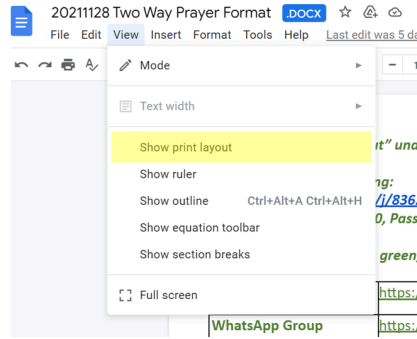


**TECH: turn off "print layout" under View to hide headers and footers and page breaks**



**ZOOM LINK for this meeting:**

<https://us02web.zoom.us/j/83629184390?pwd=K01mbUo3NDFqMisvSitoWHBqY1IUUT09>

**Meeting ID: 836 2918 4390, Passcode: 247365**

**Links for Chat: select all in green, copy and paste into chat a few times during the meeting**

Seventh Tradition:	<a href="https://www.paypal.com/Earlybird2wp">PayPal.me/Earlybird2wp</a>
WhatsApp Group, TWP 5:30 AM EST Group	<a href="https://chat.whatsapp.com/IWrEC5tsc293hCnwHKzofJ">https://chat.whatsapp.com/IWrEC5tsc293hCnwHKzofJ</a>
Fellowship for 2WP	<a href="https://chat.whatsapp.com/BHk6AsQrKgfK5lguF4yoiq">https://chat.whatsapp.com/BHk6AsQrKgfK5lguF4yoiq</a>
Format for this meeting	<a href="https://docs.google.com/document/d/1cJ_9JXoJKNcpFCEIDMNnSCNWNwkl3gJ6/edit?usp=sharing&amp;oid=104738352099134919557&amp;rtpof=true&amp;sd=true">https://docs.google.com/document/d/1cJ_9JXoJKNcpFCEIDMNnSCNWNwkl3gJ6/edit?usp=sharing&amp;oid=104738352099134919557&amp;rtpof=true&amp;sd=true</a>
Two Way Prayer Meetings	<a href="https://docs.google.com/spreadsheets/d/1c1w2ALrIYT5zqezmX59Om_HBGg-9v9ETmriyuLj4fgw/edit#gid=0">https://docs.google.com/spreadsheets/d/1c1w2ALrIYT5zqezmX59Om_HBGg-9v9ETmriyuLj4fgw/edit#gid=0</a>
Please find all other links associated with this Two Way Prayer meeting by clicking here:	<a href="https://docs.google.com/spreadsheets/d/1maEmUUF4fid6WtbUS88KQU3b2dq0ONimH9aLz4cQNb4/edit#gid=0">https://docs.google.com/spreadsheets/d/1maEmUUF4fid6WtbUS88KQU3b2dq0ONimH9aLz4cQNb4/edit#gid=0</a>

## Welcome & Opening Prayer

Welcome to our Zoom Eleventh Step Guidance Meeting focused on the practice of Two-Way Prayer.

We welcome members of all 12 Step fellowships regardless of addiction and regardless of creed, nationality, or other orientation. My name is \_\_\_\_\_ and I will be the moderator for our group today.

Let's open with a moment of silence, to invite a Higher Power into our hearts, followed by the Serenity Prayer. You are welcome to unmute as you wish.

SILENCE FOR A COUNT OF 5-10 BREATHS

SERENITY PRAYER: God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

Thy will not mine be done!

## Meeting Intro & Format

Welcome, everyone! We are so grateful that you have joined us today.

Together, we seek to deepen our conscious contact with a Higher Power of our own understanding through an enhanced practice of the last three steps of the 12 step programs. We do this by following the original program of AA, based on the Oxford Group, which included the principles of the 4 Absolutes and the practice of written guidance or Two

Way Prayer. Ultimately, this direct and personal experience of listening to our inner voice — the Still Small Voice of Calm that is within each of us — will enable us to be of maximum service to the God of our understanding, other people, and ourselves.

