

## **Prayer re: Masturbation** **(after a teaching on keeping our bodies pure)**

Jesus, today we have learned about something very hard and very private. Many of us are ashamed because this has been a part of our lives for a long time, but you know everything about us, Jesus. You know this struggle we have, you know all of our struggles and temptations and sins, and you still love us and forgive us. Thank you for accepting us anyway and not rejecting us because of our sin.

Today, right now, I give you my body and my heart. They belong to you, Jesus, not to me or anyone else. My body is your temple and you have bought me at a great price, therefore, I choose today to honor you with my body.

Jesus, I give you now my secret shame of masturbation and I ask for your forgiveness. I ask for your freedom and healing love to fill my life. You know and understand why I do this. Please show me what I need to do to be free. I ask you now to come and fill that empty and hurting place inside me that wants comfort and love. Begin setting me free today. I give you all my fantasies and choose your Truth instead.

Teach me how to live in the real world with your strength and courage. And when the time comes for me to be married, I pray that any bad effects from this habit will be healed and covered by your love. May I honor you with my body now and in my marriage. I pray for my future husband/wife – for their freedom from this, too, so we can enjoy the love and intimacy you want for us.

Thank you Jesus for caring and understanding and forgiving and helping. I choose you and only you, Jesus. I belong to Jesus.

Amen