

1. **What Letting Go Means in Christ** → *Walking Without Burning Out*

When someone you love is caught in addiction, it's natural to want to carry their burden. But even the strongest friend can't carry it all. Letting go doesn't mean walking away — it means learning to walk beside them without burning out. True friendship keeps pointing them to Jesus, the only One who can truly heal.

Letting go as a friend means:

- Staying supportive without being
- Accepting you can't fix them, but you can love
- Remembering that friendship rooted in Christ is steady and

Picture it like this: You're a companion on the road — but you don't drag your friend forward. You walk beside them, steady and prayerful.

Scripture: "A friend loves at all times, and a brother is born for adversity."
(Proverbs 17:17)

2. **Steps to Help You Give It to God** → *Tools for Prayer and Encouragement*

- **Lift Them in** When you don't know what to do, bring their name before God.
- **Offer Encouragement.** Small texts, kind words, and gentle reminders of hope matter more than you realize.
- **Don't Neglect** Guard your own health, joy, and walk with God.
- **Encourage Steps, Don't Force Them.** Suggest healthy choices, but don't take ownership of them.
- **Stay Rooted in Community.** Friends need friends, too — seek support so you don't carry the load alone.

Daily Breath Prayer:

Inhale: "I release..."

Exhale: "...my friend to You, Lord."

3. Letters of Empathy → *“Your Addiction Hurt Me, But I Still Love You”*

Sometimes friends need to hear both truth and grace. Letters help you be honest without closing the door.

Letter Example:

Dear [Friend’s Name],

I want to tell you the truth: your addiction has hurt me. It has strained our friendship and left me worried, angry, and sad. But I need you to know something greater — I still love you. I care about you too much to pretend everything is fine. I’m praying for you, and I’m trusting God to bring healing and freedom. I will walk beside you, but I can’t carry you. Please remember: you are not alone, and you are deeply loved.

Your friend,

[Your Name]

4. Declarations and Boundaries → *Healthy Support Rhythms*

Speak these truths to keep your friendship safe and Christ-centered:

- I can love without
- I will pray faithfully, not
- My worth is not tied to my friend’s
- Jesus is the healer; I am a
- I can step back when needed and still be

Boundary Reminder: Faithful friendship doesn’t mean limitless sacrifice — it means steady love anchored in truth.

5. First Steps in Prayer → *Prayers for Strength, Wisdom, and Compassion*

One-Line Prayers:

- “Lord, give me strength to be a faithful ”

- “Jesus, help me speak truth in ”
- “Father, keep my heart soft but my boundaries ”

A Friend's Prayer:

Lord Jesus, thank You for the gift of friendship. I lift up my friend to You today. You know their struggles and their pain better than I ever could. Give me wisdom to walk beside them without losing myself. Fill me with compassion when I feel tired, and give me courage to speak truth with love. I trust that You are working in their life, and I choose to keep them in prayer and hope. Amen.

Note: This kit helps friends stay steady — faithful in love, honest in truth, and protected from burnout — while pointing their loved one to the true Friend, Jesus.