#### The 4 Absolutes

The spiritual disciplines of the 4 Absolutes and the last 3 steps are an important foundation for our group.

The 4 Absolutes, used by the Oxford Group, were the guiding spiritual principles used to determine if one's decisions, thoughts, or actions are in alignment with the will of a Higher Power or motivated by self-will. These ideals called for: **Absolute Honesty, Absolute Unselfishness, Absolute Purity, and Absolute Love**. Although recognized as impossible to attain, when the 4 Standards of Honesty, Unselfishness, Purity, and Love are maintained faithfully as goals, they become powerful transformers of conduct, character, and consciousness.

Who would like to read the 4 Absolutes?

[READER BEGINS]

My name is \_\_\_\_\_ and these are the 4 Absolutes:

**ABSOLUTE HONESTY: Not deceiving others or ourselves in word, deed and thoughts.**

**ABSOLUTE PURITY: Freedom from being controlled by our desires, fears and insecurities.**

**ABSOLUTE UNSELFISHNESS: Seeking what is right and true ahead of what I want in every situation.**

**ABSOLUTE LOVE: The feeling of unconditional affection, benevolence or devotion according to one's highest spiritual values.**

[READER STOPS]

Thank you. Who would like to read Steps 10, 11, and 12 from the Original Manuscript?

[READER BEGINS]

My name is \_\_\_\_\_ and these are the last three Steps of the 12 Step Program as adapted from the Original Manuscript:

**“Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.**

**Step 11: Sought through prayer and meditation to improve our conscious contact with God, praying only for the knowledge of [God's] will for us and the power to carry that out.**

**Step 12: Having had a spiritual experience as the result of this course of action, we tried to carry this message to others, especially alcoholics, and to practice these principles in all our affairs.”**

[READER STOPS]

Thank you.

**Seventh Tradition**

In accordance with the Seventh Tradition, our group is fully self-supporting, declining outside contributions. There is a link in the chat to make contributions.

**to post in chat:**

**Seventh Tradition: [PayPal.me/Earlybird2wp](https://www.paypal.com/Earlybird2wp)**

As a courtesy to the group, please stay muted and if you forget, the tech host may mute you. If you have an unstable internet connection, or are moving around, please keep your camera off.

### **Group Process**

Our meeting lasts for one hour. We will individually practice writing Two Way prayer. After writing, we will share our guidance with each other in smaller breakout rooms. We will then return to the larger group at the conclusion of our meeting for any announcements, and/or feedback.

All sharing is completely voluntary and confidential. We ask for this to be respected by one and all. Please have some paper and something to write with. Many of us come with a question or topic of concern to take to our Higher Power for guidance today. Or you may simply ask: "Higher Power, what is Your will for me today?" As thoughts come into your mind, write them down. Guidance can take the form of images, thoughts, feelings or inspiration.

### **Assign Reader for guidance reading**

Who would like to read the first half of the pamphlet that offers guidance on how to listen to a power greater than ourselves?

Thank you \_\_\_\_\_ for volunteering to read today.

Please read the first 6 instructions before we stop to write our guidance.

The rest of the pamphlet will be read after writing time is completed.

### **Pamphlet**

*Source: "3 Minutes of Silence" by Initiatives of Change (previously known as The Oxford Group)*

**There is a tradition of preparing for one's day by getting quiet and tapping into the intuitive voice that resides in each of us. Here is a technique that has been used for more than 80 years by the members of Initiatives of Change, formerly known as the Oxford Group.**

#### **1. Take time each morning**

An orchestra tunes up before the symphony. We can tune-up our lives before the day begins. Once we open the newspaper or turn on the computer most of us don't stop until we drop wearily into bed. So wake up. Get your coffee or tea. Grab a piece of paper and pen.

#### **2. Relax**

Sit in a comfortable position. Consciously relax all your muscles. Be loose. There is no need to hurry. There need be no strain during these minutes. We cannot touch the Infinite if we are tense and anxious. Prepare yourself by breathing deeply and relaxing for three to five minutes.

