



Prayers & Reflections

For Persons Suffering From Addiction
& For Their Loved Ones

GuestHouse.
guesthouse.org



Guest House[®] Mission Statement

Our mission is to provide the information, education, treatment and care needed to assure that Catholic clergy, men and women religious, and seminarians suffering from alcoholism, addictions and other behavioral health conditions have the best opportunity for quality recovery and overall health and wellness.

Guest House has been fulfilling this mission since 1956. Since that time, Guest House has treated more than 7,600 Catholic priests, deacons, seminarians, and men and women religious. We are staffed by dedicated, licensed and certified, on-site clinical and spiritual professionals. We augment residential treatment with strong continuing care programs and educational workshops and retreats.

Guest House is a 501(c)(3) non-profit, and we rely on philanthropy from individuals, organizations, corporations and foundations to carry out our ministry.



Dear Friends,

“Come aside and rest awhile.” - words spoken by Jesus to His followers and to all of us. This small book of prayers and reflections is meant to provide a time of peace and quiet as we travel the journey of life and often find ourselves tired and confused, losing the right perspective of life and all that is happening to us at the moment.

We all need to be in touch with our God who is the source of life and love. It is when we have a breakdown in communication with God that we find ourselves lost and alone. We can so easily restore that relationship through quiet time in prayer because prayer is conversation with God. Of course, the best prayer is our personal chat with God; but when we find ourselves lost for words, the enclosed prayers and reflections can help us.

As we pray for our personal needs, may we always remember those who cannot pray and those who have no one to pray for them.

May we be aware of God’s presence in the present moment!

A handwritten signature in cursive script, appearing to read "F. Hazler".

Fr. George Hazler, IVD
Chaplain of Guest House

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The Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships 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.
Amen.

Reinhold Niebuhr

First Step Prayer

Dear Lord,
I admit that I am powerless over my addiction.
I admit that my life is unmanageable
when I try to control it. Help me this day
to understand the true meaning
of powerlessness and unmanageability.
Remove from me all levels of denial of my addiction.*



Second Step Prayer

Heavenly Father, I know in my heart
that only You can restore me to sanity.
I humbly ask that You remove all addictive
thinking and behaviors from me this day.
Heal my spirit and restore in me a clear mind.*

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 and Your way of life
May I do Your will always!*

Fourth Step Prayer

Dear God, it is I who has made my life a mess.
I have done it, but I cannot undo it.
My mistakes are mine.
Please be with me and guide me as I make
a searching and fearless moral inventory.
I will write down my wrongs,
but I will also include that which is good.
I pray for the strength to complete the task.*



Fifth Step Prayer

Higher Power,
my inventory has shown me who I am,
yet I ask for Your help in admitting my wrongs
to another person and to You.
Assure me, and be with me, in this Step,
for without this Step I cannot progress in my recovery.
With Your help I can do this, and I will do it.*

Sixth Step Prayer

Dear God, I am ready for Your help
in removing from me the defects of character
which I now realize are an obstacle to my recovery.
Help me to continue being honest with myself and
guide me toward spiritual and mental health.*

Seventh Step Prayer

My Creator, I am now willing that You should
have all of me, good and bad.
I pray that You now remove from me every single
defect of character which stands in the way of
my usefulness to You and my fellows.
Grant me strength, as I go out from here to do Your will.*



Eighth Step Prayer

Dear God, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes and be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.*

Ninth Step Prayer

Dear God, I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your strength and guidance in making direct amends. Most important, I will continue to make amends by staying abstinent, helping others and growing in spiritual progress.*

The Twelve Ninth-Step Promises

We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity, and we will know peace. No matter how far down the scale we've gone, we'll see how our experiences can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things



The Twelve Ninth-Step Promises (con't)

and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They're being fulfilled among us - sometimes quickly, sometimes slowly. They'll always materialize if we work for them.*

Tenth Step Prayer

I pray I may continue:

To grow in understanding and effectiveness;
To take daily spot check inventories of myself;
watching for selfishness, dishonesty, resentments
and fears;
To correct mistakes when I make them;
To take responsibility for my actions;
To be ever aware of my negative and
self-defeating attitudes and behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love and tolerance of others as my code; and
To continue to discern in daily prayer how I can best
serve You.*



Eleventh Step Prayer

Dear God, as I understand You,
I pray to keep my connection with You
open and clear from the confusion of daily life.
Through my prayers and meditation, I ask especially
for freedom from self-will, rationalization, and
wishful thinking.

