

GOD, PLEASE KEEP ME SOBER TODAY. AMEN

MORNING PRAYER – GOD, DIRECT MY THINKING TODAY SO THAT IT WILL BE DIVORCED OF SELF-PITY, SELF-WILL, SELF-SEEKING, AND FEAR. INSPIRE MY THINKING, DECISIONS, AND INTUITIONS. HELP ME TO 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. AMEN.

SERENITY PRAYER (LONG VERSION) – GOD, GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE, THE COURAGE TO CHANGE THE THINGS THAT I CAN, AND THE WISDOM TO KNOW THE DIFFERENCE. LIVING ONE DAY 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

THE FELLOWSHIP PRAYER – GOD, I AM GRATEFUL THAT: I AM PART OF THE FELLOWSHIP, ONE AMONG MANY, BUT THAT I AM ONE. I NEED TO WORK THE STEPS FOR THE DEVELOPMENT OF THE BURIED LIFE WITHIN ME. OUR PROGRAM MAY BE HUMAN IN ITS ORGANIZATION, BUT IT IS DIVINE IN ITS PURPOSE. THE PURPOSE IS TO CONTINUE MY SPIRITUAL AWAKENING. PARTICIPATING IN THE PRIVILEGES OF THE MOVEMENT, I SHALL SHARE IN THE RESPONSIBILITIES, TAKING IT UPON MYSELF TO CARRY MY FAIR SHARE OF THE LOAD, NOT GRUDGINGLY, BUT JOYFULLY. TO THE EXTENT THAT I FAIL IN MY RESPONSIBILITIES, THE PROGRAM FAILS. TO THE EXTENT THAT I SUCCEED, THE PROGRAM SUCCEEDS. I SHALL NOT WAIT TO BE DRAFTED FOR SERVICE TO MY FELLOW MEMBERS. I SHALL VOLUNTEER. I SHALL BE LOYAL IN MY ATTENDANCE, GENEROUS IN MY GIVING, KIND IN MY CRITICISM, CREATIVE IN MY SUGGESTIONS, AND LOVING IN MY ATTITUDES. I SHALL GIVE TO THE PROGRAM MY INTEREST, MY ENTHUSIASM, MY DEVOTION, AND MOST OF ALL, MYSELF. AMEN

THIRD STEP 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. AMEN

FOURTH STEP PRAYERS

SET ASIDE PRAYER – GOD, PLEASE HELP ME TO SET ASIDE EVERYTHING I THINK I KNOW ABOUT _____, SO THAT I MAY HAVE AN OPEN MIND AND A NEW EXPERIENCE. PLEASE HELP ME TO SEE THE TRUTH ABOUT _____. AMEN

RESENTMENTS – PEOPLE, INSTITUTIONS & PRINCIPLES

GOD, HELP ME TO SHOW _____, THE SAME TOLERANCE, PITY, AND PATIENCE THAT I WOULD CHEERFULLY GRANT A SICK FRIEND. _____ IS A SICK _____, HOW CAN I BE HELPFUL TO (HIM, HER, THEM, IT)? GOD, SAVE ME FROM BEING ANGRY. THY WILL BE DONE. AMEN

LIST:

FEAR PRAYER

GOD, PLEASE REMOVE FROM ME, AND HELP ME OUTGROW MY FEAR OF _____, AND DIRECT MY ATTENTION TO WHAT YOU WOULD HAVE ME BE. THY WILL BE DONE. AMEN

LIST:

SEX & HARM TO OTHERS PRAYER - GOD, I EARNESTLY PRAY FOR THE RIGHT IDEAL, FOR GUIDANCE IN EACH QUESTIONABLE SITUATION, FOR SANITY, AND FOR THE STRENGTH TO DO THE RIGHT THING. HELP ME TO THINK OF THE OTHER PERSON AND NOT HARM THEM IN ANYWAY. GOD, PROTECT ME FROM HEARTACHE, AND TO AVOID HYSTERICAL THINKING OR ADVICE. THY WILL BE DONE. AMEN

FIFTH STEP PRAYER (QUIET HOUR) – GOD, I THANK YOU FROM THE BOTTOM OF MY HEART FOR HELPING ME TO KNOW YOU BETTER. HELP ME BECOME AWARE OF ANYTHING I HAVE OMITTED DISCUSSING WITH ANOTHER HUMAN BEING. THANK YOU FOR HELPING ME COMPLETE MY HOUSECLEANING. I CAN NOW LOOK THE WORLD IN THE EYE, AND I CAN BE ALONE AT PERFECT PEACE AND EASE. MY FEARS HAVE FALLEN FROM ME, AND I FEEL YOUR NEARNESS. I HAVE BEGUN A SPIRITUAL EXPERIENCE. THE DRINK PROBLEM HAS DISAPPEARED. I FEEL I AM ON THE BROAD HIGHWAY, WALKING HAND IN HAND WITH THE SPIRIT OF THE UNIVERSE. AMEN