#### **3. Tune In**

Open your heart to the Ultimate Reality. Either silently or aloud, say in a way that feels natural to you that you would like inspiration for this day. If you have a specific problem or situation you are facing, ask for the answer. Be definite and specific in your requests.

#### **4. Listen**

Just be still, quiet, relaxed, and open. Let your mind go “loose”. Let your intuitive self receive inspiration. Thoughts, ideas, and impressions will begin to come into your mind and heart. Be alert and open and aware to every one.

## 5. Write!

Here is the key to the whole process. Write down everything that comes to your mind. Everything. Writing is simply a means of recording what goes through your mind so that you can remember later. Don't sort out or edit your thoughts at this point.

Don't say to yourself: This thought isn't important. This is just me thinking. This can't be inspiration. This isn't nice. This is an ordinary thought

Write what passes through your mind: names of people, things to do, things to say, things that are wrong that need to be made right

Write down everything: Good thoughts – bad thoughts. Comfortable thoughts – uncomfortable thoughts. “Holy” thoughts – “unholy” thoughts. Sensible thoughts – “crazy” thoughts.

Be honest! Write down everything. A thought comes quickly and it even escapes more quickly unless it is captured and put down.

## 6. Test

When the flow of thoughts slows down, stop. Take a good look at what you have written. Not every thought is inspired. So we need to test each thought by examining the written record.

- Is it honest - pure - unselfish - loving?
- Is it in line with our responsibilities?
- Is it in line with my understanding of spiritual literature?

### [READER STOPS]

#### Directions for Writing

We will now follow these directions and write together for 10 minutes. First, we will pause silently for 90 seconds. Afterward, meditative music will be played in the background. Anyone who wants to meditate in silence is welcome to turn down their volume and return when the timer is up. At the end of the 10 minutes, the music will stop. Feel free to continue writing longer if you feel inspired to do so.

*[NOTE TO TECH: Be sure your “share sound” button is clicked and then mute yourself.*

**NEW: 90 second timer AND music in 1 click:**

[https://youtu.be/JABP\\_1LcsiU](https://youtu.be/JABP_1LcsiU)

#### Second half of guidance reading

Is there someone who can read the second half of the pamphlet?

Thank you \_\_\_\_\_ for volunteering to read today.

Please read the last four instructions before we stop to share our guidance.

## 7. Check

When in doubt and when it is important, ask another person who is on the spiritual path. More light comes through two windows than through one. Someone who is interested in our spiritual growth may see things more clearly.

Talk over what you have written. Many people do this with their domestic partners. There are always three sides to every question- your side, my side, and the right side. Inspiration shows us which is the right side – not who is right but what is right.

### **8. Carry out the thoughts that come.**

You will only be sure of your intuitive voice as you go through with it. A rudder will not guide a boat until the boat is moving. As you follow, very often the results will convince you that you are on the right track.

### **9. What if no inspiration comes?**

Generally, there is a reason. Here are some blocks:

- Any wrong relationship in my life
- Any wrong that I have not faced and put right.
- Any compromise or indulgence I will not give up.
- Anything I know I should do but have not done.

### **10. Results?**

We will never know what swimming is like unless we get down into the river and try. We will never know how wonderful this technique can be until we sincerely try it.

Every person who has honestly tried this has discovered a wisdom, not their own, comes into their minds and a Power greater than human power begins to operate in their lives.

It is an endless adventure

### **[READER STOPS]**

### **Guidance for Sharing**

Next is our time for sharing the guidance we received. This is called Three Way Prayer. I will read the instructions for sharing guidance, then we will divide into breakout rooms.

Before we begin, is there anyone here today who is new to Two Way Prayer or new to this group? We want to welcome you! Please unmute and introduce yourself.

If you are just listening today, please add “listening” to your zoom name or tell us in the chat.

