



Prayer & Meditation Toolkit

A free recovery resource from Stepwise Recovery

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STEPWISE RECOVERY

Prayer & Meditation Toolkit

Simple Practices for Connection and Calm

Prayer and meditation look different for everyone. Some people talk to God. Others sit in silence. Some walk in nature. Others write in a journal. There's no single 'right' way — what matters is finding what helps you connect with something greater than yourself, and with your own inner wisdom.

This toolkit offers a variety of approaches. Take what works, leave what doesn't.

Why This Matters in Recovery

Many people in recovery find that some form of spiritual practice — however they define it — becomes essential to their wellbeing. It can help us:

- Find calm when anxiety rises
- Get perspective when problems feel overwhelming
- Access guidance when we're unsure what to do
- Feel less alone
- Build resilience for difficult moments
- Develop self-awareness

Part 1: Approaches to Prayer

Prayer doesn't require belief in a specific religion. It can simply be reaching out — to the universe, to your higher self, to the goodness you sense in the world, or to God as you understand that.

Morning Prayer / Setting Intentions

Starting the day with a few words can set the tone:

Simple Morning Words

"Today, help me stay present. Help me be honest. Help me be kind — to others and to myself. Show me how to be useful."

Surrender Prayer

"I don't know what today will bring. I release my need to control it. I trust that I'll be given what I need to handle whatever comes."

Evening Prayer / Reflection

Simple Evening Words

"Thank you for this day. For the moments I got right, I'm grateful. For the moments I got wrong, help me learn and let go. Help me rest well and wake ready to try again."

When You're Struggling

In difficult moments, words can be simple:

"Help."

"I can't do this alone. Please be with me."

"Remove this craving. Replace it with peace."

"Just for this moment, help me not pick up."

Part 2: Approaches to Meditation

Meditation is simply training your attention. It doesn't require emptying your mind — that's a myth. It's about noticing where your mind goes and gently bringing it back. Here are several approaches:

Breath Awareness (5 minutes)

This is the simplest form of meditation and works anywhere.

1. Sit comfortably. Close your eyes or soften your gaze.
2. Notice your breath — the air coming in, the air going out.
3. Don't try to change it. Just observe.
4. When your mind wanders (it will), gently return to the breath.
5. That's it. The wandering and returning IS the practice.

Body Scan (10 minutes)

This helps reconnect mind and body — especially useful in early recovery.

1. Lie down or sit comfortably. Close your eyes.
2. Bring attention to the top of your head.
3. Slowly move your attention down: forehead, eyes, jaw, neck, shoulders...
4. Notice any tension. Breathe into it. Let it soften.
5. Continue all the way down to your feet. Take your time.

Walking Meditation

For people who struggle sitting still, movement can be meditation.

1. Walk slowly — slower than normal.
2. Notice your feet: the lifting, the stepping, the placing.
3. Feel the ground beneath you.
4. When your mind wanders, return to the sensation of walking.

Gratitude Practice

1. Close your eyes. Take three deep breaths.
2. Bring to mind one thing you're grateful for. Really feel it.
3. Add another. Let the feeling build.
4. Sit with this warmth for a few minutes.

Practical Tips

Start small: 5 minutes is enough. You can build from there.

Same time, same place: Routine helps it stick.

Don't judge yourself: A wandering mind is normal. That's not failure.

Try different approaches: What works for others might not work for you.

Use apps if helpful: Insight Timer, Headspace, or Calm can guide you.

Your Personal Practice

Use this space to note what works for you:

What I've tried and liked:

Best time for me to practice:

Words or phrases that help me:

Find the practice that fits you. It's yours to shape.

Keep going — you're not alone

This resource is one of a full library of free tools, worksheets and reading at stepwiserecovery.com/resources — take what helps and leave the rest. These tools are designed to sit alongside fellowship programmes, meetings and sponsorship — never to replace them.

The Stepwise Recovery Guides

Substance-specific recovery guides written by people who've recovered — for cocaine, ketamine, families, young people, and children. Free preview chapters, no email required, at stepwiserecovery.com/guides

Our 1-in-10 Pledge

For every ten guides sold, we donate one to someone who can't afford it — through treatment centres and prison recovery programmes.

Need help right now?

Samaritans: 116 123 (free, 24 hours) · FRANK: 0300 123 6600

Narcotics Anonymous UK: 0300 999 1212 · SHOUT: text 85258

Childline (under 19s): 0800 1111 · Nacoda: 0800 358 3456