I pray for the guidance of correct thought and
positive action.

Your will, O God, not mine, be done.*

Prayer of St. Francis

Lord, make me an instrument of your peace:
where there is hatred, let me bring love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy;
where there is discord, harmony;
where there is error, truth;
where there is wrong, the spirit of forgiveness.

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.



Prayer of St. Francis (con't)

For it is in giving that we receive,
it is in pardoning that we are pardoned,
it is in dying that we are born to eternal life. Amen.

St. Francis of Assisi

Twelfth Step Prayer

Dear God,

My spiritual awakening continues to unfold.

The help I have received I shall pass on and
give to others, both in and out of the fellowship.

For this opportunity I am grateful.

I pray most humbly to continue walking day by day
on the road of spiritual progress.

I pray for the inner strength and wisdom
to practice the principles of this way of life
in all I do and say. I need You, my friends,
and the program every hour of every day.

This is a better way to live.*

Set Aside Prayer

Lord, today help me set aside
everything I think I know about You,
everything I think I know about myself,
everything I think I know about others, and
everything I think I know about my own recovery
for a new experience in myself,
a new experience in my fellows,



The Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my savior,
for He has looked with favor on His lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is His Name.

He has mercy on those who fear Him in every
generation.

He has shown the strength of His arm,
He has scattered the proud in their conceit.
He has cast down the mighty from their thrones
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich He has sent away empty.

He has come to the help of His servant Israel,
for He has remembered His promise of mercy,
the promise He made to our fathers,
to Abraham and His children forever.

Luke 1:46-55

Novena to the Sacred Heart

O Sacred Heart of Jesus, we have asked You for many favors, but we plead this one:

(your intention)

Take it. Place it in Your open, broken heart.

When Your heavenly Father looks upon it clothed in the mantle of Your Precious Blood, He will not refuse it. O Sacred Heart of Jesus, this is not only our prayer, but Yours.

Our Father... Hail Mary... Glory Be...

O Sacred Heart of Jesus, we place our trust in You!
Amen.

St. Margaret Mary Alacoque

Prayer for Courage

Lord, put my life on a different basis;

give me the grace to live each day trusting in You.

Let me have the confidence in You and fear not.

Lord, I know that You love me.

Enable me to abandon myself
to Your protection and care.

Increase my faith and calm my anxieties.

Give me the courage to face life on life's terms.

My Savior, You know the multitudes of my worries.

Behold, I place them all at the foot of your cross.

My Jesus, I trust in You! Amen.

Author Unknown

Prayer to St. Anthony

O Blessed St. Anthony, God has made you
a powerful advocate in all necessities
and beloved patron of those in search of the lost.
I turn to you today with childlike love
and heartfelt confidence.

You were the counselor of the erring,
the comforter of the afflicted,
the healer of the sick.

Please help our beloved (name) to find the way back.
Guide each member of our family to
hope and recovery. Amen.

St. Francis de Sales

Prayer to St. Raphael

O God, You sent the blessed Archangel Raphael
to accompany Your servant Tobias on his journey.
Grant that we, Your servants, may also be guarded
by him always and strengthened by his assistance.
We ask this through Christ, Our Lord. Amen.

From the Divine Office

Prayer to St. Joseph

Glorious St. Joseph, spouse of Mary, grant us,
we beseech you, your paternal protection,
through the heart of Jesus Christ.

Your providential care reaches out to all our needs,
rendering possible for us that which is impossible.

Look upon the concerns of your children
with your fatherly countenance.

In the troubles and sorrows that afflict us,
we have confident recourse to you.

Please take under your loving protection
this important and difficult matter,
the cause of our worries, and dispose its success
to the glory of God and to the benefit
of His faithful servants. Amen.

Based on Novena to St. Joseph



Hope in God Creator

God knows me and calls me by name.
He has created me to do Him some definite service; He has committed some work to me which He has not committed to another.
I have my mission. I may never know it in this life, but I shall be told it in the next.
Somehow, I am necessary for His purposes.
I have a part in this great work; I am a link in a chain, a bond of connection between persons.

He has not created me for naught. I shall do good, I shall do His work; I shall be an angel of peace, a preacher of truth in my own place, while not intending it, if I do but keep His commandments and serve Him in my calling. Therefore, I will trust Him. Whatever, wherever I am, I can never be thrown away.

