

#### Step 4 Prayers

Higher Power,  
\_\_\_\_\_ is spiritually sick.  
How can I be helpful to them?  
Higher Power save me from being angry.  
Help me to avoid retaliation or argument.  
Your will be done.

Higher Power,  
Please help me show \_\_\_\_\_  
the same tolerance, pity and patience  
I would cheerfully grant a sick friend.  
Help me to avoid retaliation or argument

Higher Power,  
Please remove my fear  
and direct my attention  
to what you would have me be

#### Step 7 Prayer

Higher Power,  
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 our usefulness to you and my fellows.  
Grant me strength,  
as I go out from here,  
to do your bidding. Amen

#### Step 8 Prayer

Higher Power,  
Please give me the will to go out to my fellows  
and repair the damage done in the past.  
Please help me attempt to sweep away the debris  
which has accumulated out of my effort to live on self will  
and run the show myself

### Step 9 Prayers

Higher Power,  
Please give me the strength and direction  
to do the right thing  
no matter what the personal consequences may be

Higher Power,  
Please guide me in the way of good sense and loving kindness,  
as to the utmost frankness of the amends,  
always keeping \_\_\_\_\_'s happiness  
utmost in mind

(each morning, for the family):

Higher Power,  
Please show me the way of  
patience, tolerance  
kindliness and love

### Step 10 Prayers

Higher Power,  
Please remove my selfishness,  
dishonesty,  
resentment,  
and fear

Higher Power,  
How can I best serve you?  
Your will (not mine) be done