

The Twelve Step Prayers

First Step Prayer

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.

Second Step Prayer

Heavenly Father,
I know in my heart that only you can restore me to sanity.
I humbly ask that you remove all twisted thought &
Addictive behavior from me this day.
Heal my spirit & restore in me a clear mind.

Third Step Prayer

God,
I offer myself to Thee
To build with me & 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 & Thy way of life,
May I do Thy will always!

Fourth Step Prayer

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 &
I will begin a searching & 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 & to You.
Assure me, & be with me, in this Step,
For without this Step I cannot progress in my recovery.
With Your help, I can do this, & I 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 an obstacle to my recovery.
Help me to continue being honest with myself &
Guide me toward spiritual & mental health.

Seventh Step Prayer

My Creator,
I am now willing that you should have all of me, good & bad.
I pray that you now remove from me every single defect of character
Which stands in the way of my usefulness to you & my fellows.
Grant me strength, as I go out from here to do your bidding.

Eighth Step Prayer

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

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 &
Growing in spiritual progress.

Tenth Step Prayer

I pray I may continue:
To grow in understanding & 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 &
Self-defeating attitudes & behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love & tolerance of others as my code; &
To continue in daily prayer how I can best serve You,
My Higher Power.

Eleventh Step Prayer

Higher Power, as I understand You,
I pray to keep my connection with You
Open & clear from the confusion of daily life.
Through my prayers & meditation I ask especially for
Freedom from self-will, rationalization, & wishful thinking.
I pray for the guidance of correct thought & positive action.

Your will Higher Power, not mine, be done.

Twelfth Step Prayer

Dear God,

My spiritual awakening continues to unfold.

The help I have received I shall pass on & give to others,

Both in & 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 & wisdom

To practice the principles of this way of life in all I do & say.

I need You, my friends, & the program every hour of every day.

This is a better way to live.