If I am in sickness, my sickness may serve Him; in perplexity, my perplexity may serve Him; if I am in sorrow, my sorrow may serve Him. My sickness, or perplexity, or sorrow may be necessary causes of some great end, which is quite beyond us.

He does nothing in vain; He may prolong my life,
He may shorten it; He knows what He is about.
He may take away my friends, He may throw me
among strangers, He may make me feel desolate,
make my spirits sink, hide the future from me;
still He knows what He is about.
Let me be Thy blind instrument.
I ask not to see, I ask not to know,
I ask simply to be used.

John Cardinal Newman 1848



Our Lady Undoer of Knots

Holy Mary, full of grace,
you accepted with great humility
the Holy Will of the Father and the gift
of your Son Our Lord Jesus Christ.
Evil never dared to entangle you with its confusion.
Since then you have interceded
for all of our difficulties.
With all simplicity and patience, you have given us
example on how to untangle the knots
in our complicated lives.
By being our Mother forever, you arrange
and make clear the path that unites us to Our Lord.
Holy Mary, Mother of God and ours,
with your maternal heart
untie the knots that upset our lives.
We ask you to receive in your hands
the needs of all at Guest House and deliver us
from the chains and confusions that have us restrained.
Blessed Virgin Mary, through your grace,
your intercession and by your example,
deliver us from evil and untie the knots
that keep us from uniting with God,
so that once free of every confusion and error,
we may find God in all things, have God in our hearts
and serve God always in our brothers and sisters.
Mother of Good Counsel pray for us. Amen.

Based on Novena inspired by St. Irenaeus

Trust in God

Your weaknesses are not obstacles to My love when you present them as offerings to My mercy. When you give Me your weaknesses with an entreating look, they become magnets that draw Me, because your weaknesses push you toward Me.

Your worries, your anguishes and your complexes cause Me pain when you cultivate them, when you hold onto them. But when you want to get rid of them because you desire to draw near to Me, they become energies that propel you into my arms where you rediscover trust, that makes you live and bloom.

I do not ask for what you do not have. Give Me only what tires you and you will go far in My love. Amen.

Fr. Louis Marie Parent, OMI



Do Not Fear

Do not look forward in fear to the changes in life;
rather, look to them with full hope
that as they arise, God, whose very own you are,
will lead you safely through all things;
and when you cannot stand it,
God will carry you in His arms.
Do not fear what may happen tomorrow;
the same understanding Father
who cares for you today
will take care of you then and every day.
He will either shield you from suffering
or will give you unfailing strength to bear it.
Be at peace, and put aside all anxious
thoughts and imaginations.

St. Francis de Sales

Grace

I ask for grace to know Jesus intimately,
to love Him more intensely,
and to follow Him more closely.

St. Ignatius of Loyola

Take My Hand

Take my hand, O Blessed Mother.
Hold me firmly lest I fall.
I am nervous when I'm walking,
and on thee I daily call.
Guide me over crossing.
Watch me when I'm on the stairs.
Let me know you are beside me.
Listen to my fervent prayer.
Bring me to my destination
safely every day.
Help me with each undertaking
as the hours pass away.
And when evening comes upon me
and I fear to be alone,
take my hand, O Blessed Mother.
Once again, O lead me home.

*Shared prayer from Sr. Pat
Underwood, CSJ, and her Mom*



The Guest House

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes
because each has been sent
as a guide from beyond.

Mawlana Jalaluddin Rumi



Hope in God

We have within us deeply rooted weaknesses, passions, and defects.

This cannot all be cut out with one sharp motion, but with patience, persistence, care, and attention.

The path leading to perfection is long.

Pray to God so that He will strengthen you.

Patiently accept your falls and, having stood up, immediately run to God,

not remaining in that place where you have fallen.

Do not despair if you keep falling into your old sins.

Many of them are strong because they have received the force of habit.

Only with the passage of time and with fervor will they be conquered.

Don't let anything deprive you of hope.

St. Nectarios of Aegina



Gratitude for Sobriety

Lord God, thank you for the gift of this day.

Keep me sober and serene today.

If I forget You and Your love, please, Lord,

Do not forget me.

A wife (and mother) speaks to the Lord on behalf of her alcoholic husband:

Here, I am, Lord! My mind, heart, and ears are open to hear You speak to me. I am listening.

The Lord answers:

Beloved friend, today, I am asking you to trust Me.

I know you want to do My will, so I will give you the strength and courage to carry it out today.

I want you to know that I am caring for you.

So, have no fear that you are not loved by Me.