SIXTH STEP PRAYER – GOD, HELP ME TO 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 OF CHARACTER, SO THAT YOUR WILL AND YOUR PURPOSE MAY TAKE THEIR PLACE. AMEN

SEVENTH STEP PRAYER – GOD, 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 FELLOW MAN. GRANT ME STRENGTH AS I GO OUT FROM HERE, TO DO YOUR BIDDING. AMEN

CHARACTER DEFECTS**SPIRITUAL PRINCIPLES***BIG BOOK ALCOHOLICS ANONYMOUS PAGE 67*

SELFISH
 SELF-SEEKING
 FEAR
 INCONSIDERATE
 DISHONEST

SELFLESS
 INTEREST IN OTHERS
 COURAGE
 CONSIDERATE
 HONEST

TWELVE STEPS & TWELVE TRADITIONS PAGE 66

PRIDE
 GREED
 ANGER
 LUST
 GLUTTONY
 ENVY
 SLOTH

HUMILITY
 GENEROSITY
 SERENITY (CALM)
 PURITY
 MODERATION
 GRATITUDE
 ACTION

EIGHTH STEP PRAYER – GOD, PLEASE REMOVE MY FEARS AND SHOW ME YOUR TRUTH. HELP ME MAKE A LIST OF ALL THOSE I HAVE HARMED, AND HELP ME BECOME WILLING TO MAKE AMENDS TO THEM ALL. HELP ME TO GO TO ANY LENGTH FOR VICTORY OVER ALCOHOL. GOD HELP ME TO BECOME WILLING TO SWEEP AWAY THE DEBRIS OF SELF-WILL, AND SELF-RELIANT LIVING. THY WILL BE DONE. AMEN

NINTH STEP PRAYER – GOD, WITH REGARD TO MY DIRECT AMENDS, GIVE ME THE STRENGTH, COURAGE, AND DIRECTION TO DO THE RIGHT THING NO MATTER WHAT THE PERSONAL CONSEQUENCES MAY BE. HELP ME TO NOT SHRINK AT ANYTHING. HELP ME NOT TO DELAY THIS, IF IT CAN BE AVOIDED. HELP ME TO BE SENSIBLE, TACTFUL, CONSIDERATE, AND HUMBLE WITHOUT BEING SERVILE OR SCRAPING. AMEN

TENTH STEP PRAYER – GOD, PLEASE 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 FIGHTING ANYTHING AND ANYONE. SHOW ME WHERE I MAY BE HELPFUL TO SOMEONE ELSE. HELP ME REACT SANELY, NOT COCKY OR AFRAID. THY WILL BE DONE. AMEN

ELEVENTH STEP PRAYER – GOD, AS I UNDERSTAND YOU. I EARNESTLY PRAY THAT I MAY CONTINUE TO IMPROVE MY CONSCIENCE CONTACT WITH YOU, AND MY THOUGHT LIFE BE PLACED ON A HIGHER PLANE, THE PLANE OF INSPIRATION. HELP ME TO REMEMBER THAT I HAVE MADE A DECISION TO TURN MY WILL AND MY LIFE OVER TO YOU. I PRAY THAT MY THOUGHTS ARE FOR YOUR WILL FOR ME, AND THE POWER TO CARRY THAT OUT. AMEN

TWELFTH STEP PRAYER – GOD, HAVING HAD A SPIRITUAL AWAKENING, I MUST NOW REMEMBER THAT “FAITH WITHOUT WORKS IS DEAD.” PRACTICAL EXPERIENCE SHOWS THAT NOTHING WILL SO MUCH INSURE IMMUNITY FROM DRINKING, AS INTENSIVE WORK WITH ANOTHER ALCOHOLIC. GOD, PLEASE HELP ME TO CARRY THIS MESSAGE TO OTHER ALCOHOLICS, AND PRACTICE THESE PRINCIPLES IN ALL MY AFFAIRS. PROVIDE ME THE GUIDANCE AND WISDOM TO TALK WITH THEM, BECAUSE I CAN HELP WHEN NO ONE ELSE CAN. HELP ME TO SECURE THEIR CONFIDENCE, THEIR TRUST AND REMEMBER THAT HE IS ILL. AMEN