[NOTE TO TECH: make note of newcomers so you can put them in a breakout room with people who have been here before.

for more detailed breakout room directions:

[https://docs.google.com/document/d/1tVzCNrX80mepQ\\_Dv\\_qA3zCueWzG66zEE02BPvDOFv1s/edit?usp=sharing](https://docs.google.com/document/d/1tVzCNrX80mepQ_Dv_qA3zCueWzG66zEE02BPvDOFv1s/edit?usp=sharing)

If there are 6 or more people on the call, set up breakout rooms while the leader continues to read the script.

- Create enough rooms that there are 3-4 people per room.
- Try to ensure every room has at least one person with enough experience to help newcomers and keep the sharing on track. You can set up the rooms automatically but then may wish to move a couple of people around.
- Then delete one room. Those people will remain in the main room with you.
- No timer for the breakout rooms. People are reminded to return 5 minutes before the meeting ends. Open them when the leader announces them below.]

## Instruction for Breakout Rooms

In the breakout rooms, those who want to share their Written Guidance today are invited to do so. Please be mindful of your time in the breakout sessions, so everyone has an opportunity to share.

### Sharing guidelines

While one member is reading, we invite you to write down anything that is especially meaningful to you. Were there any particular words or phrases which resonated with you? What did you hear that you feel was directed towards you personally?

Test your thoughts before sharing. Are they aligned with the criteria of the 4 Absolutes? Are they Honest, Pure, Unselfish and Loving? Share only those thoughts that pass this “test” and that you feel comfortable sharing with other members of the group. If you haven’t written anything down, please pass.

When we receive guidance through another person, we call this Three-Way Prayer the “Spirit of the Universe” speaking to us through others. We invite you to comment briefly on the new guidance you receive if the person sharing requests feedback.

Listeners are reminded that we do not interpret one another’s guidance.

The purpose of feedback is not to give advice. The purpose is to share briefly what you heard that resonated with you.

*Please share only what you have written during Two Way Prayer without embellishment or explanation. Please focus on reflection rather than conversation until all have had the opportunity to read what they wrote.*

*Anonymity is a spiritual foundation of all 12-step programs, ever reminding us to place principles before personalities. What you see here, what you hear here, let it stay here.*

## Breakout Rooms

We will now divide into breakout rooms. Rooms are set to have a 3-4 person minimum for safety. The main room will remain open, and you are welcome to return at any time for any reason by clicking the “leave room” button.

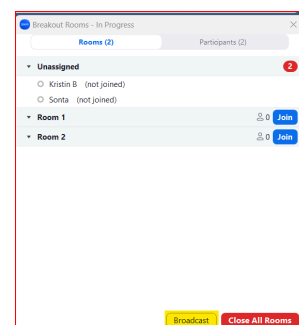
Please be mindful of your sharing and we ask that everyone return to the main room at 25 minutes after the hour for group feedback, announcements, and a closing prayer.

**In the breakout room, please turn your camera on, even briefly, to say hello to create a sense of safety and security.**

*[NOTE TO TECH: STOP SCREEN SHARE and open the breakout rooms now. OPTIONAL for details of creating breakout rooms: [☰ Early Bird TWP Breakout Rooms How-to](#) ]*

*BROADCAST to breakout rooms at 6:25 am, ET:*

***We are wrapping up in the main room,  
please join us in the main room when you are ready***



### **Wrap Up**

Welcome back, everyone! If you are new to this meeting, we invite you to stay after the closing prayer for fellowship and answers to any questions you may have. Now is our time for sharing feedback: how was your experience in your room today?

### **PAUSE**

### **Announcements**

Our time is almost up. Are there any announcements?

We are one of many Two Way Prayer Groups. In the chat, you will find links to other meetings and resources, as well as links to join our WhatsApp group and the broader Telegram group.

