

Step 4 Prayers

Resentment Set Aside Prayer (for truth):

Father, please fill me with Your Holy Spirit.

Open up my mind and heart. Allow me to set aside my old ideas about myself, my disease (or brokenness), my spiritual path, and You, Father.

Please allow me a new understanding and a new experience of myself, my marriage, my disease (or brokenness), my spiritual path, and especially You, Father.

Please help me to grow in understanding and effectiveness, to develop a clear vision of Your will for me and the courage to cooperate with Your Grace.

Please help me see the Truth about resentments.

Step Four Prayer (truth about resentments):

God, please allow me to be thorough and honest in this inventory process – to discover the truth and find, then face, the facts, causes, and conditions of my failure.

Please reveal to me my resentments and why I am angry.

Please allow me to resolutely look for my mistakes – to see my role, admit my wrongs honestly, and be willing to set these matters straight.

Please remove these things in me that are blocking me from the sunlight of Your Spirit.

Resentment Set Aside Prayer (for freedom):

Father, please fill me with Your Holy Spirit.

Open up my mind and heart. Allow me to set aside my old ideas about myself, my disease (or brokenness), my spiritual path, and You, Father.

Please allow me a new understanding and a new experience of myself, my marriage, my disease (or brokenness), my spiritual path, and especially You, Father.

Please help me to grow in understanding and effectiveness, to develop a clear vision of Your will for me and the courage to cooperate with Your Grace.

Please help me see the Truth for freedom from resentments.

Step Four Prayer (freedom from deep resentments):

God, (name), like me, is a spiritually sick (or spiritually blocked) person. Please help me to show (name) tolerance, compassion, and patience.

Please forgive me for being angry and enable me to stop clinging to this resentment. Please remove this resentment and show me how to take a kindly, and tolerant view of (name). Please show me how I can be helpful to (name).

Thy will be done!

Pray the above prayer for each person toward whom you have a deep resentment (seven deep resentments = seven individual prayers) each morning until you know in your innermost being that each resentment has been removed. Then cross the name off the list. Continue these prayers until all names have been removed. It was my experience that this took several months, but it worked – I have no remaining deep resentments.

Fear Set Aside Prayer (for truth):

Father, please fill me with Your Holy Spirit.

Open up my mind and heart. Allow me to set aside my old ideas about myself, my disease (or brokenness), my spiritual path, and You, Father.

Please allow me a new understanding and a new experience of myself, my marriage, my disease (or brokenness), my spiritual path, and especially You, Father.

Please help me to grow in understanding and effectiveness, to develop a clear vision of Your will for me and the courage to cooperate with Your Grace.

Please help me see the Truth about fears.

Fear Set Aside Prayer (for freedom):

Father, please fill me with Your Holy Spirit.

Open up my mind and heart. Allow me to set aside my old ideas about myself, my disease (or brokenness), my spiritual path, and You, Father.

Please allow me a new understanding and a new experience of myself, my marriage, my disease (or brokenness), my spiritual path, and especially You, Father.

Please help me to grow in understanding and effectiveness, to develop a clear vision of Your will for me and the courage to cooperate with Your Grace.

Please help me see the Truth to see and be free of fear.

Step Four Prayer (freedom from fear):

My Creator, please allow me to identify and honestly review my fears, to see underneath their symptoms to their root cause. Please allow my thinking to clearly reveal what You would have me DO and then allow me to trust and humbly rely on You rather than my self.

Please give me the courage to let You demonstrate through me what you can do.

Please remove my fears and direct my attention to what You will have me BE.

Sex Set Aside Prayer (for truth):

Father, please fill me with Your Holy Spirit.

Open up my mind and heart. Allow me to set aside my old ideas about myself, my disease (or brokenness), my spiritual path, and You, Father.

Please allow me a new understanding and a new experience of myself, my marriage, my disease (or brokenness), my spiritual path, and especially You, Father.

Please help me to grow in understanding and effectiveness, to develop a clear vision of Your will for me and the courage to cooperate with Your Grace.

Please help me see the Truth about my sex conduct.

Sex Set Aside Prayer (for truth and for an ideal):

Father, please fill me with Your Holy Spirit.

Open up my mind and heart. Allow me to set aside my old ideas about myself, my disease (or brokenness), my spiritual path, and You, Father.

Please allow me a new understanding and a new experience of myself, my marriage, my disease (or brokenness), my spiritual path, and especially You, Father.

Please help me to grow in understanding and effectiveness, to develop a clear vision of Your will for me and the courage to cooperate with Your Grace.

Please help me see the Truth about my sex conduct, to mold my sex ideal and help me live up to it.

Step Four Prayer (truth about sex):

My Creator, You have given me sex powers and they are good. However, I have used them selfishly and dishonestly; I have been inconsiderate.

Please allow me to see the truth about my selfishness – to see what relationships should be examined. Allow me to see where I was at fault and what I should have done instead.

Please allow me to see where I have done harm and to be willing to make amends.

Please give me healthy thinking about sex, mold my ideal, help me to grow toward that ideal and to have the strength to live up to it.

Herb K.