

1. What Letting Go Means in Christ → *Surrender Without Enabling*

Marriage and addiction are a painful mix. You may feel torn between wanting to help and realizing that your “help” sometimes makes things worse. Letting go doesn’t mean abandoning your spouse — it means handing them to Jesus and trusting Him with what only He can change.

Letting go as a spouse means:

- Releasing control while still standing in truth.
- Saying “no” when necessary without guilt.
- Trusting God to be the Savior — not you.

Picture this: A lifeguard cannot save a drowning swimmer until they stop thrashing. In the same way, your enabling may keep your spouse thrashing. Surrender means stepping back so Christ can step in.

Scripture: “The Lord will fight for you; you need only to be still.” (Exodus 14:14)

2. Steps to Help You Give It to God → *A Toolkit for Loving Without Fixing*

- **Pray First, Speak Later.** Ask the Lord if your words bring life before you share them.
- **Create Safe Boundaries.** Protect your finances, health, and family routines without shame.
- **Release Their Choices.** Remind yourself daily: “I am not responsible for their decisions.”
- **Offer Support, Not Rescue.** Encourage recovery steps, but don’t carry them there.
- **Anchor Yourself in Community.** You need support too. Lean on trusted believers who can pray with you and remind you of truth.

Daily Breath Prayer:

Inhale: “I surrender...”

Exhale: “...You are in control, Lord.”

3. Letters of Honesty and Empathy → *Acknowledging Pain in Marriage*

Addiction strains trust, intimacy, and communication. Sometimes words are hard to find. Letters can bridge silence with love and truth.

Letter Example:

Dear [Spouse's Name],

I need you to know that I love you. Your struggle with addiction has hurt me deeply, and I can't pretend otherwise. It has broken trust, left scars, and created distance between us.

But my heart longs for healing — for both of us. I cannot fix you, and I will no longer try. Instead, I am placing you in God's care, because only He can bring the freedom you need. Please know that while I set boundaries for my own well-being, I still stand beside you in hope.

Love,

[Your Name]

4. Declarations and Boundaries → *Say What You Mean, Mean What You Say*

When actions and words don't line up, confusion grows. These declarations help you stay

consistent in truth and love:

- I am not my spouse's rescuer; Jesus is.
- I can say "no" without being unloving.
- I will not sacrifice my own well-being for false peace.
- My marriage is precious, but my God is greater.
- I choose honesty over silence, even when it hurts.

Boundary Reminder:

Every “yes” you say without meaning it builds walls instead of bridges. Speak truth in love, and let your actions confirm your words.

5. First Steps in Prayer → *Trust, Restoration, and Strength*

One-Line Prayers:

- “Jesus, hold my marriage today.”
- “Lord, teach me to love without losing myself.”
- “Father, restore what is broken in Your way and time.”

A Spouse’s Prayer:

Heavenly Father, my heart is heavy with the pain of addiction in our marriage. I surrender my spouse into Your hands, knowing You alone can heal. Protect my heart from bitterness, guard me from enabling, and give me wisdom in every step. Restore hope where it feels lost, and help me to walk in truth, love, and faith each day. Amen.

Note: This kit reminds the spouse: You are not powerless, but your true power comes from surrendering to Christ and walking in His love — not carrying the weight of fixing your partner.