**TECH: post in chat**

**WhatsApp Group**

<https://chat.whatsapp.com/KATfHhXN0adKZLmDT1agTR>

**Format for this meeting**

[https://docs.google.com/document/d/1cJ\\_9JXoJKNcpFCEIDMNnSCNWNwkI3gJ6/edit?usp=sharing&ouid=104738352099134919557&rtpof=true&sd=true](https://docs.google.com/document/d/1cJ_9JXoJKNcpFCEIDMNnSCNWNwkI3gJ6/edit?usp=sharing&ouid=104738352099134919557&rtpof=true&sd=true)

**Two Way Prayer Meetings**

<https://drive.google.com/file/d/1bJxRdeeujeWTka62qys72e8gbXEzPJEX/view?usp=sharing>

**Please find all other links associated with this Two Way Prayer meeting by clicking here:**

<https://docs.google.com/spreadsheets/d/1maEmUUF4fid6WtbUS88KQU3b2dq0ONimH9aLz4cQNb4/edit#gid=0>

Thank you all for sharing and for the opportunity to lead the meeting.  
If you found it helpful, please come back tomorrow and bring a friend!

### **Closing Prayer**

As we close this meeting, let's all take a few deep breaths and close with the \_\_\_\_\_ prayer. You are welcome to unmute as you wish.

[NOTE TO TECH: leave the zoom room open or hand off host, if you need to go, so folks can fellowship - **ESPECIALLY IF FOLKS ARE STILL IN THE BREAKOUT ROOM** - the meeting will close itself after 40 minutes of silence. Thanks!]

[NOTE: This document is based on the original meeting format as written by Shira G]

**Click a link to go directly to a particular prayer:**

1. [A Prayer for Inner Peace](#)
2. [First Step Prayer](#)
3. [Alternate First Step Prayer](#)
4. [Second Step Prayer](#)
5. [Alternate Prayer](#)
6. [Third Step Prayer](#)
7. [N.A. 3rd Step Prayer](#)
8. [Jewish 3rd Step Prayer](#)
9. [Steps 1, 2 & 3 Prayer](#)
10. [Fourth Step Prayer](#)
11. [Sick Man's Prayer](#)
12. [Fifth Step Prayer](#)
13. [Sixth Step Prayer](#)
14. [Alternate 6th Step Prayer](#)
15. [Usefulness Prayer](#)
16. [Alternate 7th Step Prayer](#)
17. [Seventh Step Prayer](#)
18. [Humility \(from a plaque on Dr. Bob's desk.\)](#)
19. [Original Seventh Step Prayer as used by Dr. Bob](#)
20. [Eighth Step Prayer](#)
21. [Ninth Step Prayer](#)
22. [Tenth Step Prayer](#)
23. [Eleventh Step Prayer](#)
24. [St Francis Prayer](#)
25. [Twelfth Step Prayer](#)
26. [Alt Twelfth Step Prayer](#)
27. [LORD'S PRAYER](#)
28. [A Step Poem](#)
29. [Set Aside Prayer with Variations](#)
30. [Big Book Awakening Prayer](#)
31. [Big Book Awakening Step 10 Prayer](#)
32. [Big Book Awakening Step 11 Prayer](#)
33. [Prayer for All 12 Steps \(by Shira\)](#)
34. [Letting Go](#)
35. [The Knot Prayer](#)
36. [The Guest House](#)
37. [Gratitude Serenity Prayer](#)
38. [Serenity Prayer, longer version](#)



### **A Prayer for Inner Peace**

Please help me to clear my mind and emotions of negativity and drama.  
Please uplift my thoughts to the level of true spiritual understanding, compassion, and Divine Wisdom.

### **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.

### **Alternate First Step Prayer**

Today, I ask for help with my addiction.  
Denial has kept me from seeing how  
powerless I am and how my life is unmanageable.  
I need to learn and remember that I have an incurable  
illness and that abstinence is the only way to deal with it.

### **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 and  
addictive behavior from me this day.  
Heal my spirit and restore in me a clear mind.

