

60 Prayers for Alcoholics

By Leah Bayubay
June 17, 2024

Navigating the road to recovery from alcoholism is tough, both for the person struggling and for the people who love them. But you don't have to walk this path alone.

Whether you're seeking the strength to resist that next drink or you're a family member praying for your loved one's well-being, prayers can offer a powerful source of comfort and guidance.

In this article, we've collected heartfelt prayers tailored to various aspects of the recovery journey. We'll also delve into some Bible verses that can offer additional inspiration and solace. So, find a quiet space, and let's explore the spiritual support that can help you or a loved one during this challenging time.

1. Morning Prayers for a Fresh Start

Prayer for a New Day

"Dear God, thank You for granting me another day. As I open my eyes, I ask for your guidance to help me make wise choices. Help me to avoid temptations and grant me the strength to seek help when I need it. May today be a step forward in my journey toward recovery."

Prayer for Clarity and Focus

"Heavenly Father, as morning light breaks, I pray for clarity and focus in my life. Let me see the path I must walk today clearly, steering away from alcohol and its pitfalls. Bless me with the wisdom to make good decisions that honor You and my own life."

Prayer for Inner Peace

"Dear Lord, help me find inner peace as I start my day. Calm my thoughts and my spirit so that I can face today's challenges with a clear mind. Free me from the anxiety that leads me to drink, and fill that space with Your peace instead."

Prayer for Courage

"God, give me the courage to face the day ahead. Let me confront my fears and not escape through alcohol. Help me to be honest with myself and others, and grant me the courage to say 'no' when I need to."

Prayer for Gratitude

"Lord, as I wake up, help me to focus on the blessings I have and not what I lack. Let gratitude fill my heart, pushing out the desire for alcohol. Thank You for my family and my friends and for another chance to make better choices today."

Prayer for Renewed Hope

"Dear God, as the sun rises, renew my hope in life and in my journey of recovery. When I am discouraged, remind me that every new day brings new possibilities. Help me to see the good in myself and in the world around me."

Prayer for Healing

"Heavenly Father, please work in me to heal both my body and my soul from the effects of alcohol. Make this day a part of that healing process. Let me find joy in simple things and moments of respite where I can connect with You."

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Prayer for Strength and Resilience

“Lord, please give me the strength to withstand life’s difficulties without resorting to alcohol. Make me resilient in the face of challenges and setbacks. Help me to realize that I am stronger than my struggles and that with Your help, I can face anything.”

Prayer for Self-Forgiveness

“Dear God, help me to forgive myself for the mistakes I’ve made. Let me not dwell in shame, but rather focus on the positive steps I can take today. Remind me that I am worthy of love and redemption.”

Prayer for Love and Kindness

“Lord, as I start this day, help me to treat myself and others with love and kindness. When I’m tempted to be harsh or judgmental, remind me of Your endless love. Help me extend that love to myself, especially when I struggle.”

2. Prayers for Strength and Willpower

Prayer for Resisting Temptation

“Dear Lord, when temptations come my way, help me to turn to You. Grant me the strength to say ‘no’ and the willpower to walk away from situations that challenge my sobriety. Let me remember that the immediate satisfaction of drinking is not worth the long-term pain it causes.”

Prayer for Steadfastness

“Heavenly Father, in moments of weakness, remind me of the reasons I chose the path of recovery. Solidify my resolve so that I can remain steadfast in my commitment to abstain from alcohol. Help me trust that Your strength is made perfect in my weakness.”

Prayer for Endurance

“God, give me the endurance to fight this ongoing battle. When I feel like giving in, help me find a reserve of strength within me that I didn’t know I had. With Your guidance, let me continue to fight the good fight and not give up.”

Prayer for Wisdom

“Dear Lord, grant me the wisdom to recognize the triggers and pitfalls that lead me to drink. Help me navigate around them, leaning on Your strength rather than my own, which sometimes fails me. Guide me in making wise choices every day.”

Prayer for Self-Control

“Heavenly Father, gift me with the fruit of self-control. Allow me to master my desires and urges for the sake of a healthier life. When cravings strike, let me respond with actions that honor both my journey and Your love for me.”

Prayer for Emotional Fortitude

“God, help me find emotional strength as I move through the day. Let me not turn to alcohol for comfort but instead find solace and strength in Your presence. Help me manage my emotions in ways that promote healing and sobriety.”

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Prayer for a Strong Heart

“Dear Lord, fortify my heart to be strong and resilient in the face of challenges. When the road gets tough, let my heart be tougher. Remind me that with Your help, there's no obstacle too great for me to overcome.”

