PRAYERS OF THE STEPS (BIG BOOK)

3RD STEP

"God I offer myself to you-to build with me and do with me as you will. Relieve me of the bondage of self that I may better do your will. Take away my difficulties, so that victory over them may bear witness to those I would help, of YOUR POWER, YOUR LOVE, and YOUR WAY OF LIFE. May I do your will in all my affairs today! AMEN

4TH STEP

When I am disturbed by the conduct (symptoms) 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. God save me from being angry. Thy will be done. AMEN

WHEN I AM AFRAID

"God remove my fear from me and direct my attention to what you would have me be." AMEN

WHEN I AM AWARE OF MY OWN DEFECTS AND AM SEEKING GODS 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."

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"

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."

7TH STEP

"My creator, I am NOW willing that you should have all of me, gook 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"

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."

9TH STEP:

"God give me the strength and direction to do the right thing. No matter what the consequences may be. Help me to consider others and not harm them in any way. Help me console 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 live the spiritual life. AMEN"

10TH 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 don! AMEN"

11 THE STEP

Big Book Suggests Bout Prayer and Meditations:

*Make NO request, in prayer for yourself only!
*NEVER pray for your own selfish ends!
*SELECT AND MEMORIZE a few set prayers that emphasize the principles of the steps.
*ASK your priest, Minister or Rabbi about helpful books and prayers that emphasize the principles of the steps.
*BE QUICK to see where religious people are RIGHT!
*Make use of what religious people have to OFFER!

NIGHT PRAYER:

"God forgive 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 any WORRY, REMORSE, DOUBT OR MORBID (SICK) REFLECTION that I may be of use fullness to others. AMEN

DAY PRAYER:

"God - Direct my thinking today so that it be divorced of SELF-PITY, DISHONEST, SELF - WILL, SELF-SEEKING, AND FEAR. God inspire my thinking decision 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.