

### First Step Prayer

Higher Power,  
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

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

### Third Step Prayer

Higher Power,  
I offer myself to You To build with me & to do with me as You will. Relieve me of the bondage of self, that I may better do Your will. Take away my difficulties, That victory over them may bear witness To those I would help of Your Power, Your love & Your way of life, May I do Your will always!

### Fourth Step Prayer

Higher Power,  
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

Higher Power,  
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

Higher Power,  
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

Higher Power,  
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.

---

*Credit: 12 Prayers from Alcoholics Anonymous, from:  
<https://saddlebackclub.com/All-12-Step-Prayers.html>*