Prayer for Breaking Chains

“God, help me break the chains that have bound me for so long. Give me the strength to tear down walls of denial, the willpower to face the reality of my situation, and the courage to seek help when I need it.”

Prayer for Guidance and Strength

“Heavenly Father, guide my steps and make them firm. When I stumble, lend me Your strength to get up and continue on. Illuminate the path of sobriety for me and walk beside me every step of the way.”

Prayer for Courage and Conviction

“Dear Lord, grant me the courage to confront my problem with alcohol and the conviction to stick to my path of recovery. Let Your love be my guide and Your strength be my support, as I strive to live a life that makes both of us proud.”

3. Prayers for Healing and Self-Love

Prayer for Physical Healing

“Dear God, I know my body is a temple, and I've tarnished it with alcohol. As I wake up today, help me to heal physically from the damage I've done. Restore my health, so I can live a life that honors You and my loved ones.”

Prayer for Emotional Healing

“Heavenly Father, my emotions have often been a trigger for my drinking. Help me find healing for the emotional wounds I carry. Guide me towards emotional stability and self-control, and away from the pitfalls of alcohol.”

Prayer for Renewed Self-Worth

“Lord, my self-esteem has been battered through my struggles with alcohol. Help me see myself the way You see me: valuable and worthy of love. Rebuild my sense of self-worth, so I can face life's challenges with confidence.”

Prayer for Self-Compassion

“Dear God, teach me to be kind to myself, especially when I fail or fall short. Instead of self-criticism, let me practice self-compassion. Help me remember that Your love is unconditional and that I too, deserve love and understanding.”

Prayer for Inner Healing

“God, I recognize there are broken parts within me that need Your touch. Reach into the deep corners of my soul and bring healing. Replace my inner turmoil with peace and grant me the strength to forgive myself for past mistakes.”

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Prayer for the Release of Guilt

“Heavenly Father, guilt has been my constant companion. Help me to let go of the guilt that’s holding me back in my recovery. Remind me that Your grace is sufficient, and Your forgiveness is complete.”

Prayer for Spiritual Healing

“Lord, my spirit feels so broken due to my struggle with alcohol. Heal my spirit, so I can connect with You and others on a deeper level. Fill the spiritual void that I’ve tried to fill with drinking, with Your love and peace.”

Prayer for Self-Acceptance

“Dear God, help me to accept myself as I am, flaws and all. Teach me to work on improvement without hating the person I am now. Let self-acceptance be the foundation of my recovery and a testament to Your love.”

Prayer for Mending Relationships

“Heavenly Father, my relationship with myself and others has suffered due to alcohol. Grant me the wisdom and love to mend these bonds. Help me to become someone who is capable of both giving and receiving love.”

Prayer for Wholeness

“Lord, make me whole in body, mind, and spirit. As I go through the healing process, align every part of me with Your will. Let me become a symbol of what Your restorative love can achieve in someone’s life.”

4. Prayers for Friends and Family

Prayer for Understanding

“Lord, help me to understand what my loved one is going through. Give me the empathy to listen, the wisdom to offer constructive support, and the strength to be a stable presence in their life as they fight against alcoholism.”

Prayer for Patience

“Dear God, grant me patience as I support my friend or family member in their journey. Help me to remain calm when situations become challenging, remembering that recovery is a process and not an instant change.”

Prayer for Emotional Resilience

“Heavenly Father, being close to someone struggling with alcoholism is emotionally draining. Gift me the resilience to handle my feelings and not let them overwhelm me. Help me to channel these emotions in a way that is constructive and helpful.”

Prayer for Wisdom

“Lord, give me the wisdom to know when to speak and when to listen, when to act and when to let go. Help me balance my desire to help with the understanding that my loved one must also take steps on their own.”

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Prayer for Boundaries

“Dear God, teach me to set healthy boundaries for myself. Help me understand the limits of my role and to protect my own well-being while still being supportive of my loved one’s recovery.”

Prayer for Hope

“Heavenly Father, in the darkest moments, it’s hard to see the light at the end of the tunnel. Rekindle hope in my heart, and help me to be a beacon of that hope for my loved one, too.”

Prayer for Strength

“God, bestow upon me the strength to be a pillar for my loved one. Let me be strong for them when they can’t be, but also grant me the courage to take care of myself so that I can continue to be a source of support.”

Prayer for Compassion

“Lord, fill my heart with compassion for my friend or family member who is struggling. Let me approach them with unconditional love, free from judgment or criticism, emulating Your boundless love for us all.”

Prayer for the Healing of Relationships

“Dear God, alcoholism has strained the relationship between me and my loved one. We seek Your guidance in healing the emotional wounds between us. Help us rebuild trust and restore our relationship to a healthier state.”