### **Alternate Prayer**

I pray for an open mind so I may come to  
believe in a Power greater than myself.  
I pray for humility and the continued  
opportunity to increase my faith.  
I don't want to be crazy anymore.

### **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!

### **N.A. 3rd Step Prayer**

Take my will and my life,  
Guide me in my recovery,  
Show me how to live.

### **Jewish 3rd Step Prayer**

Grant me inner peace..., Let my body be completely subordinate to my soul and have no

other will or desire but to follow the desire of the holy soul, which is to do Your will. Let peace reign between my soul and my body. Let my body be sanctified and purified until it becomes united with the holy soul and I carry out all Your commandments and do everything You want of me, body and soul, willingly and with great joy. Let my body and soul unite in love and peace to do Your will sincerely until I attain complete inner harmony and am ready to order my prayer before You perfectly. Let my prayer rise before You like the incense and perfect sacrifices offered by those who are whole and perfect.

*From the Fiftieth Gate (Reb Nosson's prayers based on the teachings of Reb Nachman of Breslov)*

#### **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.

### **Sick Man's Prayer**

God, when a person offends me, help me to remember this is a sick person.

Help me show the same tolerance, pity, and patience that we would cheerfully grant a sick friend.

Show me how I can help them.

Save me from being angry.

Thy will be done.

- *Alcoholics Anonymous p. 67*

### **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 will 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.

### **Alternate 6th Step Prayer**

God, give me the courage and strength to know who I really am, to act accordingly in my life, and to refrain from diverting my time, energy, and interests into my character defects.

*Drop the Rock: 2005*

### **Usefulness Prayer**

God, please help me today to find the balance between my character defects and the principles of our program so as to be useful to You, other people, and myself.

*Drop the Rock, 2006*

### **Alternate 7th Step Prayer**

God (or Higher Power), thank You for the gift of my recovery and for all the benefits in my life. Please allow me to be open and grateful for the bounty of friends, family, growth, and much more in my life. Please help me gain an awareness of those shortcomings that hinder my service to others, myself, and You. Please help me find a way to remove those character defects in my life, both the ones I'm currently aware of and those that I may gain awareness of later. Help me become who and what I may become, in order to give more. Amen.

*Drop the Rock, 2005*

### **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.

### **Humility (from a plaque on Dr. Bob's desk.)**

Perpetual quietness of heart.

It is to have no trouble.

It is never to be fretted or vexed, irritable or sore;  
to wonder at nothing that is done to me,  
to feel nothing done against me.

It is to be at rest when nobody praises me,  
and when I am blamed or despised,  
to have a blessed home in myself  
where I can go in and shut the door  
and kneel to my Father in secret and be at peace,  
as in a deep sea of calmness,  
when all around and about is seeming trouble.

**Original Seventh Step Prayer as used by Dr. Bob**

Dear God,

I am coming to You on my knees in all humility to humbly ask You to forgive all my past wrongs and to remove all my defects of character.

I want to start a new life today, and I ask You to help me do so and to keep helping if I keep asking.

In Step Three, I turned my will and my life over to Your care.

Thank You for taking complete control of my life, and thank You for this opportunity to wipe my slate clean and start my life anew.

In Steps Four, Five, and Six I have completed my moral inventory and admitted to myself and another person the exact nature of my wrongs. I now admit these wrongs to You, God.

I am entirely ready to ask and pray now that You please remove from me every single defect of character. Specifically, I ask You to remove the following shortcomings listed in my Fourth Step moral inventory: (Read aloud here those defects from your list.)

Thank You, God, for this opportunity for a new beginning in my life and a chance to be a part of the solutions in life instead of the problems. Please grant me wisdom, knowledge, and strength as I go out from here to do Your work and live the Victorious Life (I say God-Centered Life) You designed for me.

Thank You, God, for the steps which will make Your plan for my life clear to me. Thank You and praise Your Name. (You can substitute hallelujah or any other personal phrase you may prefer from your individual faith). Amen.

