

### **Step 1 Prayer**

*“Dear God, Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism 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 alcoholism“*

### **Step 2 Prayer**

*“Dear God, I am having trouble with personal relationships. I can't control my emotional nature. I am prey to misery and depression. I can't make a living. I feel useless. I am full of fear. I am unhappy. I can't seem to be of real help to others. I know in my heart that only You can restore me to sanity if I am just willing to stop doubting 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.”*

### **Step 3 Prayer**

*“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 Prayer**

*Dear 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.”*

### **Step 5 Prayer**

*“Dear God, Thank You for helping me complete my housecleaning. I can now look the world in the eye. I can be alone at perfect peace and ease. My fears have fallen from me. I have begun to feel Your nearness. I have begun to have a spiritual experience. I feel I am on the Broad Highway, walking hand in hand with the Spirit of the Universe.”*

### **Step 6 Prayer**

*God, Thank You for removing my fear and for showing me the truth about myself. God, I need Your help to become willing to let go of the things in me which continue to block me off from You. Please grant me Your Grace and make me willing to have these objectionable characteristics, defects and shortcomings removed. 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 and guide me toward spiritual & mental health.”*

### **Step 7 Prayer**

*“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.”*

### **Step 8 Prayer**

*“Dear God, Please remove my fears and show me Your truth. Show me all the harms I have caused with my behavior and help me be willing to make amends to one and all. Help me to be willing to go to any lengths for victory over alcohol. I will take responsibility for my mistakes and be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution.”*

### **Step 9 Prayer**

*Dear 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.”*

### **Step 10 Prayer**

*“Dear God, 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 “*

### **Step 11 Prayer**

*“Dear God, I pray to keep my connection with You open and clear from the confusion of daily life. Through my prayers and meditation I ask especially for freedom from self-will, rationalization and wishful thinking. I pray for the guidance of correct thought and positive action. Your will, not mine, be done.”*

### **Step 12 Prayer**

*“Dear God, Having had a spiritual experience, I must now remember that faith without works is dead.”And PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. So, God, please help me to carry this message to other alcoholics! Provide me with the guidance and wisdom to talk with another alcoholic because I can help when no one else can. Help me secure their confidence”*

### **Step 4—Resentment Prayer:**

*Dear God, Please help me to be free of anger and to see that the world and its people have dominated me. Show me that the wrongdoing of others, fancied or real, has the power to actually kill me, spiritually. Help me to master my resentments by understanding that the people who wrong me were perhaps spiritually sick. Please help me show those I resent the same Tolerance, Pity and Patience that I would cheerfully grant a sick friend. Help me to see that this is a sick man. God, please show me how I can be helpful to him and save me from being angry. Help me to avoid retaliation or argument. I know I can't be helpful to all people, but at least show me how to take a kindly and tolerant view of each and every one. Thy Will, not mine be done.”*

### **Step 4—Specific Resentment Freedom Prayer:**

*“Dear God, I have a resentment towards a person that I want to be free of. So, I am asking You to give this person everything I want for myself. Help me to feel compassionate understanding and love for this person. I pray that they will receive everything they need. Thank You God for Your help and strength with this resentment.”*

### **Step 4—Fear Prayer**

*God, thank You for helping me be honest enough to see this truth about myself and now that You have shown me the truth about my fears, please remove these fears from me. God, please help me outgrow my fears and direct my attention to what You would have me be. God, demonstrate through me and help me become that which You would have me be. Help me do Thy Will always, Amen.”*

### **Step 4—Pre-Sex Inventory Prayer”**

*God, please help me to be free of fear as I attempt to shine the spotlight of truth across my past sex relations. God, please show me where my behavior has harmed others and help me to see the truth these relationships hold for me. Help me see where I have been at fault and what I should have done differently. God, help me review my own conduct over the years past. Show me where I have been selfish, dishonest, or inconsiderate. Show me whom I have hurt and where I have unjustifiably aroused jealousy, suspicion or bitterness. Help me to see where I was at fault and what I should have done instead. Help me to be fearless and searching in my endeavor to write my sexual inventory.”*

# Big Book Prayers

(Workshop Handout #5)

All prayers generated from the basic text of the Big Book of Alcoholics Anonymous

*“When the spiritual malady is overcome, we straighten out mentally and physically”*

*“The spiritual life is not a theory. We have to live it.”*

## *The Set Aside Prayer*

*God, set aside everything we think we know about ourselves, the Big Book, the twelve steps, sobriety and especially about you God. God please help each and every one of us to have an open mind today so that we may have a NEW experience and discover the Truth.”*

## *Prayer for Serenity*

*God, grant me the serenity to accept the things I cannot change. Courage to change the things I can, and the Wisdom to know the difference. Living one day at a time; Enjoying one moment at a time; Accepting hardship as the pathway to peace. Taking, as He did, this sinful world as it is; not as I would have it. Trusting that He will make all things right if I surrender to His Will. That I may be reasonably happy in this life; and supremely happy with Him forever in the next. Amen*

**Compliments of:**



**Weekly Meetings**

**Saturday—8pm  
Sunday—7:30pm**

[www.miracleson20thst.com](http://www.miracleson20thst.com)

530 20th St. 6th Ave. Church of Christ  
(Beside University Fire Station)

## Step 4— Sex Prayer

*Dear God, please help me mold my sex ideals and help me to live up to them. Help me be willing to grow toward my ideals and help me be willing to make amends where I have done harm. God, please show me what to do in each specific matter, and be the final judge in each situation. Help me avoid hysterical thinking or advice. Please Grace me with guidance in each questionable situation, sanity, and strength to do the right thing. If sex becomes very troublesome, quiet my imperious urge, help me not to yield and keep me from heartache as I throw myself the harder into helping others. Help me think of their needs and help me work for them. Amen.”*

## Step 5 –Pre-Prayer

*“Dear God, please help me to complete my housecleaning by admitting to another human being the exact nature of my wrongs. Please remove any fears I have about this step and show me how completion of it will remove my egotism and fear. Help me to see how this step builds my character through humility, fearlessness and honesty. Direct me to the right person who will keep my confidence and fully understand and approve what I am driving at. Then help me to pocket my pride and go to it, illuminating every twist of character, every dark cranny of the past so I may complete this step and begin to feel near to You.”*

## Step 5— Post - Quiet Hour Prayer

*Dear God, Thank You for giving me the strength, faith and courage I needed to get through my 5<sup>th</sup> Step. I thank You from the bottom of my heart for helping me to know You better, by showing me what has been blocking me from You. God, please show me if I have omitted anything and help me to honestly see if my stones are properly in place or if I have skimped in any area of this work.”*

## Step 9 - Prayer for the Family

*Dear God, please show me how to find the way of Patience, Tolerance, Kindness and Love in my heart, my Mind and my Soul. God, show me how to demonstrate these principles to my family and all those about me. Amen.”*

## Step 10 - Prayer for growth and effectiveness

*Dear God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me, help me to immediately ask You to remove them from me and help me discuss these feelings with someone. God, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today. Amen”*

## Step 10 - Prayer for amends

*Dear 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.”*

## Step 11 - Prayer On Awakening

*Dear 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.”*

## Step 11 - 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.”*

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## Step 11 - Nightly review Prayer

*Dear 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 what corrective measures I should be take.”*