As you have told Me, I know how much your family means to you. And, as you have asked Me, too, I will care for them and give them the grace to do My will.

Trust me.

Author Unknown

The Way of Strength

We trust an infinite God rather than our finite selves.
We are in the world to play the role He assigns.
Just to the extent that we do as we think
He would have us, and humbly rely on Him,
does He enable us to match calamity
with serenity.

We never apologize to anyone for depending
on our Creator. We can laugh at those who
think spirituality is the way of weakness.
Paradoxically, it is the way of strength.
The verdict of the ages is that faith means courage.
All men of faith have courage. They trust their God.
We never apologize for God.
Instead, we let Him demonstrate, through us,
what He can do.*



The Lord is Compassionate

When you come to serve the Lord,
prepare yourself for trials.
Be sincere of heart and steadfast,
and do not be impetuous in time of adversity.
Cling to Him, do not leave Him,
that you may prosper in your last days.
Accept whatever happens to you;
in periods of humiliation be patient.
For in fire gold is tested, and the chosen
in the crucible of humiliation.
Trust in God, and He will help you;
make your ways straight and hope in Him.
You who fear the Lord, wait for His mercy,
do not stray lest you fall.
You who fear the Lord, trust in Him,
and your reward will not be lost.
You who fear the Lord, hope for good things,
for lasting joy and mercy.
Consider the generations long past and see:
Has anyone trusted in the Lord and been
disappointed?
Has anyone persevered in his fear and been
forsaken?
Has anyone called upon Him and been ignored?
For the Lord is compassionate and merciful;
forgives sins and saves in time of trouble.

Sirach 2:1-11

Bible Verses

Ask and you will receive, seek and you will find:
knock and the door will be opened to you.

Luke 11:9

Come to me all you who labor and are burdened,
and I will give you rest.

Matthew 11:28

Behold I stand at the door and knock.
If you hear my voice and open the door,
then I will enter your house.

Revelation 3:20



Resentment

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

Resentment is anger that stays past sundown.

It makes sleep impossible.

It is the source of untold misery
and spiritual disease.

Prayer to Release Resentment

Lord, please free me from the grip of resentment.

Calm the stormy seas of my righteous indignation.

Let the healing power of Your Holy Spirit

lead me to a safe harbor of tranquility and peace.

Jesus, Son of the living God,

have mercy on me, a sinner!

Mary, Queen of peace, pray for me!

Author Unknown





Forgiveness

But I say to you, love your enemies
and pray for those who persecute you.

Matthew 5:44

Friends come and go; enemies can last a lifetime.
An enemy can be anyone I resent,
anyone I am not speaking to,
or anyone I cannot tolerate.*

Prayer for Forgiveness

Lord God, (name) has hurt me.

I forgive him/her.

May (name) be peaceful.

May (name) be healthy.

May (name) live in love,
free from pain and suffering.

*Conclude by praying the Our Father for the person
you are forgiving.*

In a few weeks, you will have peace in your heart.

◆ *Prayer for a Person Suffering From
Addiction Who Died Before Recovery*

Sacred Heart of Jesus, You share fully in our humanity; You, too, were weak, tempted in every way that we are, so that by Your death, You would set free all who have been held in the slavery of addiction, even in the hour of their death. Through their participation in the time of purification, may they finally experience the fullness of recovery.

Author Unknown

◆ *Prayer for Family Members and
Friends Who Are Affected by the
Disease of Alcoholism*

Healing Heart of Jesus, touch the memories and lives of those who still suffer the effects of the alcoholism of their significant friends and relatives. Empower them to let go of all their resentments, especially toward those who have died without recovery. Give them the grace to travel the slow and gradual forgiving journey that brings healing from the effects and memories of the disease of alcoholism to those who still suffer.

Fr. Pete Campbell, Missionary of the Sacred Heart



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Persons Suffering From Addiction Need Help

The Lord expects us to unite prayers to action.
Jesus said of the Good Samaritan,
"Go and do likewise."

Luke 10:29-37



For information, to offer financial support or
to request additional copies of this prayer book,
please contact us at
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Persons suffering from addiction need prayers;
they also need help only another human being can give.
Resources are available in your community.

For problems with alcohol, visit AA, Al-Anon and Alateen
at www.aa.org and www.al-anon.org.
AA is not affiliated with Guest House.



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*Guest House is recognized as the first North American provider of residential
addiction treatment programs for Catholic clergy and men and women religious.*