**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 and 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.

**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.  
*(AA 12 and 12; 99:3)*



### **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.

### **Alt Twelfth Step Prayer**

God, allow my words, thoughts, and deeds to reflect Your will.  
Grant me the Compassion and Strength to help the suffering,  
the Resources to fill their needs, and the Courage, Insight, and Wisdom to guide them  
until they may walk with You on their own.  
Let me never lose sight that I was once in need and I am by Your Grace  
enjoying the fruits of my sobriety. Let my life be my gift to You for the many blessing You have  
given me.  
Amen.  
*(Bill L., 1999)*

## **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,  
and the power, and the glory,  
for ever and ever.  
Amen.

## **A Step Poem**

I took Step One, began to moan  
I can't do this one on my own.  
I took Step Two, began to pray  
Restore me God, please now, today.  
I took Step Three, gave up my will  
maybe God could love me still?  
I took a Fourth, I looked inside  
Nothing more would I hide.  
And on the Fifth, I said aloud  
"I've done some wrong, and I'm not proud."  
I took Step Six, and got prepared  
To lose the defects, I was scared.  
Now I'm at Seven, take them away  
My God, for this I do pray.  
And on Eight, the list was long  
Amends to make for all the wrongs.  
I took Step Nine, put down my pride  
Amends made, I will not hide.  
Step Ten I take, each day I pray  
I make amends along the way.  
And on Eleven I pray to know  
Each day His Will, which way to go.  
I take Step Twelve, I'm like a bird  
To others now, I spread the word....

**Set Aside Prayer with Variations**

Dear God please help me to set aside everything I think I know about (people, place or thing) so I may have an open mind and a new experience. Please help me to see the truth about (person, place or thing). AMEN.”

**Big Book Awakening Prayer**

God please enable me to set aside everything I think I know for an open mind and a new experience. Please help me see the Truth about myself, my recovery, You and the Twelve Steps.

**Big Book Awakening Step 10 Prayer**

Please help me face and be rid of the things in myself which have been blocking me from You, other people and myself. When I am wrong, please help me to admit my mistakes and make amends for any harms promptly. Please help me to think less of myself and more often of others. Please show me how You would have me be.

**Big Book Awakening Step 11 Prayer**

Please, grant me the discipline to continue to seek Your will through prayer and meditation, and grant me the power to carry it out. May I listen to the still quiet voice inside and seek only to grow in understanding and effectiveness.

### **Prayer for All 12 Steps (by Shira)**

Dear God,

Thank you for the gift of abstinence that You have given me today. I admit that I am powerless over my compulsive eating behaviors. When I tried to manage everything on my own, it did not work. My life is unmanageable when I try to control it.

Just for today, please help me to understand the true meaning of my powerlessness. Remove from me all denial of my disease. Please eliminate my obsession to take substances from outside to comfort me on the inside.

My Creator, bless me with an open mind so that I may stay teachable. I know in my heart that only You can restore me to spiritual wholeness. I humbly ask that you remove all twisted thoughts from me this day. Heal my spirit and lead me on the path of Truth. I am surrendering my life to You. Today, I turn my will (my thinking) and my life (my actions) over to You. For, You are the All-Powerful Creator, who provides me with my every need at every moment.

Thank you, God, for this opportunity for recovery and spiritual renewal.

In Steps 4, 5 and 6, I completed my moral inventory and admitted to myself, and another person the exact nature of my wrongs.

Now, I admit these wrongs to You, God.

I beseech You to forgive all my past wrongs and to remove from me every single defect of character.

Specifically, I ask You to remove the following shortcomings: (Read aloud the defects from your list.)

Please bless those I hurt and change any part of me that allowed me to hurt them.

May I forgive others, just as I would want to be forgiven.

Grant me the willingness to rise about my emotional drives and take responsibility for my actions.

Just for today, Lord, I am humbly asking to be Your servant.

Please grant me the wisdom, knowledge and strength as I go out from here to do Your work.

Please keep my motives pure and bless me with the willingness to think less often of myself and more often of others.

