

## **Prayers in the Big Book Prior to the Stories**

"I earnestly advise every alcoholic to read this book through, and though perhaps he came to scoff, he may remain to pray." – Dr.'s Opinion, page xxxii

page:paragraph

- 12:6 For a brief moment, I had needed and wanted God. There had been a humble willingness to have Him with me - and He came.
- 13:2 There I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost.
- 13:4 I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others.
- 59:1 We asked His protection and care with complete abandon.
- 59:2 Humbly asked Him to remove our shortcomings.
- 59:2 ...praying only for knowledge of His will for us and the power to carry that out.
- 63:2 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!
- 67:0 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."
- 68:3 We ask Him to remove our fear and direct our attention to what He would have us be.
- 69:2 We ask God to mold our (sex) ideals and help us to live up to them.
- 69:3 In meditation, we ask God what we should do about each specific matter (sex harms).
- 70:2 We earnestly pray for the right (relationship) ideal, for guidance in each questionable situation, for sanity and for the strength to do the right thing.
- 75:3 We thank God from the bottom of our heart that we know Him better.
- 75:3 Carefully reading the first five proposals we ask (God) if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar without sand?
- 76:1 If we still cling to something we will not let go (shortcomings), we ask God to help us be willing.
- 76:2 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.
- 76:3 We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes (making amends).
- 79:1 Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be (making amends).
- 80:1 Before taking drastic action which might implicate other people we secure their consent. If we have obtained permission, have consulted with others, asked God to help and the drastic step is indicated we must not shrink.
- 82:1 It may be that both (you & you significant other) will decide that the way of good sense and loving kindness is to let by-gones be by-gones (no direct amends). Each might pray about it, having the other one's happiness uppermost in mind.
- 83:1 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.
- 84:2 When these crop up (selfishness, dishonesty, resentment and fear), we ask God at once to remove them.
- 85:1 Every day is a day when we must carry the vision of God's will into all our activities. How can I best serve Thee - Thy will (not mine) be done.
- 86:1 After making our (nightly) review we ask God's forgiveness and inquire what corrective measures should be taken.
- 86:2 Before we begin (considering our plans for the day), we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.
- 86:3 (Facing indecision) Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle.
- 87:1 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.
- 87:3 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."
- 158:2 On the third day the lawyer gave his life to the care and direction of his Creator, and said he was perfectly willing to do anything necessary.
- 164:2 Ask Him in your morning meditation what you can do each day for the man who is still sick.