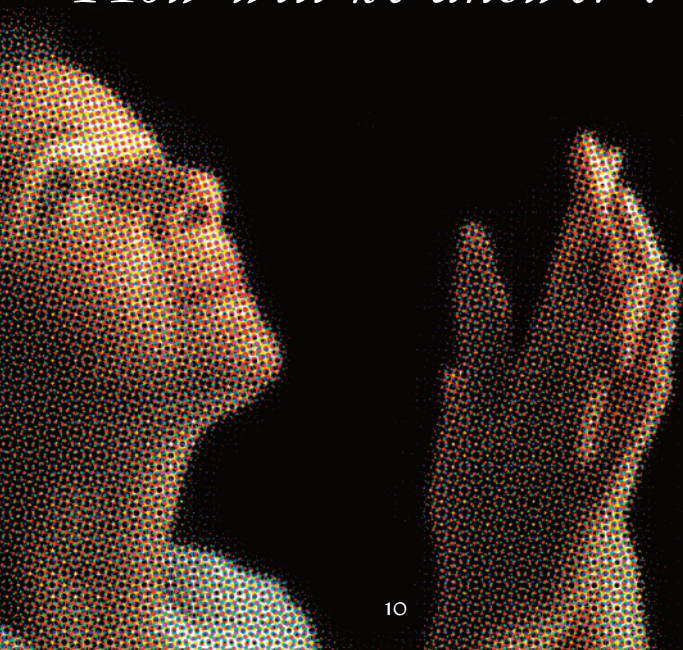
St. Jude, apostle of Christ, the Church honours and prays to you universally as the patron of hopeless and difficult cases. Pray for us in our needs. At this time we feel hopeless in the demands that are made of us.

Pray that we humbly accept the trials and disappointments and mistakes that are a part of our human nature so we can face the next challenge.

Let us see the reflection of the sufferings of Christ in our daily trials and tribulations. Let us approach our trials with the same faith, hope and courage that Jesus approached His, knowing that our Father's love, comfort and guidance is with us always.

**Amen**

*I cry out. I shout aloud  
I call out to God.  
How will he answer ?*





## *In times of Despair*

“Save Me”

Save me, God

For the waters have reached my neck.

I have sunk into the mire of the deep.

Where there is no foothold.

I have gone down to the watery depths;

The flood overwhelms me.

I am weary with crying out;

My throat is parched.

My eyes have failed

Looking for my God.

More numerous than the hairs of my head

Are those who hate me without cause

Too many for my strength

Are my treacherous enemies...

But I pray to you , LORD

For the time of your favour.

God. In your great kindness answer me

With your constant help.

Answer me, LORD in your generous love;

In your great mercy turn to me...

**Psalm 69 (68)**

# When in Debt

Lord, I am in trouble, I owe money everywhere and I just can't cope. Give me the courage to place my affairs in the hands of someone who can help or advise. I know my pride has been wounded, but help me to find a solution, before things get worse.

**Amen**



To let go is not to regret the past, but to grow and live for the future. To let go is to fear less and love more.

**Fr. Robert Gehring**



# Our Father Prayer

Our Father who art in heaven, hallowed be thy name.  
Thy kingdom come, thy will be done on earth as it is in  
heaven. Give us this day our daily bread, and forgive  
us our trespasses as we forgive those who trespass  
against us, and lead us not into temptation but deliver  
us from evil.

**Amen**

“...do not let the sun set  
on your anger....”

**Ephesians 4:26**

It took me a very long time to come back to the Lord. I knew that he was pulling on the strings of my heart but so were the drugs. I knew if I did not turn back to Jesus for help, I would end up with my brothers. Jesus blessed me and put people in my life. **Janette - ACET**

# Hail Mary

Hail Mary, full of grace, the Lord is with thee, blessed art thou among women and blessed is the fruit of thy womb Jesus. Holy Mary mother of God, pray for us sinners now and at the hour of our death.

**Amen**



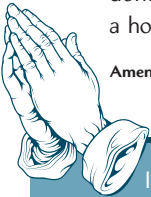
I'm in a dark cloud.  
The future seems bleak,  
And friends don't care.  
Where can I find  
support ?



# Blessed John Henry Cardinal Newman's Prayer

O Lord, support us all the day long, until the shades lengthen and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then in your mercy grant us a safe lodging, and a holy rest and peace at the last.

