Eleventh Step Morning and Nightly Prayers

MORNING PRAYER

God, direct my thinking today so that it be empty of self pity, dishonesty, self-will, self-seeking and fear. God, inspire my thinking, decisions and intuitions. Help me to relax and take it easy. Free me from doubt and indecision. Guide me through this day and show me my next step. God, show me what I need to do to take care of any problems. I ask all these things that I may be of maximum service to you and my fellow man. In the spirit of the Steps I pray. AMEN

NIGHT PRAYER

God, forgive me where I have been resentful, selfish, dishonest or afraid today. Help me to not keep anything to myself but to discuss it all openly with another person - show me where I owe an apology and help me make it. Help me to be kind and loving to all people. Use me in the mainstream of life, God. Free me of worry, remorse or morbid (sick) reflections that I may be of usefulness to others. AMEN

(Both derived from page 86 in the Big Book)



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