



Prayers

The Serenity Prayer

GOD, grant me the Serenity to accept the things I cannot change, Courage to change the things I can, and the Wisdom to know the difference.
Amen

The Third Step Prayer Page 63 AA Big Book

God, I offer myself to Thee - to build with me and 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

The 7th Step Prayer - Page 76 AA Big Book

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. Amen.

11th Step Prayer - AA Big Book Page 86-88

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest, or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.

What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

We usually conclude the period of meditation with a prayer, but we ask that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems.

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done."
It works - it really does.

St. Francis Prayer - AA 12 & 12 Page 99

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 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