**Amen**



In my journey I have seen the strength of the human spirit amid deep pain, the power of prayer, the humbling experience of being accepted as a friend and the prompting of God's Spirit to action. The servant song has a verse that expresses my volunteering experience. "We are pilgrims on a journey and companions on the road; We are here to help each other, walk the mile and bear the load".

**Christine - ACET**

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# Bereavement

Lord, it's hard to do the everyday things since N. died. Life is going on as normal for everyone else, but somewhere inside of me there is an ache that just won't go away. I can't even talk about it to people close to me. You wept when your friend died, so you must know what I'm going through. Help me to cope with my loneliness, my sadness and my regrets.

**Amen**

“We give them back to you, O Lord,  
who first gave them to us; and as you do not lose  
them in the giving, so we do not lose them in the return.”

**William Penn**

# Loss

God your ways are not our ways and so I  
struggle with the losses in my life .....  
I cry out to you to help me in my time of pain  
and loss.

I pray to you daily to be at peace, but I struggle  
to find this myself. I struggle for the energy to  
continue with life.  
Help me

**Amen**

“I can do things you cannot, you can do things I cannot;  
together we can do great things.”

**Blessed Mother Theresa**



*“Life is like a voyage on the sea of history, often dark and stormy, a voyage in which we watch for the stars that indicate the route. The true stars of our life are the people who have lived good lives. They are the lights of hope. Certainly, Jesus Christ is the true light, the sun that has risen above all the shadows of history. But to reach him we also need lights close by – people who shine with his light and so guide us along our way”*

Pope Benedict XVI



# God's answers *in Times of Doubt*

*"It's impossible"*

God says, *"All things are possible"*

*"I'm too tired"*

God says, *"I will give you rest"*

*"I can't go on"*

God says, *"My grace is enough"*

*"I'm not able"*

God says, *"I am able"*

*"I don't have enough faith"*

God says, *"I've given everyone a measure of faith"*



*“I feel so empty”*

God says, *“I came to give you abundant life”*

*“My life seems hopeless”*

God says, *“I came to give you life and a future”*

*“I feel so alone”*

God says, *“I am with you always”*

*“My life is falling apart”*

God says, *“Underneath are the everlasting arms”*

*“Nobody cares about me”*

God says, *“I care for you”*

*“I am afraid”*

God says, *“I have not given you a spirit of fear, but of love and power and a self-controlled mind”*

*“I feel so lost”*

God says, *“I am the way”*

*“I feel beaten”*

God says, *“I have made you more than a conqueror”*

# Walk *in my* shoes

## Judgement

Pray don't find fault with a man who limps, or stumbles along the road. Unless you have worn the shoes he wears or struggled beneath his load.

There may be tacks in his shoes that hurt though hidden away from view. Or the burden he bears, placed on your back, might cause you to stumble too.

Don't sneer at the man who is down today. Unless you have felt the blow that caused his fall, or felt the shame that only the fallen know.

You may be strong, but still the blows that were his, if dealt to you in the self same way at the self same time, might cause you to stagger too.



**Personal Testimony:**

*As I sat in my room, feeling lost in the depths of darkness the picture of the Sacred Heart of Jesus caught my attention. I was never a person of prayer but that night I cried out to this Jesus – and it was the beginning of the transformation in my Life.*

**Jim**



# *A Prayer for* Comfort Strength

Everyday I need you Lord, but this day especially I need some extra strength to face whatever is to be. This day, more than any day, I need to feel you near to fortify my courage and overcome my fear. By myself I cannot meet the challenge of the hour. And so dear Lord I ask, hold on to my trembling hand and remain with me today.

**Amen**

Lord, help me to remember that nothing can happen to me today, that you and I together cannot handle.

**Amen**





## *Jesus, through the power of the Holy Spirit, go back into my memory*

Every hurt that has ever been done to me. ...**heal that hurt.** Every hurt that I have ever caused to another person. ...heal that hurt. All the relationships that have been damaged in my whole life that I am not aware of. ... **heal those relationships.** But Lord, if there is anything that I need to do. ...**if I need to go to a person because he is still suffering from my hand, bring to my awareness that person.** I choose to forgive, and I ask to be forgiven. Remove whatever bitterness may be in my heart, Lord, and fill the empty spaces with your Love. Thank You Jesus.