Prayer for Collective Recovery

“Heavenly Father, we understand that recovery is a collective journey, involving both the person struggling with alcoholism and their loved ones. Bless us all with the perseverance, courage, and grace to walk this path together.”

5. Evening Prayers for Peaceful Sleep

Prayer for Tranquil Rest

“Lord, as I lay down tonight, please wash away the worries and tensions of the day. Calm my thoughts and soothe my anxieties. Grant me the serenity to embrace a peaceful sleep, so I may wake up refreshed for another day of healing and recovery.”

Prayer for Letting Go

“Dear God, I give to You the burdens I’ve carried throughout the day. Take away my fears, doubts, and regrets. Allow me to release them into Your caring hands so that I may find the peace necessary for a restorative sleep.”

Prayer for Relief from Guilt

“Heavenly Father, guilt and remorse often keep me awake at night. Help me to accept Your forgiveness and to forgive myself. Bring peace to my heart as I close my eyes, and let me wake up with a renewed sense of purpose.”

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Prayer for Protection

“Lord, as I sleep, watch over me and those I care about. Shield us from harm, both physical and emotional. Let Your protective love be a blanket that provides safety and comfort throughout the night.”

Prayer for Mindfulness

“Dear God, help me to be present in this moment, to feel Your peace enveloping me. Quiet my mind from the chaos of the day and guide me into a peaceful sleep, free from the temptation and turmoil that alcohol has brought into my life.”

Prayer for Family and Friends

“Heavenly Father, as I prepare to rest, I also pray for my loved ones who share the burden of my struggle with alcoholism. Grant them peace and restful sleep, and may their dreams be filled with hope for a better tomorrow.”

Prayer for Strength for Tomorrow

“God, rejuvenate my body and spirit tonight, so that I may have the strength to face another day of recovery. Let the sleep I get be restorative, preparing me for the challenges and opportunities that await me.”

Prayer for Gratitude

“Lord, let me end this day with a heart full of gratitude for the strides I’ve made, however small, in my journey towards sobriety. This sense of thankfulness brings peace to my soul, helping me to embrace a night of restful sleep.”

Prayer for Acceptance

“Dear God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. May this prayer guide me into a peaceful night’s sleep and a more accepting mindset tomorrow.”

Prayer for Spiritual Connection

“Heavenly Father, as I lay down, let me feel Your presence surrounding me. Your love brings comfort to my heart and peace to my mind. Let this spiritual connection sustain me through the night and into the waking hours.”

6. Emergency Prayers

Prayer for Immediate Strength

“Heavenly Father, in this moment, I feel weak and tempted. I urgently need Your strength to help me resist this urge to drink. Remind me of my commitment to sobriety and the reasons I have for wanting to be better. Amen.”

Prayer for Emotional Stability

“Dear God, my emotions are overwhelming me right now, pushing me towards making bad choices. Calm my heart and clear my mind. Help me focus on healthier ways to cope. Amen.”

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Prayer for Crisis Moments

“Lord, I am in a crisis, and the temptation to drink is overpowering. Step into this situation, shield me from making a harmful decision, and lead me toward the path of sobriety. Amen.”

Prayer for Urgent Clarity

“Heavenly Father, my thoughts are muddled, and I’m struggling to see things clearly. Shine Your light on me now, help me to see the situation for what it is, and guide me to make the right choices. Amen.”

Prayer for Quick Protection

“Dear God, I sense danger around me and within me. I pray for Your immediate protection against the urges, temptations, and situations that could lead me back into the darkness of alcoholism. Amen.”

Prayer for Immediate Relief from Guilt

“Lord, the guilt of my past is haunting me right now, pushing me towards relapse. Help me to remember that I am forgiven and that I can forge a new path starting this very moment. Amen.”

Prayer for Flash Urges

“Heavenly Father, a sudden urge to drink has come over me. Help me to stand strong, to remember the pain it causes me and others, and to choose not to take that first drink. Amen.”

Prayer for Urgent Self-Control

“Dear God, the need to drink feels uncontrollable at this moment. Instill in me the self-control I urgently need to resist this temptation. Remind me of my worth and the worth of those around me. Amen.”

Prayer for Emergency Wisdom

“Lord, I’m at a crossroads, and the easier path is to succumb to drinking. Grant me the wisdom to choose the harder but healthier path. Help me see beyond this moment. Amen.”

Prayer for Sudden Fear

“Heavenly Father, I am suddenly engulfed in fear, which is driving me towards seeking comfort in alcohol. I ask for Your peace to replace this fear, and Your love to fill the void I’m feeling. Amen.”