

STEP PRAYERS

Step 1: God, here I am and here are my troubles. I've made a mess of things and can't do anything about it. Please take me, and all my troubles, and do anything You want with me.

Step 2: God, I look to this new day with hope and believe that You can do for me what I could never do for myself. Please restore me to sanity.

Step 3: 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!

Step 4 (Resentments Inventory): God, (name), is perhaps a spiritually blocked person. Whether they are or not, this resentment is blocking ME spiritually. Please help me to show (name) the same tolerance, compassion, and patience that I would cheerfully grant a sick friend. 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!

Step 4 (Fears/Sex & Harms Inventories): God, You remove my fear and direct my attention to what You would have me be, I am sorry for what I have done and have the honest desire to let You take me to better things, I believe I will be forgiven and will have learned my lesson. Mold my ideals and help me to live up to them, please show me what I should do about each specific matter. I pray earnestly for the right ideal, for guidance in each questionable situation, for sanity, and for strength to do the right thing.

Step 5: God, thank You from the bottom of my heart that I know You better.

Step 6: God, help me to always be willing.

Step 7: 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.

Step 8: God, help me to always be willing.

Step 9: God, give me strength and direction to do the right thing, no matter what the personal consequences may be.

Step 10: God, show me the way of patience, tolerance, kindness, and love. Help me to watch for selfishness, dishonesty, resentment, and fear; and when these crop up, help me to at once ask You to remove them.

Step 11: God, keep me on Your Path. Guide my thoughts, actions, words, and deeds so that I may continue to do Your will. Please remind me and give me power every day to carry this out.

Step 12: Lord, make me a channel of Thy peace--that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith, that where is despair, I may bring hope--that where there are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is my forgiving that one is forgiven. It is by dying that one awakes to Eternal Life.