NIGHTLY PRAYER – GOD, FORGIVE ME WHERE I HAVE BEEN RESENTFUL, SELFISH, DISHONEST OR AFRAID TODAY. HELP ME TO NOT KEEP ANYTHING TO MYSELF, BUT TO DISCUSS IT OPENLY WITH ANOTHER PERSON. SHOW ME WHERE I OWE AN APOLOGY AND HELP ME TO MAKE IT PROMPTLY. HELP ME TO BE KIND AND LOVING TOWARD ALL PEOPLE. GOD, USE ME IN THE MAINSTREAM OF LIFE. REMOVE WORRY, REMORSE, OR MORBID REFLECTIONS SO THAT I MAY BE OF MAXIMUM SERVICE TO YOU AND MY FELLOW MAN. AMEN

PRAYER OF SAINT FRANCIS OF ASSISI - LORD, MAKE ME AN INSTRUMENT OF YOUR PEACE! WHERE THERE IS HATRED, LET ME SOW LOVE. WHERE THERE IS INJURY, PARDON. WHERE THERE IS DOUBT, FAITH. WHERE THERE IS DESPAIR, HOPE. WHERE THERE IS DARKNESS, LIGHT. WHERE THERE IS SADNESS, JOY. O DIVINE MASTER, GRANT THAT I MAY NOT SO MUCH SEEK TO BE CONSOLED AS TO CONSOLE. TO BE UNDERSTOOD, AS TO UNDERSTAND. TO BE LOVED, AS TO LOVE. FOR IT IS IN GIVING THAT WE RECEIVE. IT IS IN PARDONING THAT WE ARE PARDONED. IT IS IN DYING THAT WE ARE BORN TO ETERNAL LIFE.

DESIDERATA (EHRMANN, 1927) - GO PLACIDLY AMID THE NOISE AND HASTE, AND REMEMBER WHAT PEACE THERE MAY BE IN SILENCE. AS FAR AS POSSIBLE, WITHOUT SURRENDER, BE ON GOOD TERMS WITH ALL PERSONS. SPEAK YOUR TRUTH QUIETLY AND CLEARLY; AND LISTEN TO OTHERS, EVEN THE DULL AND IGNORANT; THEY, TOO, HAVE THEIR STORY. AVOID LOUD AND AGGRESSIVE PERSONS; THEY ARE VEXATIONS TO THE SPIRIT. IF YOU COMPARE YOURSELF WITH OTHERS, YOU MAY BECOME VAIN AND BITTER; FOR ALWAYS THERE WILL BE GREATER AND LESSER PERSONS THAN YOURSELF. ENJOY YOUR ACHIEVEMENTS AS WELL AS YOUR PLANS. KEEP INTERESTED IN YOUR OWN CAREER, HOWEVER HUMBLE; IT IS A REAL POSSESSION IN THE CHANGING FORTUNES OF TIME. EXERCISE CAUTION IN YOUR BUSINESS AFFAIRS; FOR THE WORLD IS FULL OF TRICKERY. BUT LET THIS NOT BLIND YOU TO WHAT VIRTUE THERE IS; MANY PERSONS STRIVE FOR HIGH IDEALS; AND EVERYWHERE LIFE IS FULL OF HEROISM. BE YOURSELF. ESPECIALLY, DO NOT FEIGN AFFECTION. NEITHER BE CYNICAL ABOUT LOVE; FOR IN THE FACE OF ALL ARIDITY AND DISENCHANTMENT IT IS PERENNIAL AS THE GRASS. TAKE KINDLY THE COUNSEL OF THE YEARS, GRACE FULLY SURRENDERING THE THINGS OF YOUTH. NURTURE STRENGTH OF SPIRIT TO SHIELD YOU IN SUDDEN MISFORTUNE. BUT DO NOT DISTRESS YOURSELF WITH IMAGININGS. MANY FEARS ARE BORN OF FATIGUE AND LONELINESS. BEYOND A WHOLESOME DISCIPLINE, BE GENTLE WITH YOURSELF. YOU ARE A CHILD OF THE UNIVERSE, NO LESS THAN THE TREES AND THE STARS; YOU HAVE A RIGHT TO BE HERE. AND WHETHER OR NOT IT IS CLEAR TO YOU, NO DOUBT THE UNIVERSE IS UNFOLDING AS IT SHOULD. THEREFORE BE AT PEACE WITH GOD, WHATEVER YOU CONCEIVE HIM TO BE, AND WHATEVER YOUR LABORS AND ASPIRATIONS, IN THE NOISY CONFUSION OF LIFE, KEEP PEACE WITH YOUR SOUL. WITH ALL ITS SHAM, DRUDGERY, AND BROKEN DREAMS, IT IS STILL A BEAUTIFUL WORLD. STRIVE TO BE HAPPY.

GOD, THANK YOU FOR KEEPING ME SOBER TODAY. AMEN