

## 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.