

ST. FRANCIS PRAYER (Eleventh Step Prayer)

Lord, make me a channel of Thy peace; that
Where there is hatred, I may bring love;
Where there is wrong, I may bring the
spirit of forgiveness;
Where there is discord, I may bring harmony;
Where there is error, I may bring truth;
Where there is doubt, I may bring faith;
Where there is despair, I may bring hope;
Where there are shadows, I may bring light;
where there is sadness, I may bring joy;
Lord, grant that I may seek to comfort not
be comforted;
to understand, than to be understood;
to love, than to be loved;
For it is by self-forgetting that one finds;
It is by forgiving that one is forgiven;
It is by dying that one awakens to eternal life.
(P. 99 of The 12 Steps & 12 Traditions)

THIRD STEP PRAYER

"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!"
(P. 63 of the Big Book)

SEVENTH STEP PRAYER

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 the strength, as I go out from
here to do your bidding.
(P. 76 of the Big Book)

THE RESENTMENT PRAYER

If you have a resentment you want to be free
of, if you will pray for the person or the thing
that you resent, you will be free. If you will ask
in prayer for everything you want for yourself
to be given to them, you will be free. Ask for
their health, their prosperity, their happiness,
and you will be free. Even when you don't
really want it for them, and your prayers are
only words and you don't mean it, go ahead
and do it anyway. Do it every day for two
weeks and you will find you have come to
mean it and to want it for them, and you will
realize that where you used to feel bitterness
and resentment and hatred, you now feel
compassionate understanding and love.
(P. 552 of the Big Book – Freedom From Bondage)

THE LORD'S PRAYER

Our Father, who art in heaven,
hallowed be Thy name.
Thy Kingdom come,
Thy will be done,
on earth as it is in heaven
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For Thine is the kingdom, the power and the
glory for ever and ever. Amen

THE SET ASIDE PRAYER

God, Please let me set aside everything
I think I know about sobriety, life and You
so that I may be open to a new experience
Amen
(P. 47-48 of the Big Book - Chapter to the Agnostic)