

### ***SERENITY PRAYER***

GOD, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. AMEN

**(Continued below)**

Living one day at a time; enjoying one moment at a time; accepting hardship as the pathway to peace. Taking, as He did, this sinful world as it is, not as I would have it. Trusting that He will make all things right if I surrender to His Will; that I may be reasonably happy in this life, and supremely happy with Him forever in the next. AMEN

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### ***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, forever and ever. AMEN

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### ***ST FRANCIS PRAYER***

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 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. AMEN

**(Page 99,12 & 12)**

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### ***MORNING PRAYER***

GOD, direct my thinking today so that it is divorced of self-pity, dishonesty, self-will, self-seeking and fear. God inspire my thinking, decisions 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 **(Page 86 BB)**

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### ***NIGHT PRAYER***

GOD, forgive me 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 worry, remorse or morbid (sick) reflections that I may be of usefulness to others. AMEN

**(Page 86 BB)**

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### ***FIRST STEP PRAYER***

GOD, Creative Intelligence, Universal Mind, Spirit of Nature or Spirit of the Universe my name is \_\_\_\_\_, and I'm a real alcoholic... I need your help today. AMEN **(Page 10-12, Ch. 3, Page 46 BB)**

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### ***SECOND STEP PRAYER***

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. AMEN **(Page 59 BB)**

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### ***THIRD STEP PRAYERS***

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! AMEN **(Page 63 BB)**

GOD, Take my will and my life. Guide me in my recovery. Show me how to live. AMEN **(Page 59 BB)**

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### ***FOURTH STEP PRAYERS***

#### **WHEN IN DOUBT**

"I am to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never am 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."

**(Page 13 BB)**

#### **WHEN I AM DISTURBED BY THE CONDUCT (SYMPTOMS) OF OTHERS**

"This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done." **(p. 67 BB)**

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 **(See above & Page 141 of 12 St 12)**

#### **WHEN I AM AFRAID**

"We ask Him to remove our fear and direct our attention to what He would have us be." **(Page 68 BB)**

GOD, relieve me of my fear and direct my attention to what you would have me be. AMEN **(See above)**

#### **WHEN I AM AWARE OF MY OWN DEFECTS AND SEEKING GOD S HELP TO CHANGE**

"We asked God to mold our ideals and help us to live up to them, we ask God what we should do about each specific matter."

**(Page 69 BB)**

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 **(See above)**

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### ***FIFTH STEP PRAYER***

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. AMEN **(Page 75 BB)**

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### ***SIXTH STEP PRAYER***

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. AMEN **(Page 76 BB)**

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### ***SEVENTH STEP PRAYER***

"I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch."

**(Page 13 BB)**

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. AMEN

**(Page 76 BB)**

### **EIGHTH STEP PRAYER**

"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes." (Page 76 BB)

GOD help me to become willing to sweep away the debris of self will and self reliant living. Thy will be done for his person as well as for me.  
AMEN (See above)

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### **NINTH STEP PRAYER**

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. AMEN (Page 78-80 BB)

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### **TENTH STEP PRAYERS**

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. AMEN (Page 84-85 BB)

"How can I best serve Thee—Thy will (not mine) be done." AMEN  
(Page 85 BB)

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### **ELEVENTH STEP PRAYER**

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.'  
(Page 87-88 BB)

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 and that Your will, not my will, be done.

AMEN (See above)

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### **SUGGESTIONS ABOUT PRAYER AND MEDITATION FROM THE BB:**

- 1) Make no requests in prayer for yourself only.
- 2) Never pray for your own selfish ends.
- 3) Select and memorize a few set prayers that emphasize the principles of the steps.
- 4) Ask a priest, minister, or Rabbi about helpful books and prayers that emphasize the principles of the Steps.
- 5) Be quick to see where religious people are right.
- 6) Make use of what religious people have to offer.

(Page 87 BB)

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### **WHAT IS OUR/MY PURPOSE?**

'To love and be loved.'

To find our way home.'

'Trust God, clean house, help others.'

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### **"THIS IS THE HOW AND WHY OF IT"**

(Page 62 BB)

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### **FORMULA FOR CONTENTMENT & FULFILLMENT**

Someone to love  
Something to do  
Something to look forward to  
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### **AA ACRONYMS**

ISM'S OF ALCOHOL  
I, Self, Me \* I See Me  
I Sponsor Myself \* I Sabotage Myself  
Internal Spiritual Malady \* Incredibly Short Memory  
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### **GIFT**

God Is Forever There  
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### **WISDOM**

When In Self Discover Our Motives  
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### **FAITH**

Fantastic Adventure In Trusting Him  
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### **PUSH**

Pray Until Something Happens  
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### **TIME**

This I Must Experience  
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### **FAMILY**

Forget About Me I Love You  
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### **FINE**

F\*\*\*ed up. Insecure, Neurotic, & Emotional  
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### **DEAD**

Drinking Ends All Dreams  
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### **DAMM**

Drunks Against Mad Mothers  
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### **FEAR**

F\*\*\* Everything And Run  
Fight Everyone And Relapse  
False Evidence Appearing Real  
Face Everything And Recover  
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### **SERENITY**

See things for what they are  
Everything happens for a reason  
Rely on God for the answer  
Engage in prayer when you are in need  
Never give up on God because God never gives up on you  
Illustrate character by example  
Try forgiveness  
Yesterday learn from, today learn towards, tomorrow learn to  
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### **RULE #62**

"Don't take yourself too seriously!"