

Recovery

TRIGGER SURRENDER PRAYER

Father, I **choose** to surrender all of my emotional and physical sexual triggers, specifically X. I admit that I am powerless over them and that I cannot manage them. If I could, I would have stopped by now. They assault me at random and inappropriate times, come out of nowhere, mentally and emotionally hijack me, and ignite lust in such a way that I want to act out. I know that I must surrender them for they are idols. Even now, as I mentally **choose** to surrender them, specifically my physical triggers, I admit that I DO NOT WANT TO give them up. I instead want to enjoy, consume, live for and allow them to meet my needs. This internal clash causes grieving in my soul. So, help me. Speak into my grieving and live into Your better way than these false, dead, worthless trigger idols can ever give. So, Jesus, I will walk in faith that You will provide for me in their loss, claim Your promises that You do have a better plan for me and now **choose** to surrender my trigger idols to You. Move my heart from them to You.

FANTASY TRIGGER

Jesus, I **choose** to surrender my fantasy, my fantasy life and my desire to enter into it. The specific fantasy(ies) I **choose** to surrender are X. It is an insidious idol, one that is easily triggered, used to escape reality and used meet my need of acceptance. It divides me from my wife by placing undue sexual expectations upon her, hijacks my thought process during physical intimacy and calls me to seek it over her. I concede that I am powerless over it. I cannot stop it and acknowledge that, like my triggers, I do not want to give it up. I have served this desire to escape into fantasy for so long that I do not know how to do life without it and grieve the prospect of losing it. So, Jesus, like my triggers, I **choose** to surrender fantasy to You and ask that You move my heart from death to life.

MASTURBATION SURRENDER PRAYER

Jesus, I **choose** to surrender my COMPULSIVE desire to masturbate. I am in absolute awe at how much I want to do this. I cannot manage it and am powerless over it proven by the insatiable hunger that consumes me to act out. I surrender it for it fractures my soul, disconnects me from me and me from my wife, entrenches my fantasy life, and feeds lust, keeping it alive. Most importantly, I use it to medicate and hide from what I am feeling. Show me that

when I desire to masturbate, this hunger may be pointing to a place of where I need to feel and engage what is going on inside of me. But Father, You must help me in that. I cannot do it myself. So, Father, I **choose** to surrender the compulsive desire to masturbate to You.

LUST SURRENDER PRAYER

Jesus, I surrender my addiction to lust. I define “addiction to lust” as an intense, uncontrollable sexual desire that continually clouds my judgement and overpowers my rational thinking. Although it is a natural, biological instinct, through years of having to “find my own way” and not knowing what I was I doing to myself, I have allowed lust to bleed outside its natural boundaries. I use it improperly, that is, to medicate a “hole” in me as a way of coping with feelings, emotions and stress. As a result, the addiction to lust specifically manifests itself in an intrusive sexual fantasy life, a compulsive viewing of pornography, a continual objectification of women, an irresistible desire to masturbate and an obsessive success / performance preoccupation. I admit I cannot stop it, manage it or control it. It controls me and having established a life of its own, dominates my alone time with sexual thoughts, fantasy and an insatiable physical “sexual hunger” that I am often powerless to resist. I surrender it.

HEALTHY SEXUALITY SURRENDER PRAYER

Father, I surrender my understanding of sexuality. I have for so long unknowingly perverted Your good and gracious gift of sex. I have improperly used it to medicate my own pain rather than enjoying it and seeing it as You created it. I admit that I do not know or can see right now what a healthy sexuality is and You are the only one that can show me. I am truly powerless in managing my recovery of it and can only rely on You to reveal it. So, Father, I surrender my perverted sexuality and ask You to replace it with a healthy one.

Personal

APPROVAL OF OTHERS SURRENDER PRAYER

Father, I **choose** to surrender my need to be accepted and approved by others. I spend so much time managing how others perceive me - strategizing, manipulating, lying, covering, and so much more - all in an effort to maintain the upper hand, retain control and hide from being vulnerable. It is a sickness that I have grown so accustomed to it that I cannot fully understand

how deeply ingrained it is inside of me. You must break it. Only You can lift it to the surface, speak into it and expose the basis of it all - where I am not comfortable with myself and seeing myself the way You see me. So, Father, I admit I am powerless in managing this and it is exhausting, often forcing me to react in fear, emotionally hijacking me and thwarting my living life to its fullest. I **choose** now to surrender this need for others approval to You.

COMPARISON SURRENDER PRAYER

Father, I **choose** to surrender the foolishness of comparison. I compare myself and my success to others. I wish that I could say that I was not this shallow, yet I am. I measure myself against others, who they are and what they have become. This is exhausting. It is a never-ending, continually empty black hole that can never be filled up, constantly clamors for more, sucks my time and energy, produces nothing but anxiety, and drains me. I know the heart of comparison is self-worth and becoming more comfortable with myself. But this is a long journey of recovery and one that only You can take me down. So, guide me Jesus, as I right now **choose** to surrender this need to compare myself to others for I am powerless to stop it.

AUTONOMY SURRENDER PRAYER

Jesus, I **choose** to surrender my self-reliance, my preoccupation with self and my self-protective posturing. I admit that I operate with a great level of autonomy, often failing to recognize how I need others to do life well. I admit that I simultaneously reach out for others while also creating a wall that makes others unable to attach to me. I believe the only person that I can truly rely upon is me. What is frightening is that if I am this way with people, surely, I am this way with You. So, grow me. Teach me to embrace the positive aspects of myself while growing in and moving past the less-resourceful aspects. I am powerless to make this change myself and ask that You teach me this through learning the power of being vulnerable.