

PRAYERS OF THE STEPS

1ST STEP

God, Creative Intelligence, Universal Mind, Spirit of Nature or Spirit of the Universe my name is _____, And I'm a real alcoholic ... and I need your help today.
(pg.. 10-2, 46, & Chp. 3 BB)

2nd STEP

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

AMEN

(p. 59 BB)

3rd STEP

"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!" (p. 63 BB) God, Take my will and my life. Guide me in my recovery. Show me how to live. AMEN
(the step on p. 59 BB)

4th STEP

WHEN IN DOUBT

"I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure."

(p.13)

WHEN I AM DISTURBED BY THE CONDUCT (SYMPTOMS) OF OTHERS

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

(p. 67 BB)

God help me to show this person the same tolerance, pity and patience that I would cheerfully grant a sick friend. This is a sick person, how can I be helpful to him? God save me from being angry. Thy will be done.

(see above and p. 141 of 12&12)

WHEN I AM AFRAID

"We ask Him to remove our fear and direct our attention to what He would have us be."

(p. 68 BB)

God, relieve me of this fear and direct my attention to what you would have me be. AMEN
(see above)

WHEN I AM AWARE OF MY OWN DEFECTS AND SEEKING GOD'S HELP TO CHANGE

"We asked God to mold our ideals and help us to live up to them. . . we ask God what we should do about each specific matter."
(p. 69 BB)

God mold my ideals in this particular area of my life and help me to live up to them. What should I do in each specific matter? Guide me God and give me strength to do right. AMEN
(see above)

5th STEP

God I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last. AMEN
(p. 75 BB)

6th STEP

God help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place. AMEN
(p. 76 BB)

7th STEP

"I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch."
(p. 13)

"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."
(p. 76 BB)

8th STEP

"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes."
(p. 76 BB)

God help me to become willing to sweep away the debris of self will and self reliant living. Thy will be done for this person as well as for me. AMEN
(see above)

9th STEP

God give me the strength and direction to do the right thing no matter what the consequences may be. Help me to consider others and not harm them in any way. Help me to consult with others before I take any actions that would cause me to be sorry. Help me to

not repeat such behaviors. Show me the way of Patience, Tolerance, Kindliness, and Love and help me live the spiritual life. AMEN
(p. 78-80 BB)

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 to cease fight 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. AMEN
(p. 84-5 BB)

"How can I best serve Thee—Thy will (not mine) be done."
(p. 85 BB)

11th STEP

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.' "
(p. 87-8 BB)

God, I'm agitated and doubtful right now. Help me to 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. AMEN
(see above)

(Prayer of St Francis of Assisi) —"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 there 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 by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen."
(p. 99 12&12)