

1. What Letting Go Means in Christ → *Acknowledging Loss and Resentment*

Growing up with a sibling who struggles with addiction can feel like losing the brother or sister you thought you had. Birthdays missed, memories stolen, relationships strained — it all leaves a mark. Letting go doesn't mean pretending those losses never happened. It means facing the pain honestly and releasing resentment into Christ's healing hands.

Letting go as a sibling means:

- Admitting the grief of “what might have been.”
- Forgiving without denying your hurt.
- Trusting God to write your sibling's story — even when it looks messy.

Think of it like this: siblings are meant to run side by side in life's race. Addiction may have slowed or diverted your sibling, but you can still run your lane faithfully, keeping your eyes on Jesus.

Scripture: “Bear with each other and forgive one another... Forgive as the Lord forgave you.” (Colossians 3:13)

2. Steps to Help You Give It to God → *Learning to Set Safety Boundaries*

- **Name the Hurt.** Tell God honestly: “I missed my brother/sister.”
- **Draw Healthy Lines.** It's okay to say “I can't join you in that environment” while still saying “I love you.”
- **Protect Your Peace.** You don't have to absorb chaos to prove loyalty.
- **Let God Be Their Shepherd.** He can chase them where you cannot go.
- **Stay Open to Hope.** Pray with expectation, even when change feels slow.

Daily Breath Prayer:

Inhale: “I release...”

Exhale: “...my sibling to You, Lord.”

3. Letters of Empathy → *“I Missed Growing Up with You”*

Words can give voice to years of unspoken hurt while still offering love.

Letter Example:

Dear [Sibling's Name],

I want to tell you something I've carried for a long time: I missed growing up with you. Your struggle with addiction took moments from us — moments we'll never get back. That hurts, and I don't want to hide it anymore. But I also need you to know this: I love you. I want healing for you, and for us. I'm praying that God restores what was broken, and that we can build something new together, even if it looks different than what we lost.

Love,

[Your Name]

4. Declarations and Boundaries → *The Secret: Loving Others as Ourselves*

These reminders can keep your love strong without losing yourself:

- I can love my sibling without joining them in destruction.
- I will not let bitterness define me — forgiveness frees me.
- I can grieve what I lost and still hope for what's ahead.
- My worth is not tied to my sibling's choices.
- Jesus calls me to love as I love myself — with truth and balance.

Boundary Reminder: Loving as yourself means not giving what drains you to empty. You matter, too.

5. First Steps in Prayer → *Prayers for Siblings and Reconciliation*

One-Line Prayers:

- “Jesus, heal the gap between us.”
- “Lord, remind me to love without resentment.”
- “Father, restore our family story in Your time.”

A Sibling's Prayer:

Lord Jesus, You know the bond between brothers and sisters, and You see how addiction has strained ours. I bring my sibling to You today. Heal what was lost, soften my heart where it has grown hard, and protect me from resentment. Show me how to love in truth, set wise boundaries, and keep my hope in You. Amen.

Note: This kit helps siblings face the grief honestly, while also offering tools to set safe boundaries and walk in forgiveness — keeping love alive without being consumed.