Amen

*'If we really want to love, we must learn how to forgive'* **Mother Theresa**

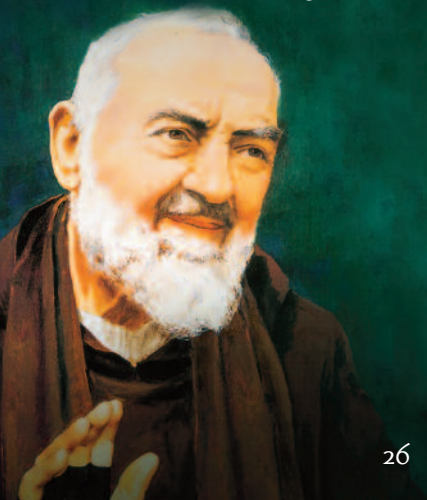
Dear addiction, things are going good now since the last time we spoke. I love my meetings, I love my meditation and I love my higher power...laugh, love and live is my motto today. Addiction, it is obvious our friendship didn't last, I'm ready for life and it's gonna be a blast. For my future awaits me as I have found PEACE at last. **Mark (Cuan Mhuire)**

## Novena Prayer

composed by

# Saint Padre Pio

O my Jesus, Thou has said: "Truly I say to you, ask and it will be given to you, seek and you will find, knock and it will be opened to you and you will receive." Behold I knock, I seek, and I ask for the grace of **[state your request here]**





**Personal Testimony:**

*As I entered the treatment centre, my wife handed me a prayer card. I began to say and love the prayer, and I now believe the Lord, answered my prayers and now 15 years sober – I thank God every day for where he has brought me from and above all what he is doing in my life now. I am now an addiction counsellor and now reaching out to others.*

**Martin**

“Yesterday is gone. Tomorrow has not yet come.  
We have only today. Let us begin.”

**Blessed Mother Theresa**

# *I'm* Thumbbody

I am me, there was only one of me created by God, I was not cut out like a cookie from dough. I am so special I have my own fingerprints, my very own face, my very own body.

I have my own thoughts, dreams and feelings. Other people may have different feelings from me. It is ok not to agree with other people too. I will make some mistakes and I will try to learn from them. I will laugh at myself, but will not make fun of others. I will have fun living inside my skin. I have value. I am one of God's children. I am important. I am me, I am special.

“And God saw that it was good”

Genesis:1



# Prayer *for* Hope

Lord, let me carry with me in my heart each day some fresh understanding of your Love. So often I scourge myself with my past and my guilt until I lose all connection with you. I forget how to **HOPE**. My past has happened and it's done,. My future is something I can approach in fear, anxiety or in **HOPE**. So often the things I feared have never happened at all. I have dealt with bad things and I have not gone under. Help me to live in **HOPE** that I might know happiness, peace and contentment; **HOPE** that I might feel better about my life. Help me to remember that the people I like most are those who are hopeful about ME. And You Lord are the most **HOPEFILLED OF ALL**.

Only God can turn a **MESS** into a message, a **TEST** into a testimony, a **TRIAL** into a triumph and a **VICTIM** into a victory. **Kalani Willoughby**

# Venerable Matt Talbot

**Matt Talbot** was born on the 2nd May 1856. Matt found himself sucked into the culture of addiction and found himself addicted to alcohol.



Matt Talbot gradually came to this awareness and from the time of his conversion as a young man of 28, he spent the rest of his life living to a heroic extent the Christian virtues through prayer, spiritual reading, work and acts of charity.



Prayer *asking*

# Matt Talbots

## Help *in the* Presence of *the* Lord

Gentle Matt, I turn to you in my present needs and ask for the help of your prayers.

Trusting in you, I am confident your charitable and understanding heart will make my petitions your own. I believe that you are truly powerful in the presence of Divine Mercy. If it be for the glory of the Sacred Heart of Jesus, the honour of Mary, our Mother and Queen and the deepening of my relationship with them, show that your goodness towards me, in my daily struggles, equals your influence with the Holy Spirit, who is hidden and at home in my Heart. Friend of pity, friend of power, hear, oh hear me in this hour, gentle Matt, please pray for me.

