

12 STEP PRAYERS

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.

2ND STEP - HEAVENLY FATHER, I KNOW IN MY HEART THAT ONLY YOU CAN RESTORE ME TO SANITY. I HUMBLY ASK THAT YOU REMOVE ALL TWISTED THOUGHT AND ADDICTIVE BEHAVIOR FROM ME THIS DAY. HEAL MY SPIRIT AND RESTORE IN ME A CLEAR MIND.

3RD STEP -GOD, I OFFER MYSELF TO THEE--TO BUILD WITH ME AND TO DO WITH ME AS THOU WILT. RELIEVE ME OF 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.

4TH STEP -DEAR GOD, IT IS I WHO HAS MADE MY LIFE A MESS. I HAVE DONE IT, BUT 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 THIS TASK.

5TH STEP - 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.

6TH STEP -DEAR GOD, I AM READY FOR YOUR HELP IN REMOVING FROM ME THE DEFECTS OF CHARACTER, WHICH I NOW REALIZE, ARE AN OBSTACLE TO MY RECOVERY. HELP ME TO CONTINUE BEING HONEST WITH MYSELF AND GUIDE ME TOWARD MENTAL AND SPIRITUAL HEALTH.

7TH STEP -MY CREATOR, I AM NOW WILLING THAT YOU 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.

8TH STEP - HIGHER POWER, I ASK YOUR HELP IN MAKING MY LIST OF ALL THOSE I HAVE HARMED. I WILL TAKE RESPONSIBILITY FOR MY MISTAKES AND BE FORGIVING TO OTHERS, AS YOU ARE FORGIVING TO ME. GRANT ME THE WILLINGNESS TO BEGIN MY RESTITUTION. THIS I PRAY.

9TH STEP - 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 BY STAYING ABSTINENT, HELPING OTHERS AND GROWING IN SPIRITUAL PROGRESS.

10TH STEP - DEAR GOD, I PRAY I MAY 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.

11TH STEP - GOD, AS I UNDERSTAND YOU, I PRAY TO KEEP MY CONNECTION WITH YOU OPEN AND CLEAR FROM ME 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, NOT MINE, BE DONE.

12TH STEP - DEAR GOD, MY SPIRITUAL AWAKENING CONTINUES TO UNFOLD. WITH THE HELP I HAVE RECEIVED I SHALL HAVE THE OPPORTUNITY TO GROW. I AM GRATEFUL. I PRAY MOST HUMBLY TO CONTINUE WALKING DAY BY DAY, 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 EVERY DAY. THIS IS A BETTER WAY TO LIVE.