

Prayers

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All prayers are from the AA Big Book except where noted

A word from God:

Good morning, this is God.

I will be handing all your problems today and I will not need your help, so enjoy your day! :)
[not from AA BB]

Morning Prayers

We're invited to do these as soon as we wake up, before leaving the bedroom, if possible

God, this day belongs to you. Please guide all I think, say, and do.
[not from AA BB]

God, I ask you to direct my thinking. I especially ask that my thinking be divorced from self-pity, dishonesty, or self-seeking motives.

After considering your plans for the day:

God, I pray that I be shown all through the day what my next step is to be. I pray that I be given whatever I need to take care of such problems. I ask especially for freedom from self-will. I ask that I be given strength only if others will be helped.

Third 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!

Fourth Step

When I am disturbed by the conduct of others (Sick Man's Prayer):
This is a sick man. How can I be helpful to him? God save me from being angry. Thy will, not mine, be done.

God, bless them, change me.
[not from AA BB]

Resentment prayer:

God, I ask that everything I want for myself be given to _____.
I ask for _____'s health, prosperity, and happiness.

When I am afraid:

Please remove my fear, God, and direct my attention to what You would have me be.

When I am unsure:

I pray for knowledge of Your will me and the power to carry that out.
I Believe that You can do for me what I cannot do for myself.

For additional support with the 6th Step

You may want to read the book, *The Spirituality of Imperfection: Storytelling and the Search for Meaning* by Ernest Kurtz and Katherine Ketcham

Seventh Step:

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.

God, help me listen to my Higher Self as You and I make the changes in my life that will allow me to live a free, useful and happy life.

Help me to not find fault with all that I do and with those who cross my path.

As I continue to stay abstinent, help me be released from the cravings for foods that are not in my best interest.

Help me learn that food is to nourish my body so my spirit can carry out your plans for me.

Help me to be compassionate, trusting, forgiving, loving and kind to myself and others as I serve you and the people on earth. Amen.

[not from AA BB - taken from the FAA Book Food for the Soul]

Tenth 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 fighting 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.

Eleventh 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 that we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.'

Prayers for Devotion and Inspiration

These are not from the AA Big Book. Where the source is known, it is noted.

Serenity Prayer Long Form

By Reinhold Niebuhr

God grant me the serenity to accept the things I cannot change;
Courage to change the things I can; and wisdom to know the difference.

Living one day at a time; Enjoying one moment at a time;
Accepting hardships 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.

Prayer of Saint Francis

*The anonymous text that is usually called the **Prayer of Saint Francis** (or **Peace Prayer**, or **Simple Prayer for Peace**, or **Make Me an Instrument of Your Peace**) is a widely known Christian prayer for peace. Often associated with the Italian Saint Francis of Assisi (c. 1182 – 1226), but entirely absent from his writings, the prayer in its present form has not been traced back further than 1912. Its first known occurrence was in French, in a small spiritual magazine called *La Clochette* (*The Little Bell*), published by a Catholic Church organization in Paris named *La Ligue de la Sainte-Messe* (*The League of the Holy Mass*). The author's name was not given. (Data Source: Wikipedia)*

English translation:

Lord, make me an instrument of your peace.
Where there is hatred, let me bring love.
Where there is offense, let me bring pardon.

Where there is discord, let me bring union.
Where there is error, let me bring truth.
Where there is doubt, let me bring faith.
Where there is despair, let me bring hope.
Where there is darkness, let me bring your light.
Where there is sadness, let me bring joy.

O Master, let me not seek as much
to be consoled as to console,
to be understood as to understand,
to be loved as to love,
for it is in giving that one receives,
it is in self-forgetting that one finds,
it is in pardoning that one is pardoned,
it is in dying that one is raised to eternal life.