



Florence's
Kick Sugar Prayers
Morning and Evening

**By Florence Christophers, B.A., M.Phil
Sugar Addiction and Emotional Eating Recovery Coach
@ Copyright 2021**

Morning Prayer

Get on Your Knees and Say this Prayer 1st Thing in the Morning

Dear God / Universe, etc...

I humbly ask for one more day of relief from sugar addiction. Help me to remember that sugar is a poison that only feels good while I am eating it and that in between those moments it brings pain and misery, not to mention shame, guilt, regret, and self-loathing. I am so happy and deeply grateful that I am learning to eat healthy whole foods and not snack on junk food. I love the freedom and peace of mind it brings me. I love how my clothes fit better, my energy and moods are brighter. I love that I am learning to prioritize my self-care and tune into my true needs. Please be with me today as I navigate life without leaning on food for comfort, without succumbing to any temptations. Thank you God/Universe. Thank you. Thank you.

Before Bed Prayer #1

Get on Your Knees and Say this Prayer Just Before Hopping Into Bed

Dear God / Universe, etc...

Thank you for the gift of sugar abstinence today. I am very grateful. Thank you for the peace of mind I feel when I choose to not eat sugar and to not stuff down my feelings with food. Thank you for my courage to follow the wisdom of my recovery mind instead of the self-destructive impulsive choices of my addict brain. I pray for the continued commitment to practice new and better ways of bringing myself comfort and pleasure. I pray for a wonderful sleep and the courage to wake up and walk the path of sugar-freedom all over again tomorrow. I pray for the ability to harness my mind and source energy to create a life I love.

Thank you God/Universe. Thank you. Thank you.