

12 Step Prayers





Step 1 (p. 46)

God, Creative Intelligence, Universal Mind, Spirit of Nature or Spirit of the Universe my name is _____, and I'm a real alcoholic ... and I need your help today.

Step 2 (p. 59)

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.

Step 3 (p. 63)

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!

God, Take my will and my life. Guide me in my recovery. Show me how to live. (p. 59)

Step 4 When in Doubt (p.13)

“I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure.”



When I am Disturbed by the Conduct (Symptoms) of Others (p. 67)

This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.

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. (see above and p. 141 of 12&12)

When Afraid (p. 68)

God, relieve me of this fear and direct my attention to what you would have me be.





Step 5 (p. 75)

God I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last.

Step 6 (p. 76)

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

Step 7 (p. 76)

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.



Step 8 (p. 76)

God help me to become willing to sweep away the debris of self will and self reliant living. Thy will be done for this person as well as for me.

Step 9 (p. 78-80)

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 to consult with others before I take any actions that would cause me to be sorry. Help me to not repeat such behaviors. Show me the way of Patience, Tolerance, Kindliness, and Love and help me live the spiritual life.



Step 10 (p. 84-5)

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.

How can I best serve Thee—Thy will (not mine) be done. (p. 85)

Step 11 (p. 87-8)

God, I'm agitated and doubtful right now. Help me to stop and remember that I've made a decision to let You be my God. Give me the right thoughts and actions. God save me from fear, anger, worry, self-pity, or foolish decisions that Your will not mine be done.





Step 12 (p. 89)

Dear God, Having had a spiritual experience, I must now remember that “faith without works is dead.” And practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. So, God, please help me to carry this message to other alcoholics! Provide me with the guidance and wisdom to talk with another alcoholic because I can help when no one else can. Help me secure his confidence and remember he is ill.