Prayer Guide

The Next Door
Addiction Treatment for Women
This 7-day prayer guide will walk you through seven areas of our clients’ lives. We need prayer warriors like you to storm heaven on their behalf and help bring transformation to their lives. Each day includes Scripture, information related to the day’s topic, and prayer requests for women working towards lifetime recovery. Throughout these 7 days, we hope that your heart stirs with compassion for these women and that your own faith would be strengthened as you intercede for others. We believe that our God answers BIG and BOLD prayers, so we ask that you pray for hope and healing for each woman who has received life-saving addiction treatment services through The Next Door.

“Whatever you ask in my name, this I will do, that the Father may be glorified in the Son.”

— JOHN 14:13
At the heart of everything we do is Christ. Our organization was founded on prayer, and prayer remains essential to our mission. While at The Next Door, women are not only given practical tools for recovery, they are taught that faith is a central part of recovery, too. Clients have the opportunity to attend spiritual wellness classes and spirituality groups. Upon admission, every client receives a Jesus Calling devotional and a Bible. We also have a Spiritual Wellness Coordinator on staff whom clients can meet with to discuss larger questions about their faith.

Some women come to The Next Door never having known God. Others knew the Lord once but have strayed so far they wonder if God could ever love them again. It is one of our favorite things to remind these women that there is nothing that can separate them from the love of God.

**Prayer Requests**

- Pray that our clients will use the spiritual tools they have gained at The Next Door to deepen their connection with God.
- Pray that our clients will connect with a community of faith that will nurture their spirituality after they complete their residential treatment.
- Pray that our clients will learn to hear and respond to God’s promptings.
Mental health is easy to ignore because it’s not as obvious as something like a broken leg. On top of struggling with substance abuse, our clients have diagnoses like depression and anxiety (46%), bipolar disorder (33%), and post traumatic stress disorder (33%). Many clients have more than one mental health diagnosis. The combination of disorders increases the difficulty of a woman’s recovery efforts. At The Next Door, we use an integrated approach to treatment, based on a woman’s individual needs, that includes psychoeducation, coping skills, medication, and therapy.

Prayer Requests

- Pray for the clinical and medical staff as they develop personalized treatment plans for each client.
- Pray that the clients will trust the staff and follow their recommendations.
- Ask God to relieve our clients’ suffering and restore them to wholeness.
- Pray for clients who battle depression, anxiety, bi-polar disorder, PTSD, and other mental health challenges due to past trauma.

“Praise the Lord, my soul; all my inmost being, praise God’s holy name. Praise the Lord, my soul, and forget not all God’s benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.”

— PSALM 103:1-5

MONDAY

MENTAL HEALTH/CO-OCCURRING DISORDERS
TUESDAY

PRAYER REQUESTS

“God reached down from on high and took hold of me; God drew me out of deep waters. God rescued me from my powerful enemy, from my foes, who were too strong for me. They confronted me in the day of my disaster, but the Lord was my support. God brought me out into a spacious place; the Lord rescued me because God delighted in me.”
— PSALM 18:16-19

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. 100% of TND clients report having at least one ACE, and the average ACE score is 5. This means that on average, our women have experienced 5 traumatic events before they were 17. Research shows that ACEs are directly linked to substance abuse in later life.

The human brain is truly amazing. When a trauma happens, the brain shuts off one section at a time, leaving only the parts necessary for survival functioning. This protects us in the moment, allowing us to live through trauma. However, once these pathways are formed, especially at a young age, the brain stays in survival mode. Nothing feels safe; life is lived in a state of heightened anxiety. In therapy, we begin the process of retraining the brain. Our clients learn coping skills and techniques that allow them to reprocess their trauma, build new neuropathways, and finally, allow their brains to heal.

Prayer Requests

Pray that the clients will experience safety and unconditional love at The Next Door.

Pray that our staff will help our clients find healing as they process their past trauma and adverse childhood experiences.

Ask God to protect the staff from secondary trauma as they listen to our clients’ stories of trauma.
“The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. God has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.”

— ISAIAH 61:1

The Next Door began offering addiction treatment services after seeing the strong connection between addiction and the criminal justice system. When someone is addicted to a substance, they will do anything to get it: commit theft, sell their body, even commit murder if the craving is bad enough. Many of our clients have been arrested and convicted of crimes.

Society is often unkind to women who reenter society from prison. A felony charge limits a woman’s ability to find a job and housing. Without these two things, women often feel they have no choice but to turn back to criminal behavior in order to survive. Old environments breed old habits, including drug use.

Our goal is to interrupt this cycle by connecting women to resources in the community that will help support them after they leave The Next Door. Nashville has a multitude of nonprofits who come alongside our women after treatment to aid in this process.

