

Below are some common prayers and promises that you will commonly hear at A.A. meetings. Take what you like, leave the rest.

Serenity Prayer

God,
Grant me the Serenity,
to accept the things I can not change,
Courage to change the things I can,
and Wisdom to know the difference.

First Step Prayer

Dear Lord,
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

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

Third Step Prayer

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!

Fourth Step Prayer

Dear God,
It is I who has made my life a mess.
I have done it, but I cannot undo it.
My mistakes are mine and
I will begin a searching and 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 and to You.

Assure me, and be with me, in this Step,
For without this Step I cannot progress in my recovery.
With Your help, I can do this, and I do it.

Sixth Step Prayer

Dear God,
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 and
Guide me toward spiritual and mental health.

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 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 and
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 and
Growing in spiritual progress.

Tenth Step Prayer

I pray I may continue:
To grow in understanding and 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 and
Self-defeating attitudes and behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love & tolerance of others as my code; and
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 and clear from the confusion of daily life.
Through my prayers and meditation I ask especially for
Freedom from self-will, rationalization, and wishful
thinking.
I pray for the guidance of correct thought and positive
action.
Your will Higher Power, not mine, be done.

Twelfth Step Prayer

Dear God,
My spiritual awakening continues to unfold.
The help I have received I shall pass on and give to
others,
Both in and 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 and wisdom
To practice the principles of this way of life in all I do and
say.
I need You, my friends, and the program every hour of
every day.
This is a better way to live.

The “Promises”

From pages 83-84 in “The Big Book”

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not! They are being fulfilled among us – Sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Prayer Of St. 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.
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

The Lord's Prayer

Our Father, which art in heaven,
Hallowed be thy Name.
Thy Kingdom come.
Thy will be done in earth,
As it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
As we forgive them that 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.