

# Alcoholics Anonymous 12 Step Prayers

## 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 thoughts & Addictive behavior from me this day. Heal my spirit & restore in me a clear mind.

## Third Step Prayer

Dear God,  
I offer myself to Thee To build with me & 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 & 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 & 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

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 & guide me toward spiritual & mental health.

## Seventh Step Prayer

My Creator,  
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.

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## 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

Dear God,  
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.