

### **The Set Aside Prayer:**

"Dear God please help me to set aside everything I think I know about [people. place or thing] so I may have an open mind and a new experience. Please help me to see the truth about [people. place or thing]. AMEN." (This prayer comes from the Chapter to the Agnostic, primarily pages 47 and 48).

### **First Step Prayer**

Dear Lord, Help me to see and admit that I am powerless over \_\_\_\_\_. Help me to understand how my addiction and codependency has led to unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my powerless.

### **Second Step Prayer**

Heavenly Father, I am having trouble with \_\_\_\_\_. I can't control my \_\_\_\_\_. I am full of fear. I am \_\_\_\_\_. I know in my heart that only you can restore me to sanity if I am just willing to accept your power. I humbly ask that you help me to understand that it is more powerful to believe than not to believe and that you are either everything or nothing. (p. 52:2, 52:3, 53:1, 53:2)

### **3rd Step Prayer:**

"God, I offer myself to thee - to build with me and 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!" (p. 63)

### **A Pre-Inventory prayer:**

"God, please help me to honestly take stock. Help me to search out the flaws in my make-up which caused my failure. Help me to see where resentment has plagued me and resulted in spiritual malady, but more importantly help me to understand my part in these resentments. Help me to resolutely look for my own mistakes and to understand where I had been selfish, dishonest, self-seeking and frightened. Please help me to be searching and fearless in my endeavor to write my inventory." (p. 64:2, 64:3, 67:2)

...for others...

This is a sick man/woman. How can I be helpful to him/her? God save me from being angry. Thy will be done.

### **Fifth Step Prayer**

God, Help me lose my egotism and fear. Help me humble myself completely to admit the exact nature of my defects to myself, to You, and to \_\_\_\_\_.

### **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 & guide me toward spiritual & mental health. (76:1)

### **Seventh Step Prayer**

"My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding." (76:2)

### **A 9th Step Prayer :**

"God, with regard to this amend, give me the strength, courage and direction to do the right thing, no matter what the personal consequences may be. Help me not to shrink from anything. Help me not to delay if it can be avoided. Help me to be sensible, tactful, considerate and humble without being servile or scraping." (79:1, 83:3)

## **Tenth Step Prayer**

My Higher Power, My daily prayer is to best serve you,  
I pray I may continue to grow in understanding & effectiveness;  
Help me to watch for selfishness, dishonesty, resentment and fear;  
Help me to be willing to have You remove them at once;  
I must be willing to discuss them with someone immediately;  
I will make amends quickly if I have harmed anyone;  
And then I will turn my thoughts toward helping someone else;  
Please help me to remember to practice love and tolerance of others. (84:2)

## **Tenth Step Amends Prayer**

"God, please forgive me for my failings today. I know that because of my failings, I was not able to be as effective as I could have been for you. Please forgive me and help me live thy will better today. I ask you now to show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Show me how to make my relationships right and grant me the humility and strength to do thy will."(86:1)

## **The 11Th Step Prayers:**

### A Prayer On Awakening:

"God please direct my thinking and keep my thoughts divorced from self pity, dishonest or self-seeking motives. Please keep my thought life clear from wrong motives and help me employ my mental faculties, that my thought-life might be placed on a higher plane, the plane of inspiration." (86:2)

### A Morning Prayer:

"God, should I find myself agitated, doubtful or indecisive today, please give me inspiration, help me to have an intuitive thought or a decision about this problem I face. Help me not to struggle, instead, help me to relax and take it easy. Help me know what I should do and keep me mindful, that you are running the show. Free me from my bondage of self. Thy will be done always." (86:3)

### A Nightly Review Prayer:

*"God, help me to constructively review my day. Where was I resentful, selfish, dishonest or afraid? Do I owe an apology? Have I kept something to myself which should be discussed with another person at once? Was I kind and loving toward all? What could I have done better? Was I thinking of myself most of the time? Or was I thinking of what I could do for others, of what I could pack into the stream of life? Please forgive me for my harms and wrongs today and let me know corrective measures I should be take."* (86:2)

### Serenity Prayer:

God, Grant me the Serenity to accept the things I cannot change (other people & events) – the Courage to change the things I can (my own words, thoughts & actions) – and the Wisdom to know the difference.

Grant me the Serenity to accept the People I cannot change – the Courage to change the things the person that I am – and the Wisdom to know that person is Me.