

12 Step Prayers

First Step 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.

Second Step 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 and addictive behavior from me this day.
Heal my spirit and restore in me a clear mind.

Third Step Prayer (Page 63 - A. A. Big Book)

God, I offer myself to Thee - to build with me and 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 and Thy Way of life. May I do Thy will always!

Fourth Step Prayer

Dear God,
It is I who have made my life a mess.
I have done it, but I cannot undo it.
My mistakes are mine, and I will begin a searching and fearless moral inventory.
I will write down my wrongs and the exact nature of my wrongs.
I pray for the strength to complete the task.

Fifth Step Prayer

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

Sixth Step 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 and guide me toward spiritual and mental health.

Seventh Step Prayer (Page 76 - A. A. Big Book)

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

Eighth Step Prayer

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

Ninth Step 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 abstinent, helping others, and growing in spiritual progress.

Tenth Step Prayer

I pray I may continue:
To grow in understanding and 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 and self-defeating attitudes and behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love and tolerance of others as my code;
And to continue in daily prayer how I can best serve You, my Higher Power.

Eleventh Step Prayer

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

Twelfth Step Prayer

Dear God,
My spiritual awakening continues to unfold.
The help I have received I shall pass on and give to others, both in and 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 and wisdom to practice the principles of his way of life in all I do and say.
I need You, my friends, and the Program every hour of every day.
This is a better way to live.