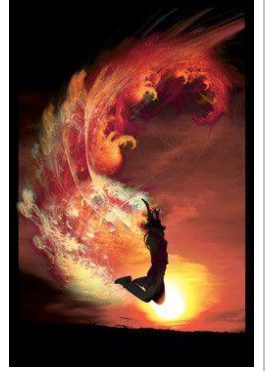


## **Prayer for the Captive**

By Cassandra Campanella, 2018



Dearest Heavenly Father,

in Your infinite love break the chains of those who are captive

In times of despair, bind the works of thy enemy and give us the will to make healthy choices

Help me, in particular, to not dwell on the negativity of this world but to embrace the positivity of Your grace

Free me from this hell, so I may open my wings with You O' Lord

When life gets heavy, lift the weights that diminish me

Please free me O' Lord from false appetites and shameful accusations

From seeing all my imperfections, and for always thinking less of myself

Please free me, from all the pills, alcohol, and drugs I consume in order to feel better

Free me, from all the mapped out diets, phony advertisements, and implausible labels

Help me to believe in what I could be and all that I am

When times get tough, and I'm filled with regret or disappointment, please free me O' Lord

Free us when we are expecting too much of ourselves and lose track of the people we really are

Free us from all that pressure society puts on us

Unchain our hearts from the temptation of evil

Grant us forever the courage to stand up for ourselves

Give us strength to be able to walk humbly in our own skin

In the Lord's name we pray,

Amen