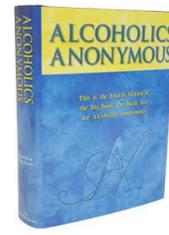


# Spiritual Prayers



Dear God I pray for tolerance of Rich's viewpoint/shortcomings so I can serve Thee Amen

Dear God Rich is a sick person please save me from being angry Thy will be done Amen

Dear God I pray for the right ideal and guidance in my relationship I pray for sanity and strength to do the right thing Amen

Dear God I Pray that You remove my fear and direct my attention to what You would have me be I pray that I at once commence to outgrow fear so I can serve Thee Amen

Dear God I Pray that I be shown all through the day what my next step is to be, I especially Pray for freedom from self will so I can serve Thee Amen

Dear God Thy will be done Amen

Dear God what is Your will for me today Amen (Good to use in the Morning)

Dear God I Pray that I be shown all through the day what my next step is to be, I especially Pray for freedom from self will so I can serve Thee Amen

*Dear God please forgive me what can I do better to serve Thee Amen*

Serenity Prayer 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 Amen

“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!”

“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. Amen.”

# Big Book Spiritual Prayers

**Pg 19 Prayer for tolerance** Nothing would please us so much as to write a book which would contain no basis for contention or argument. We shall do our utmost to achieve that ideal. Most of us sense that real tolerance of other people's shortcomings and viewpoints and a respect for their opinions are attitudes which make us more useful to others. Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs. **Dear God I pray for tolerance of Rich's viewpoint/shortcomings so I can serve Thee Amen**

**Prayer for Anger Towards People, Place, Thing Pg 67** We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

**Dear God Rich is a sick person please save me from being angry Thy will be done Amen**

Pg 70 To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing **Dear God I pray for the right ideal and guidance in my relationship I pray for sanity and strength to do the right thing Amen**

**Prayer for Fear Pg 68** The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear. **Dear God I Pray that You remove my fear and direct my attention to what You would have me be I pray that I at once commence to outgrow fear so I can serve Thee Amen**

**Pg 84** We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

**Pg 84** So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love. **Dear God please show me the way of patience, tolerance and Love Amen** (Good to use in the morning as part of morning Focus)

**Pg 85** Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee—Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will. **Dear God what is Your will for me today Amen (Good to use in the Morning)**

**Pg 85** Step Eleven suggests prayer and meditation. We shouldn't be shy on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions.

**Pg 86 Nightly review Prayer** After making our review we ask God's forgiveness and inquire what corrective measures should be taken. **Dear God please forgive me what can I do better to serve Thee Amen**

**Pg 87 Morning Prayer** We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why. **Dear God I Pray that I be shown all through the day what my next step is to be, I especially Pray for freedom from self will so I can serve Thee Amen**

**Pg 88 Dear God Thy will be done Amen** As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” We are then in much less danger of excitement,

fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

**Pg 63 3rd Step Prayer** We were now at Step Three. Many of us said to our Maker, as we understood Him: **“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!”**

**Pg 76** Step Six. We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all—every one? If we still cling to something we will not let go, we ask God to help us be willing. **Step 7 Prayer** When ready, we say something like this: **“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. Amen.”**

**Serenity Prayer** 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 Amen

- **2 important points for Prayer** Point (1) is too Start----- Point (2) is too continue

- **Page 86 and 87 has the morning focus and nightly inventory**

**To Sum up using Spiritual Prayers– The Big Book teaches us that we have Spiritual defects of character and there is virtually NO way of us removing these defects by ourselves. That there is no human power that can remove these defects. We need a Power Greater than ourselves if we are to recreate our lives.**

**My experience is that when I commenced this way of life I have become more aware of my Spiritual defects of character. This has been a free gift of living and working a Spiritual life daily.**

**The pages and points listed here show us how to deal with our defects of character.**

**Praying for the “Will” to Pray. Sometimes I’ve been angered and my mind tries to justify the anger. So if my Prayer for anger is just going through the motions to pray I will Pray for the Will to Pray Such as Dear God please grant me the Will to Pray for this anger I am feeling Amen**

**My Experience is my mind acts like a broken record sometimes (A broken record can keep replaying a tune) my mind will keep bringing back the anger so I keep Praying for the anger to be removed or I pray for the Will to Pray.**

