

Dr. Bob's Third Step Prayer

Dear God, I'm sorry about the mess I've made of my life. I want to turn away from all the wrong things I've ever done and all the wrong things I've ever been. Please forgive me for it all. I know you have the power to change my life and can turn me into a winner. Thank You, God for getting my attention long enough to interest me in trying it your way. God, please take over the management of my life and everything about me. I am making this conscious decision to turn my will and my life over to your care and am asking you to please take over all parts of my life.

Please, God, move into my heart. However you do it is your business, but make Yourself real inside me and fill my awful emptiness. Fill me with Your love and Holy Spirit and make me know Your will for me. And now, God, help Yourself to me and keep on doing it. I'm not sure I want You to, but do it anyhow. I rejoice that I am now a part of Your people, that my uncertainty is gone forever and that You now have control of my will and my life. Thank You and I praise Your name. Amen.

Dr. Bob's Seventh Step Prayer

Dear God, I am coming to You on my knees in all humility to humbly ask You to forgive all my past wrongs and to remove all my defects of character. I want to start a new life today, and I ask You to help me do so and to keep helping if I keep asking. In Step Three, I turned my will and my life over to Your care. Thank You for taking complete control of my life, and thank You for this opportunity to wipe my slate clean and start my life anew. In Steps Four, Five and Six I have completed my moral inventory and admitted to myself and another person the exact nature of my wrongs. I now admit these wrongs to You, God. I am entirely ready to ask and pray now that You please remove from me every single defect of character. Specifically, I ask You to remove the following shortcomings listed in my Fourth Step moral inventory. Thank You, God, for this opportunity for a new beginning in my life and a chance to be a part of the solutions in life instead of the problems. Please grant me wisdom, knowledge and strength as I go out from here to do Your work and live the Victorious Life You designed for me. Thank You, God, for the steps which will make Your plan for my life clear to me. Thank You and praise Your Name. Amen.