

## **The OA Promise**

**(also known as Rozanne's Prayer and the Unity Prayer)**

*I put my hand in yours, and together we can do what we could never do alone.  
No longer is there a sense of hopelessness, no longer must we each depend on  
our own unsteady willpower.*

*We are all together now, reaching out our hands for power and strength  
greater than ours, and as we join hands, we find love and understanding  
beyond our wildest dreams.*

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## **Serenity Prayer**

*God grant me the serenity to  
Accept the things I cannot change;  
Courage to change the things I can;  
and the Wisdom to know the difference.*

The Serenity Prayer was written by theologian Reinhold Niebuhr, and has additional verses:

*Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships 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.*

*Amen.*

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## **11th Step Prayer/Prayer of St. Francis of Assisi**

*Lord, make me an instrument of thy 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  
and it is in dying that we are born  
to eternal life.*

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## **Prayers from the Big Book (Alcoholics Anonymous)**

### **Third Step Prayer:**

*(Alcoholics Anonymous, p. 63)*

*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!*

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### **4th Step Prayer (Resentments):**

*(Alcoholics Anonymous, p. 67)*

*God, help me to show tolerance, pity and patience. This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.*

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### **Fear Prayer:**

*(Alcoholics Anonymous, p. 68)*

*God, I ask that you remove my fear and direct my attention to what you would have me be.*

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### Sex Prayer:

(Alcoholics Anonymous, p. 69)

*God, I ask that you would mold my ideals, and help me to live up to them.  
Where I have done harm, God show me what I should do about each specific matter.*

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### Forgiveness Prayer:

(Alcoholics Anonymous, p. 70)

*God, I am sorry for what I have done, and have an honest desire to let You  
take me to better things.*

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### Sanity and Strength Prayer:

(Alcoholics Anonymous, p. 70)

*God, I earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for  
the strength to do the right thing.*

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### Fifth Step Prayer:

(Alcoholics Anonymous, p. 75)

*God, I thank You from the bottom of my heart that I may know you better.  
Help me become aware of anything I have omitted discussing with another person.  
Help me to do what is necessary to walk a free man at last.*

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### Sixth Step Prayer:

(Alcoholics Anonymous, p. 76)

*God, I still cling to some things that I have admitted are objectionable.  
Help me to be willing to let them go.*

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### **Seventh Step Prayer:**

*(Alcoholics Anonymous, p. 76)*

*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.*

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### **Eighth Step Prayer:**

*(Alcoholics Anonymous, p. 76)*

*God, I ask for the willingness to make amends for the damage I have done in the past.*

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### **Ninth Step Prayer:**

*(Alcoholics Anonymous, p. 76)*

*I pray that I may be given strength and direction to do the right thing,  
no matter what the personal consequences may be.*

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### **Change Prayer:**

*(Alcoholics Anonymous, p. 76)*

*I am sorry for what I have done. God willing, it shall not be repeated.*

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### **Morning Prayer:**

*(Alcoholics Anonymous, p. 83)*

*My creator, show me the way of patience, tolerance, kindness and love.*

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### Tenth Step Prayer:

(Alcoholics Anonymous, p. 84)

*I pray, God, that You remove my selfishness, dishonesty, resentment and fear.*

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### Daily Prayer:

(Alcoholics Anonymous, p. 85)

*How can I best serve Thee—Thy will (not mine) be done.*

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### Eleventh Step Prayer:

(Alcoholics Anonymous, p. 86)

*God, I pray for forgiveness for the wrongs I have done today.  
I ask that I be shown what corrective measures should be taken.*

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### Decision Prayer:

(Alcoholics Anonymous, p. 86)

*God, I am faced with indecision and I am unable to determine which course to take. I ask You for inspiration, an intuitive thought, or a decision. God, I pray to be shown what my next step should be. Give me whatever I need to take care of my problems. Especially free me from self-will so that I may be of help to others. What can I do today to help others?*

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### During the Day Prayer:

(Alcoholics Anonymous, p. 87)

*I am agitated (doubtful) God.  
Please give me the right thought or action.  
I am no longer running the show.  
Thy will be done.*

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### Morning Prayer:

(Alcoholics Anonymous, p. 86 & 164)

*God, please direct my thinking;  
especially, that it be divorced from self-pity,  
dishonesty or self-seeking motives.  
What can I do for the man that is still sick?*

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### A Blessing:

(Alcoholics Anonymous, p. 164)

*May God bless you and keep you.*

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### Acceptance Prayer:

(Alcoholics Anonymous, p. 417)

*And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my compulsive overeating, I could not stay abstinent; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitude.*

*Shakespeare said, "All the world's a stage, all the men and women merely players." He forgot to mention that I was the chief critic. I was always able to see the flaw in every person, every situation. And I was always glad to point it out, because I knew you wanted perfection, just as I did. O.A. and acceptance have taught me that there is a bit of good in the worst of us and a bit of bad in the best of us; that we are all children of God and we each have a right to be here. When I complain about me or about you, I am complaining about God's handiwork, I am saying that I know better than God.*