

12 STEP PRAYERS

1st Step

God, my name is ____ I am a ____ (addiction/dis-ease) and I need your help today!

2nd Step

God, I am standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ideas just for today.

3rd Step

God, I offer myself to You to build with me and do with me as You will. Relieve me of the bondage of self that I may better do Your Will. Take away my difficulties, so that victory over them may bear witness to those I would help, of Your Power, Your Love and Your Way of Life. May I do Your Will in all my affairs today.

4th Step

While writing the 4th Step, say this along with the 3rd Step Prayer every time you start writing and when you begin running out of material to include:

God please help me with this, show me what I need to know. Please protect me, Your will not mine be done. Thank You.

When I am disturbed by the conduct of others:

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!"

(Pray this prayer for each person toward whom you have a deep resentment 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 may take several weeks or months, but it works.)

While writing the fear inventory:

My Creator, please allow me to identify and honestly review my fears, to see underneath their symptoms to their root cause. Please give me the courage to let You demonstrate through me what You can do.

When I am afraid:

God, remove my fear from me and direct my attention to what You would have me be.

When I am aware of my own defects and seeking God's help to change:

God mold my ideals in this particular area of my life and help me live up to them. What should I do in each specific matter? Guide me God and give me strength to do what's right.

5th Step

God, I thank You from the bottom on my heart that I know You know better. Help me become aware of anything I have omitted while discussing my life with another person. Help me do what is necessary to walk a free person at last.

6th Step

God, help me to become willing to let go of all the things to which I still cling. Help me now be ready to let You remove all these defects, that Your Will and Purpose may take their place.

7th Step

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 from here to do Your bidding. Amen.

8th Step

God help me become willing to sweep away the debris of self will and self reliant living. God, Thy Will be done for this person as well as for me.

9th step

God grant me the strength and direction to do the right thing no matter what the consequences may be. Help me to consider others before I take any actions that would cause me to be sorry. Help me to not repeat such behavior. Show me the way of patience, tolerance, kindness and love and help live the spiritual life.

10th Step

God, remove the selfishness, dishonesty, resentment, and fear that has cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone. Help me cease fighting anything and anyone. Show me where I may be helpful to someone else. Help me react sanely; not cocky or afraid. How can I best serve You, Your Will not mine be done.

11th Step

(BB suggestions about prayer and meditation)

Make no requests in prayer for yourself only.

Never pray for your own selfish needs.

Select and memorize a few set prayers that emphasize the principles of the Steps. (Such as these maybe?)

Ask your priest, rabbi, minister, Muhlal, or spiritual guide about helpful books and prayers that emphasize the principles of the Steps.

Be quick to see where religious people are right.

Make use of what religious people have to offer.

Night Prayer

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

Day Prayer

God, direct my thinking today so that I am divorced of self-pity, dishonesty, self-will, self-seeking, and fear. God inspire my thinking, decisions and intuition. Help me relax and take it easy. Free me from doubt and indecision. Guide me through this day and show me my next step. God, give me what I need to take care of any problems. I ask all these things that I may be of maximum service to You and my fellow man.

As we go along

God, I am agitated and doubtful right now. Help me stop and remember that I've made a decision to let you be my God. Give me the right thoughts and actions. God, save me from fear, anger, worry, self-pity or foolish decisions that Your Will not mine be done.