

The Eleventh Step Prayers

Derived from the text found page 86 of Alcoholics Anonymous - the Big Book:

MORNING PRAYER

God, direct my thinking today so that it be empty 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, show me what I need to do 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 spirit of the Steps I pray. AMEN

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

SOME MEMBERS USE THE PRAYER OF SAINT FRANCIS OF ASSISI

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.

O, Divine Master, grant that I may not so much seek to be consoled, as to console; to be understood as to understand; to be loved, as to love; for it is in the giving that we receive; it is in the pardoning that we are pardoned, and it is in dying that we are born to eternal life.