

#16 ~October 28, 2025

*Assignments 16 –Step Four: Removal of Resentment Prayer*

## Prayer For Freedom From Resentment

My Creator, God, Higher Power,  
(insert name of person you resent),  
LIKE ME, IS A SPIRITUALLY SICK PERSON.  
PLEASE:

- HELP ME TO SHOW ( insert name )  
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 );
- BRING ME TO ACCEPT REALITY AS IT IS;  
and
- SHOW ME HOW I CAN BE HELPFUL TO  
(insert name). THY WILL BE DONE!