

PROGRAM PRAYERS

Serenity

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. Thy will not mine be done. - WB p. 210; AA 12&12, p. 41

1st STEP

Dear Lord, I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction. - Found in many recovery websites

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 - Big Book, p. 59

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! Amen.

- SA White Book, p.95; AA Big Book, p. 63

4th STEP

When I am disturbed by the conduct of others:

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/her? God, save me from being angry. Thy will be done.

When I am afraid:

God, remove my fear from me and direct my attention to what you would have me be. I ask in your name.

When I am aware of My own defects and am seeking God's help to change

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.

- BB, p. 67; 12 &12, p. 141

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 about discussing with another person. Help me to do what is necessary to walk as a free man at last.

Amen.

- BB, p. 75

6th STEP

God, help me to become willing to let go of all the things to which I still cling. Help me now to be ready to let you remove all of these defects that your will and purpose may take their place. Amen.

- BB, p. 76

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7th STEP

My Creator, I am now willing that You should have all of me, good and the bad. I pray that You now remove from me every single defect of character that 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. - SA WB, p.116; AA BB, p. 76

8th STEP

God, help me to become willing to sweep away the debris of self will and self-reliant living. God, Thy will be done for this person, as well as for me. Amen. - AA BB, p. 76

9th STEP

God, give me the strength and direction to do the right thing no matter what the consequences may be. Help me consider others and not harm them in any way. Help me consult with others before I take any actions that would cause me to be sorry. Help me to not repeat such behavior. Show me the way of Patience, Tolerance, Kindliness and Love and help me live the spiritual life. Amen. - AA BB, p. 76

10th STEP

God, remove the selfishness, dishonesty, resentment and fear that have 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 or anyone. Show me where I may be helpful to someone else. Help me react sanely, not cocky and afraid. How can I best serve you? Your will be done. Amen. -BB, p. 84-85

11th STEP

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. - AA 12 & 12, p. 99

12th STEP

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 - 12 & 12, p. 99