May I live the God-Centered Life You designed for me as a sane, sober and serene person.

Thank you God for this beautiful opportunity and for the steps which will make You plan for my life clear to me.

Please bless our fellowship so that many more can be helped as I was helped.

Thank you and Praise Your Name.

*By Shira 2017*

### Steps 1, 2 and 3 Prayer

Dear God:

Here I am, so grateful to You for the gift of abstinence that You have given me today. You and I both know how utterly powerless I am over food and over this compulsion. I have put things into my mouth to make me feel better, to no avail.

My life has become unmanageable over my effort to control my life with food.

I am powerless over food, and over the people, places and things in my life.

I am powerless over everything.

When I try to exert my will over them, I make a complete mess of things.

I believe with all my heart and with all my soul that You, and only You, can restore me to sane, balanced, healthy, and productive living.

You have so graciously proven that to me, over and over, with each and every abstinent day I have enjoyed.

You are the All-Powerful Creator, who provides me with my every need at every moment.

Please grant me the gift of abstinence today because I am ready today, with your help, to care for it with a heart filled with gratitude and love.

I am putting my whole self in Your hands today, to do with me what You will.

I pray for You to bless me with the clarity to discern whatever is the next right thing for me to do in each and every situation You place me in today.

God, please stay by my side, as You have done each day.

Support me, I beg of you. It is only with Your Infinite Power and love that I can achieve what You desire.

Guide me and show me Your will for me.

Just for today, Lord, I am humbly asking to be Your servant.

Grant me clarity and strength so that I am able to do so in abstinence.

Bless our fellowship that many more can be helped as I was helped.

*By Shira and Deborah*

### "Letting Go"

To "let go" does not mean to stop caring, it means I can't do it for someone else.

To "let go" is not to cut myself off, it's the realization I can't control another.

To "let go" is not to enable, but to allow learning from natural consequences.

To "let go" is to admit powerlessness, which means the outcome is not in my hands.

To "let go" is not to try to change or blame another, it's to make the most of myself.

To "let go" is not to care for, but to care about.

To "let go" is not to fix, but to be supportive. To "let go" is not to judge, but to allow another to be a human being.

To "let go" is not to be in the middle arranging the outcomes, but to allow others to affect their own destinies.

To "let go" is not to be protective, it's to permit another to face reality.

To "let go" is not to deny, but to accept.

To "let go" it not to nag, scold or argue, but instead to search out my own shortcomings, and correct them.

To "let go" is not to adjust everything to my desires but to take each day as it comes, and cherish myself in it.

To "let go" is not to criticize and regulate anybody but to try to become what I dream I can be.

To "let go" is not to regret the past, but to grow and live for the future.

To "let go" is to fear less, and love more.

*-Author unknown*

### **The Knot Prayer**

Please untie the knots  
that are in my mind, my heart, and my life.  
Remove the have nots, the can nots, and the do nots that I have in my mind.  
Erase the will nots, may nots, might nots that may find a home in my heart.  
Release me from the could nots, would nots, and should nots that obstruct my life.  
And most of all,  
I ask that you remove from my mind, my heart, and my life  
all of the “am nots”  
that I have allowed to hold me back  
especially the thought  
that I am not good enough

### **The Guest House**

This being human is a guest house.  
Every morning a new arrival.  
A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.  
Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.  
The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.  
Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.  
*By Jalaluddin Rumi, translated by Coleman Barks*

### **Gratitude Serenity Prayer**

[God], thank you for granting me the Serenity to accept the things I can not change.  
Thank you for granting me the courage to change the things I can.  
Thank you for granting me the wisdom to know the difference.

### **Serenity Prayer (Longer version)**

God grant me the serenity to accept the things I cannot change,  
the courage to change the things I can  
and the wisdom to know the difference.  
Grant me patience for the changes that take time,  
an appreciation for all that I have,  
tolerance for those with different struggles  
and the strength to get up and try again one day at a time.

