

God direct my thinking today so that it be divorced of self pity, dishonesty, self-will, self-seeking and fear. God 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 in the name of the Steps I pray.

AMEN

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 all openly with another person - show me where I owe an apology and help me make it. Help me to be kind and loving to all people. Use me in the mainstream of life God. Remove worry, remorse or morbid (sick) reflections that I may be of usefulness to others.

AMEN

First Step Prayer

I admit I am powerless. 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 of my denial.

Second Step Prayer

I pray for an open mind so I may come to believe in a Power greater than myself. I pray for humility and the continued opportunity to increase my faith. I don't want to be crazy anymore.

3rd 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 Prayer

*Dear God,
It is I who has made my life a mess. I have done it, and I cannot undo it. My mistakes are mine, and I will begin a searching and fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete the task.*

Fifth Step Prayer

Higher Power,

My inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me, and be with me in this Step, for without this Step I cannot progress in my recovery. With Your help, I can do this, and I will do it.

Sixth Step Prayer

Dear God,

I am ready for Your help in removing from me the defects of character which I now realize are obstacles to my recovery. Help me to continue being honest with myself and guide me toward spiritual and mental health.

Seventh Step Prayer

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 stand 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

Ninth Step Prayer

Higher Power,

I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others, and growing in spiritual progress.

Eleventh Step Prayer

Higher Power, as I understand You, I pray to keep open my connection with You and to keep it clear from the confusion of daily life. Through my prayers and meditations, I ask especially for freedom from self-will, rationalization, and wishful thinking. I pray for the guidance of correct thought and positive action. Your will, Higher Power, not mine, be done.

Eighth Step Prayer

Higher Power,

I ask for Your help in making my list of all those I have harmed. I will take responsibility for my mistakes, and be forgiving to others just as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

Tenth Step Prayer

I pray I am continue:

*To grow in understanding and effectiveness;
To take daily spot-check inventories of myself;
To correct mistakes when I make them;
To take responsibility for my actions;
To be ever aware of my negative and self-defeating attitudes and behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love and tolerance of others as my code;
And to continue in daily prayer how I can best serve You,
my Higher Power.*

Twelfth Step Prayer

Dear God, My spiritual awakening continues to unfold. The help I have received I shall pass on and give to others, both in and out of the Fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for the inner strength and wisdom to practice the principles of this way of life in all I do and say. I need You, my friends, and the Program every hour of each day. This is a better way to live

Eleventh Step Prayer

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.

Just for today, I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for today, I will be happy. This assumes to be true what Abraham Lincoln said, that "most folks are as happy as they make up their minds to be."

Just for today, I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for today, I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just for today, I will exercise my soul in three ways: I will do somebody a good turn, and not get found out. I will do at least two things I don't want to--just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it

Just for today, I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anybody except myself.

Just for today, I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today, I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today, I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

-Kenneth L. Holmes