

# Order of Messianic Jewish Prayers for Overcoming Pornography and Lust

## Introduction

This prayer service combines traditional Jewish prayer structures with Messianic understanding, drawing on both Tanakh (Hebrew Scriptures) and Brit Hadashah (New Testament) to address struggles with pornography and lust. Each section includes biblical references and reflects therapeutic principles for healing and recovery.

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## Opening Blessing (Berakhah)

*Baruch atah Adonai Eloheinu, Melech ha'olam, asher kidshanu b'mitzvotav, v'tzivanu l'hitkadesh b'ma'asim tovim.*

Blessed are You, Lord our God, King of the universe, who has sanctified us with His commandments and commanded us to be holy through good deeds.

*"You shall be holy, for I the LORD your God am holy." (Leviticus 19:2)*

*Lord Yeshua, who taught us that anyone who looks at another with lust has already committed adultery in their heart (Matthew 5:28), guide us toward purity of thought and action.*

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## Prayer of Acknowledgment (Vidui)

*Avinu Malkeinu, our Father and King, I stand before You acknowledging my struggle. I have allowed my eyes to wander and my mind to dwell on images that dishonor both Your creation and myself. I have treated others as objects rather than as beings made in Your divine image.*

*"I know my transgressions, and my sin is always before me." (Psalm 51:3)*

*I recognize that these behaviors attempt to fill emptiness that only You can truly satisfy. Grant me the courage to face the wounds and needs beneath my actions.*

*"Search me, God, and know my heart; test me and know my anxious thoughts." (Psalm 139:23)*

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## Prayer for Teshuvah (Repentance)

*Ribbono shel Olam, Master of the Universe, I turn away from these destructive patterns and turn toward You. Help me to make true teshuvah—not merely feeling shame, but changing direction completely.*

*"Create in me a pure heart, O God, and renew a steadfast spirit within me." (Psalm 51:10)*

*Messiah Yeshua, who offers complete forgiveness, I accept Your grace that empowers real transformation. As You taught through Paul, "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear." (1 Corinthians 10:13)*

*Help me understand that shame only drives me further into darkness. Replace my shame with godly sorrow that leads to true repentance.*

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## **Prayer for Boundaries (Geder)**

*Adonai Elohim, You established boundaries in creation—separating light from darkness, water from land. Help me establish holy boundaries in my life:*

*"I have made a covenant with my eyes not to look lustfully at anyone." (Job 31:1)*

*Grant me wisdom to identify situations that weaken my resolve. May I have the courage to build fences around Your Torah as our sages taught, protecting me from approaching transgression.*

*"Turn my eyes away from worthless things; preserve my life according to your word." (Psalm 119:37)*

*Messiah Yeshua, You taught that if our right eye causes us to stumble, we must deal radically with sin (Matthew 5:29-30). Help me take practical steps to remove access to that which causes me to fall.*

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## **Prayer for Healing of Memory (Refuat HaZikaron)**

*Rofeh kol basar, Healer of all flesh, heal the images stored in my mind that continue to trouble me. Where visual memories emerge unbidden, replace them with visions of Your holiness.*

*"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." (Philippians 4:8)*

*Heal the underlying wounds that have led me to seek comfort in harmful ways. Where there is loneliness, bring healthy connection; where there is trauma, bring Your shalom; where there is a distorted understanding of intimacy, restore Your divine design.*

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## **Prayer for Healthy Intimacy (Kiddushin)**

*Elohei Avraham, Yitzchak, v'Yaakov, God of our ancestors, You created sexuality as a holy gift. You called it "very good" when You ordained the sacred union of man and woman. Restore to me a vision of sexuality as You intended it—as an expression of covenant love, mutual respect, and sacred bonding.*

*"May your fountain be blessed, and may you rejoice in the wife of your youth." (Proverbs 5:18)*

*"Husbands, love your wives, just as Messiah loved the congregation and gave himself up for her." (Ephesians 5:25)*

*Help me honor every person I encounter as created b'tzelem Elohim—in the image of God—never to be used or objectified.*

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## **Prayer for Community Support (Kehillah)**

*Avinu shebashamayim, our Father in heaven, You have called us to bear one another's burdens. Grant me the humility to share my struggle with trusted members of my kehillah, my community of faith.*

*"Confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." (James 5:16)*

*Remove from me the isolation that deepens my bondage. Place in my life accountability partners who will speak truth with compassion, who will neither condemn nor enable.*

*"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up." (Ecclesiastes 4:9-10)*

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## **Prayer for Renewal of Mind (Hitchadshut HaDa'at)**

*Elohei haRuchot, God of all spirits, renew my mind according to Your truth. Where I have believed lies about myself, others, or sexuality, replace these with Your perfect understanding.*

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." (Romans 12:2)*

*Help me recognize that my identity is not defined by my struggles but by Your love for me. I am Your child, bought at a price, the temple of Your Ruach HaKodesh (Holy Spirit).*

*"Don't you know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." (1 Corinthians 6:19-20)*

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## **Prayer for Daily Strength (Koach Yomi)**

*Adonai Oz, LORD of strength, I acknowledge that recovery is a daily journey. Each morning I will seek Your face and renew my commitment to walk in purity.*

*"The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness." (Lamentations 3:22-23)*

*When I fall, help me to get up again without delay. When I succeed, guard me from pride. Let me depend not on my own willpower but on Your indwelling Spirit.*

*"I can do all things through Messiah who strengthens me." (Philippians 4:13)*

*"Not by might nor by power, but by my Spirit," says the LORD Almighty. (Zechariah 4:6)*

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## **Closing Prayer (Tefilat HaSiyum)**

*Baruch atah Adonai, Eloheinu Melech ha'olam, shehecheyanu, v'kiy'manu, v'higi'anu laz'man hazeh.*

Blessed are You, LORD our God, King of the universe, who has kept us alive, sustained us, and brought us to this moment.

*Yeshua HaMashiach, my Redeemer and Lord, You who make all things new, continue Your work of restoration in me. May my journey of healing bring honor to Your name and hope to others who struggle.*

*"He who began a good work in you will carry it on to completion until the day of Messiah Yeshua." (Philippians 1:6)*

*"Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy, to the only God, our Savior, through Yeshua HaMashiach our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen." (Jude 24-25)*

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## **Therapeutic Notes for Practice**

1. **Consistency:** Pray these prayers regularly, ideally at set times. Structure helps rebuild neural pathways disrupted by addiction.
2. **Embodiment:** Don't just read the prayers—stand, bow, or use traditional Jewish prayer postures to engage your whole being.
3. **Journaling:** After prayer, write reflections on your thoughts, triggers, and progress.
4. **Progressive Steps:** These prayers complement practical steps of recovery:
  - Identifying triggers
  - Creating environmental safeguards
  - Establishing accountability
  - Seeking professional help when needed

5. **Compassion:** Approach recovery with self-compassion rather than self-condemnation. Research shows shame often deepens addictive cycles.
6. **Community:** These prayers are most effective when coupled with supportive community. Consider a faith-based recovery group that honors your Messianic Jewish practice.
7. **Holistic Approach:** Address physical health (sleep, exercise, nutrition), emotional wellbeing, and spiritual practice together for lasting change.