Prayer Requests

Pray that clients who have been incarcerated will be able to fully reintegrate into society, breaking the cycle of recidivism.

Pray that clients who have been incarcerated will not allow their lives to be defined by their past offenses.
Addiction is a disease that ruins families. Our clients have let down many people in their lives, and many people have let them down. For many of our clients, broken relationships are intricately intertwined with their addiction. Being sober means facing the pain and reality associated with relationships, something most of our clients avoided with drugs and alcohol.

In order to remain sober, clients are told to replace “people, places, and things” that are connected to their addiction. Clients’ sobriety often rests upon their ability to do just this. Getting out of a troubled relationship can be the very thing that saves a woman’s life.

Prayer Requests

✨ Pray that our clients will find healing from past abusive relationships as they gain tools that will help them to protect themselves in the future.

✨ Pray that our clients will be willing to make amends to those whom they have harmed during their active addiction and forgive those who have harmed them.

✨ Ask God to work in the hearts of our clients’ parents, siblings, and children, moving them to extend forgiveness to our clients so that relationships can be restored and families can be reconciled.

“Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone.” — ROMANS 12:17-18
“As a mother comforts her child, so will I comfort you.”
— ISAIAH 66:13A

The Next Door admits pregnant clients into all levels of care, even detox. We believe that these women are in desperate need of our help, and so are their babies. The number of pregnant women we’ve served has continued to increase, as there are few treatment centers in Middle Tennessee that will treat pregnant women.

For our clients that are mothers, treatment is a difficult few weeks. Some are in treatment under court order to get their children out of state custody. Others have left their children with a loved one while they begin the healing process. We offer specific therapeutic groups for pregnancy, postpartum, and parenting to support women in this specific role.

Prayer Requests

Ask God to comfort our clients who are mothers as they process their anxiety, sadness, grief, and guilt while they are separated from their children.

Pray that our clients’ children will receive compassionate care in a safe environment during the period when they are separated from their mothers.

Pray for the health of our pregnant clients and their babies.
Affordable housing is one of the most pressing issues for our clients once they leave treatment. Many of our clients have experienced homelessness in the past, and many were homeless before coming to treatment. A major reason for their homelessness is a lack of money. Our Freedom Recovery Community (FRC) is an affordable living option for women in recovery and their families. Women have access to case management and a community of women to support them as they continue on their recovery journeys.

We have even seen healthy babies born at the FRC! It is such a blessing to see women thrive when they have the proper support.

Prayer Requests

Pray that the clients who are preparing to leave The Next Door will find safe housing where they can continue to focus on their recovery.

Pray for the clients who live at the Freedom Recovery Community, that they will continue to maintain their sobriety as they rebuild their lives.

Pray that our clients will experience the peace of God that surpasses all understanding.

“In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.” — PSALM 4:8
CORE VALUES

LOVE

We demonstrate what love looks like, so our women learn to love others in healthy ways and love themselves.

FAITH

We welcome all people, and all will be cared for with Christ-centered principles.

HOPE

We believe hope is within reach for all women.

WHOLENESS

God has a plan and purpose for a woman’s life that is abundantly good. She does not have to be defined by her past decisions. God loves, God forgives. Every woman can be whole and complete.

COMMUNITY

We are building a healthy community in which our women are contributing members of society. We need one another. We care for one another. We will teach our women how to build their own healthy community.

RESPECT

We believe each woman deserves respect from us and from each other. We believe each woman can learn to respect herself and others.

ENCOURAGEMENT

We believe that our words and actions should build one another up. We inspire one another with love and good deeds.
1. Host a prayer walk with your church friends at The Next Door as a way to offer encouragement to clients and lift up specific prayer requests they may have.

2. Volunteer to help sort donations in our clothing closet, serve meals to clients, organize a group service project, or bring an evening of fun for our women—crafts, movies and popcorn, board games, etc.

3. Invite a TND staff member to speak to your church members or small group. Our staff are experts in topics like addiction, trauma, and mental health.

4. Give a financial gift to provide life-saving addiction treatment services for women at thenextdoor.org/donate

5. Refer a woman in need of our services. We have a team of admissions staff available to take phone calls at 1-855-TND-HOPE Monday–Friday 7:00am–7:00pm.

If you would like to engage with The Next Door through any of the listed opportunities, please email info@thenextdoor.org for more information.
PURPOSE
We exist to empower women for lifetime recovery.

MISSION
We provide evidence-based substance abuse and mental health services for women in an environment of faith and healing to restore hope and a lifetime of recovery.

CONNECT WITH US ON SOCIAL MEDIA

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For more information on The Next Door, please visit thenextdoor.org