

ABSTINENCE PRAYER

God, today is a new day for me and **with you** I can handle anything.

I ask for your **protection** in case sometime during the day my desire to eat compulsively becomes stronger than my desire to abstain.

I ask for your **protection** today from anyone or anything that would interfere with my abstinence.

I know that **I am powerless over food**, and that my life can become unmanageable again.

I **do believe** that you will relieve my compulsion and restore me to sanity.

Please help me **to know your will** for me today and give me the willingness to carry it out.

I turn **my will and my life** over to you.

Please **guide me** through another day of abstinence. God, I need you.