

## STEP 12 PRAYER

Dear God,  
My spiritual awakening continues to unfold.  
The help I have received I shall pass on &  
give to others, both in & out of the Fellowship.  
For this opportunity I am grateful.  
I pray most humbly to continue walking day by day  
On the road of spiritual progress. I pray for the inner  
strength & wisdom to practice the principles of this  
way of life in all I do & say.  
I need You, my friends, & the program every hour of  
every day. This is a better way to live.

## SET ASIDE PRAYER

Dear God;  
Please set aside anything I think I know about myself,  
about my disease, about the Big Book, the 12 Steps,  
the Program, the Fellowship, the people in the  
fellowship, and all spiritual terms – especially you  
God; So that I may have an open mind and a new  
experience with all these things.  
Please help me see the Truth.  
Amen.

## MORNING PRAYER

God, direct my thinking today so that it be empty  
of self-pity, dishonesty, self-will, self-seeking and  
fear. God, inspire my thinking, decisions and intu-  
itions. Help me to relax and take it easy.  
Free me from doubt and indecision.  
Guide me through this day and  
show me my next step.  
God, show me what I need to do to take care of  
any problems. I ask all these things that I may be of  
maximum service to you and my fellow man.  
In the spirit of the Steps I pray. AMEN

## MORNING PRAYER (alt)

God, direct my thinking today so that it be filled  
with self-compassion, honesty, surrender, love and  
fearlessness. God, inspire my thinking, decisions  
and intuitions. Help me to relax and take it easy.  
Grant me faith, hope and love. Guide me through  
this day and show me my next step. God, show  
me what I need to do to take care of any prob-  
lems. I ask all these things that I may be of maxi-  
mum service to you and my fellow man. In the  
spirit of the Steps I pray. AMEN

## NIGHT PRAYER

God, forgive me where I have been resentful, self-  
ish, dishonest or afraid today. Help me to not keep  
anything to myself but to discuss it all openly with  
another person - show me where I owe an apology  
and help me make it.  
Help me to be kind and loving to all people.  
Use me in the mainstream of life, God.  
Free me of worry, remorse or morbid (sick) reflec-  
tions that I may be of usefulness to others. AMEN

# 12 STEP PRAYERS

### STEP 1 PRAYER

Dear Lord,  
I admit that I am powerless over my addiction.  
I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction.

### STEP 2 PRAYER

Heavenly Father,  
I know in my heart that only you can restore me to sanity.  
I humbly ask that you remove all twisted thought & Addictive behavior from me this day.  
Heal my spirit & restore in me a clear mind.

### STEP 3 PRAYER

God,  
I offer myself to Thee to build with me & to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness To those I would help of Thy Power, Thy love & Thy way of life,  
May I do Thy will always!

### STEP 4 PRAYER

Dear God,  
It is I who has made my life a mess.  
I have done it, but I cannot undo it.  
My mistakes are mine & I will begin a searching & fearless moral inventory. I will write down my wrongs But I will also include that which is good.  
I pray for the strength to complete the task.

### STEP 5 PRAYER

Higher Power,  
My inventory has shown me who I am,  
Yet I ask for Your help in admitting my wrongs to another person & to You. Assure me, & be with me, in this Step, for without this Step I cannot progress in my recovery. With Your help, I can do this, & I will do it.

### STEP 6 PRAYER

Dear God,  
I am ready for Your help  
In removing from me the defects of character Which I now realize are an obstacle to my recovery.  
Help me to continue being honest with myself & Guide me toward spiritual & mental health.

### STEP 7 PRAYER.

My Creator,  
I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character Which stands in the way of my usefulness to you & my fellows.  
Grant me strength, as I go out from here to do your bidding.

### STEP 8 PRAYER

Higher Power,  
I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes & Be forgiving to others as You are forgiving to me.  
Grant me the willingness to begin my restitution.  
This I pray.  
.

### STEP 9 PRAYER

Higher Power,  
I pray for the right attitude to make my amends,  
Being ever mindful not to harm others in the process.  
I ask for Your guidance in making indirect amends.  
Most important, I will continue to make amends by staying sober, helping others & growing in spiritual progress

### STEP 10 PRAYER

I pray I may continue:  
To grow in understanding & effectiveness;  
To take daily spot check inventories of myself;  
To correct mistakes when I make them;  
To take responsibility for my actions;  
To be ever aware of my negative & Self-defeating attitudes & behaviors;  
To keep my willfulness in check;  
To always remember I need Your help;  
To keep love & tolerance of others as my code; &  
To continue in daily prayer how I can best serve You,  
My Higher Power..

### STEP 11 PRAYER

Higher Power, as I understand You,  
I pray to keep my connection with You Open & clear from the confusion of daily life.  
Through my prayers & meditation I ask especially for Freedom from self-will, rationalization, & wishful thinking.  
I pray for the guidance of correct thought & positive action.  
Your will Higher Power, not mine, be done.