

The 12 Step Prayer Book
A Collection of 12 Step Prayers and Inspirational Readings

Second Edition

Featuring 44 New Prayers

Written and Compiled by Bill P. and Lisa D.

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Introduction

This collection of prayers and inspirational readings was written and compiled to assist members of all Twelve Step Fellowships with their prayer life and spiritual progress.

Those who are just beginning a life of recovery will find help with working the Eleventh Step. Those who have time in the Program will find a deepening of their spiritual life. Anyone who has trouble finding the “right words” to speak with their Higher Power may find exactly what they want to say in one of these prayers.

The table of contents will help in selecting a specific topic, and the Guide for Daily Reading offers an easy-to-follow method of using this book. We have added forty-four new prayers and readings in this second edition of *The Twelve Step Prayer Book*. You can find them in the “New Prayers and Readings” section, which begins with prayer #140 on page 107.

However you may define your Higher Power, may this collection be of assistance to you in your spiritual growth and recovery.

The 12 Step Prayer Book
A Collection of 12 Step Prayers and Inspirational Readings

Second Edition – Chapter One

1
Serenity Prayer

God, grant me
The serenity to accept the things I cannot change;
The courage to change the things I can;
The wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardship as the pathway to peace;
Taking, as He did, this sinful world as it is, not as I would have it;
Trusting that He will make all things right if I surrender to His will;
That I may be reasonably happy in this life, and supremely happy with Him forever in the
next.

2
The 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, forever and ever. Amen.

3
Prayer of Saint Francis of Assisi

Lord, make me an instrument of Your peace!
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.
O Divine Master, grant that I may not so much seek
To be consoled as to console.
To be understood as to understand.
To be loved as to love.
For it is in giving that we receive.
It is in pardoning that we are pardoned.
It is in dying that we are born to eternal life.

4

Today's Thought

I am but one, but I am one;
I can't do everything,
But I can do SOMETHING;
What I can do, I ought to do,
What I ought to do, God helping me,
I WILL DO.

5

Sanskrit Proverb

Look to this day,
For it is life,
The very life of life.
In its brief course lies all
The realities and verities of existence,
The bliss of growth,
The splendor of action,
The glory of power.
For yesterday is but a dream,
And tomorrow is only a vision.
But today, well lived,
Makes every yesterday a dream of happiness
And every tomorrow a vision of hope.
Look well, therefore, to this day.