



12 Steps On The PATH To Freedom

Removal of Resentment Prayer

Prayer For Freedom From Resentment

My Creator, (God, Higher Power, Jesus, ETC)

(insert name of person you resent)

LIKE ME, IS A SPIRITUALLY SICK PERSON

PLEASE:

HELP ME TO SHOW _____

(insert name above)

TOLERANCE, COMPASSION, AND PATIENCE;

RELEASE ME FROM BEING ANGRY

ENABLE ME TO RELEASE THIS RESENTMENT

REMOVE THIS RESENTMENT

SHOW ME HOW TO TAKE A KINDLY AND TOLERANT VIEW OF

(insert name above)

BRING ME TO ACCEPT REALITY AS IT IS

SHOW ME HOW I CAN BE HELPFUL TO

(insert name above)

THY WILL BE DONE!

