

# Rick's Step 3 Prayers

## Prayers

### Third Step Prayer

God, I offer myself to You - to build with me and to do with me as You will. Relieve me of the bondage of self, that I may better do Your will. Take away my difficulties, that victory over them may bear witness to those I would help of Your power, Your love, Your way of life. May I do Your will always.

### Lust Prayer

Lord, I surrender my lust and ask you to keep me sober from my lust today because I cannot; but by Your strength, I can.

### Surrender Prayer

Lord, I give this day to you. Establish the work of my hands, the steps of my feet, the words of my mouth, the direction of my gaze, the thoughts of my mind, and the attitude of my heart.

## Powerlessness statements:

### Viewing Pornography

In the past I have participated often in viewing pornography. I respond to pictures of naked bodies and videos of sex. I am tempted right now, I am feeling the pull of lust, and I am motivated to find a way to watch pornography. I want to turn this over to God before it gets beyond this point. With you as my witness, I'm acknowledging my powerlessness to God. I ask God to give me surrender over the desire to lust today because I can't do it and I don't even want to do that. I need God to do this for me because He desires me to be free from this destructive behavior. I believe that by opening myself up to you I open myself up to God. I appreciate your listening.

### Masturbation

In the past I have engaged in masturbation frequently and repeatedly to satisfy the lust that was triggered by visual stimulation or my own sexual fantasy. But I also respond by becoming aroused simply by the opportunity to masturbate like when I am alone and naked like in the shower or getting dressed. I am tempted right now, I am feeling the pull of lust, and I am motivated to respond by masturbating. I want to turn this over to God before it gets beyond this point. With you as my witness, I'm acknowledging my powerlessness to God. I ask God to give me surrender over the desire to lust today because I can't do it and I don't even want to do that. I need God to do this for me because He desires me to be free from this destructive behavior. I believe that by opening myself up to you I open myself up to God. I appreciate your listening.

### [My trigger]

In the past I have participated often in [my trigger]. I respond to [my trigger]. I am tempted right now, I am feeling the pull of lust, and I am motivated to find a way to [my trigger]. I want to turn this over to God before it gets beyond this point. With you as my witness, I'm acknowledging my powerlessness to God. I ask God to give me surrender over the desire to lust today because I can't do it and I don't even want to do that. I need God to do this for me because He desires me to be free from this destructive behavior. I believe that by opening myself up to you I open myself up to God. I appreciate your listening.