

## In This Moment — Help Me Prayer<sup>1</sup>

God (Higher Power), In this moment:

Help me to release the shame of what was  
and the fear of what could be.

Help me to trust the guidance I receive from You  
and to have conscious contact with You.

Help me to have serenity in Your Presence  
and courage in what is to come.

Help me to Love myself as You Love me and to  
not put obstacles in the way of Your Plan for me.

Help me to have faith and trust in You and to  
believe that Your Plans for me are what I need  
and not what I want.

Help me to Let Go and Let You guide me.  
Your Will be done.

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<sup>1</sup> Submitted by a member of the [Friday Afternoon CoDA Listening Room](#).  
Thank you for your service.