Amen

Prayer of  
Saint Francis  
of Assisi

Lord, make me an instrument of your peace.  
Where there is hatred, let me show love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.  
O Divine Master, grant that I may not so much  
seek to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.

Amen

“Peace begins with a Smile”  
Blessed Mother Theresa





# Prayer of Thanksgiving

I Praise and thank You, O God, for the beauty and bounty of your earth. At every moment of my existence, you are present to me in gentle compassion. Everything I am and everything I have is a gift from you. In your mercy, God, You have removed my cravings for that which will destroy me. You have kept me mindful that alone I am unable to maintain a happy recovery. Thank you for prompting me to extend my hand to others who still suffer, so that with them, I may find You and continued recovery. Thank you for being with me each day as I seek progress – not perfection. Thank You for touching my soul and sparking my Spirit into awareness that I may see the value of a new way of living each day.

**Amen**

“To be grateful is to recognize the love of God in everything He has given us”

**Thomas Merton**

# Night *Prayer*

Father, we thank thee for the night,  
And for the pleasant morning light;  
For rest and food and loving care,  
And all that makes the day so fair.  
Help us to do the things we should,  
To be to others kind and good;  
In all we do, in work or play,  
To grow more loving every day.

**Amen**

Matt Talbot's life is a witness to the fact that people can by God's grace and their own self acceptance say no to that which leads to addiction or addictive behaviours



# *A Prayer* *for a* Family

Father in Heaven,

I come before you today as a member of a family. As I take this moment to think of each member of my family, I thank you for the blessings they bring to me. I know that every family is different and sometimes I can get frustrated at the family you have given to me.

May I learn to appreciate them through the bad times as well as the good and, as I grow, may my relationship with my family also grow in strength and love.

**Amen**

**Personal Testimony:**

"The best decision I ever made was going to treatment, it got me clean. I now have another chance of life with new peace of mind. I'm also so grateful for the friends I've made, who are interested in me for me, and not what they can get off me.

**Tony**

# *About* Pastoral Response *to* Substance Misuse

## Pastoral Care

*Bear one another's burdens, and so you will fulfil the law of Christ.*

**Galatians 6:2**

## Vision

The vision of this project is to mobilise parish communities, together with other service providers, to make appropriate pastoral responses to prevent alcohol and drug misuse and offer pastoral responses to issues arising from problematic substance misuse.



## Spiritual Meaning

Each of us is a gift of God. When we give a gift to a meaningful person in our lives, we hope they will like and appreciate the gift we give them. God is like this, too. He wants us to like and appreciate the gift we are, despite our shortcomings. The gift of us as persons involves physical, emotional, and spiritual needs. We must remember Substance Misuse and Addiction affects our spiritual element as it disconnects a person from self, loved ones, and God.

One of our Pastoral Responses goals is to help these individuals re-connect: with self, loved ones, and God. When the life of one whom we love is at risk, and when the quality of life for those close to that person is threatened, we are all charged with the responsibility to respond in a direct and loving manner.

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# Go to people,

*Live among them*

*Love them*

*Start with what they know*

*Build on what they have*

*But of the best leaders*

*When their task is accomplished*

*Their work is done*

*The People all remark*

*We have done it ourselves*

by Hao Tso



## *Personal Reflection*

### **Pastoral Response to Substance Misuse**

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# *Footprints in the Sand*

## **One night I had a dream...**

I dreamed I was walking along the beach with the Lord, and across the sky flashed scenes from my life. For each scene I noticed two sets of footprints in the sand; One belonged to me, and the other to the Lord. When the last scene of my life flashed before us, I looked back at the footprints in the sand.

I noticed that many times along the path of my life, There was only one set of footprints. I also noticed that it happened at the very lowest and saddest times in my life. This really bothered me, and I questioned the Lord about it.

"Lord, you said that once I decided to follow you, You would walk with me all the way; But I have noticed that during the most troublesome times in my life, There is only one set of footprints. I don't understand why in times when I needed you the most, you should leave me. The Lord replied, "My precious, precious child. I love you, and I would never, never leave you during your times of trial and suffering. When you saw only one set of footprints, It was then that I carried you."

My faith wained when life strained  
My faith left when I lost more  
My faith in you was all but gone  
Until I realised it was you who helped me carry on.

**Paschal Wall**