



Current Issues in Prayer

April 2020

Welcome! The Pope invites people of good will to come together and pray **that those suffering from addiction may be helped and accompanied.**



Getting started:

I choose a comfortable place and I try to recollect myself in the presence of God. I ask that my prayer will lead me to understand better the suffering of victims of various forms of addiction.



Short story:

I had never taken drugs until I started medical school. I never drank or used drugs before, not even socially. Then, one evening, I was finding it hard to stay up studying for a chemistry exam. A friend introduced me to some stimulant drugs that were available in a sample. Upon graduation, I started my practice determined to be the best doctor of all. I



spent a great deal of time with my patients, whose number was growing. My patient load grew to a point that I had trouble keeping pace. I had no experience running a business and worked tirelessly for long hours trying to keep up with work. I took pills compulsively and uncontrollably, to help me work and others to help me sleep. All along I felt euphoric and no one suspected I was becoming a heavy drug user. I was a reputable physician, providing quality care. I had a family that depended on me. My friends and relatives admired me. Then one fine day, the inevitable happened. Everything started crumbling around me and I felt so fragile. Fortunately, I received help and advice from a support group. I met with sponsors and mentors, and by doing so, I changed my life dramatically. Although I was angry and frustrated with the obstacles I was facing, I now had the tools to help me deal with this stress.



Time to reflect:

What is my opinion about addictions in general? Did my perspective change after reading this story? What led the author to become a drug addict? What other forms of addictions can I think of? Am I aware that not everyone can deal with stress in the same way?



Let us pray:

Father, you have created us in Your own image. Help us remember that all our strength comes from You and not through our powers. Lead us through stressful situations that make us fragile and unable to succeed in what we wish to achieve. Foster within us a sensitive heart so we can support and accompany those who are victims of addiction.



Inspiration:

Addiction begins with the hope that something "out there" can instantly fill up the emptiness inside.

Jean Kilbourne



Hands on:

Offer some of my free time to someone who is particularly stressed or going through a difficult time. Relief from loneliness is the first step to heal from addictive behaviours.