



The 12 Step Prayer Book: A collection of Favorite 12 Step Prayers and Inspirational Readings

By Bill P., Lisa D.

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A second edition (with 44 new prayers) of the best-selling book of prayers and inspirations for those seeking just the right words for conversing with their Higher Power or for expressing their innermost thoughts and feelings.

Wherever you are on your recovery journey, and however you define your Higher Power, you will find spiritual support in this special collection of prayers and inspirational readings. This second edition of The 12 Step Prayer Book features 183 passages gleaned from Twelve Step meetings and adapted from common prayers and devotions. It includes: 44 new prayers and readings, a guide for daily reading, traditional and best-loved recovery prayers, and Step and meeting prayers. This book is an excellent accompaniment to Easy Does It: A Book of Daily Twelve Step Meditations.

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- Rank: #50913 in eBooks
- Published on: 2009-06-03
- Released on: 2009-06-03
- Format: Kindle eBook

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Editorial Review

About the Author

Bill P. worked in the alcohol/drug addiction field as a historian, educator, and author, including four years with the AA Grapevine Magazine and nine years with Hazelden. Bill passed away in 2007.

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Introduction

Prayer is seeking answers and direction in life. Meditation is listening for answers from a Higher Power and developing the faith within us to accept these answers. Reflection is the study of ways to change the answers we get from prayer and meditation into *action*.

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

Those who are just beginning a life of recovery will find help by 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 his or her Higher Power may find exactly what he or she wants to say in one of these prayers.

The suggestion in the Eleventh Step—"sought through prayer and meditation to improve our conscious contact with God *as we understood Him*"—asks us to *improve* our prayer and meditation life. May these prayers help you improve your spiritual progress.

This book, as with volume 1 of *The 12 Step Prayer Book*, is a companion to the meditation book *Easy Does It: A Book of Daily Twelve Step Meditations*.

Many members have learned, through times of quiet reflection, to work into their recovery life the answers their Higher Power has given them as a result of their active practice of prayer and meditation.

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I've Found a Reason

Dear God, as long as my life was preoccupied with my own problems, my own unwillingness and dark moods, I was critical, insensitive, rigid, and defiant. But when I honestly faced my defects and failures and the worst was known and surrendered to You, the whole nature of living changed. I am no longer the emotional center of all things and no longer take everything as personal to myself. I've found a reason for all the suffering through which I have passed. It is to be used in understanding and helping others. Out of darkness comes light.

Happy, Joyous, and Free

I am sure You want me to be happy, joyous, and free.

With Your help I will no longer believe that life has no meaning and is filled with sorrow.

You, the Twelve Steps, and our Fellowship have shown me I made my own misery. You didn't do it.

I pray I will avoid the deliberate manufacture of misery.

But if trouble comes, I will cheerfully make it an opportunity to demonstrate Your wisdom and power.

Adapted from material in *Alcoholics Anonymous*, Fourth Edition, page 133

Life Is a Gift

Thank you, God. May I remember during periods of depression,

The many times in my life when things *do* seem right, when I have those moments of clarity,

When I feel there is hope, when the sun shines down on me and warms my face, when Your love warms my heart.

I am reminded that life *is* a gift . . . this I pray.

Thanksgiving Prayer—Native American

Great and Eternal Mystery of Life,

Creator of All Things, I give thanks for

the beauty You put in every single one of

Your creations.

I am grateful that You did not fail in

making every stone, plant, creature, and

human being a perfect and whole part of

the Sacred Hoop.

I am grateful that You have allowed me
to see the strength and beauty of
All My Relations.

My humble request is that all of the
children of Earth will learn to see the
same perfection themselves.

May none of Your human children doubt
or question Your wisdom, grace, and
sense of wholeness in giving all of
Creation a right to be living extensions
of Your perfect love.

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Where There Is Charity and Wisdom

Where there is charity and wisdom, there is neither fear nor ignorance.

Where there is patience and humility, there is neither anger nor annoyance.

Where there is love and joy, there is neither greed nor selfishness.

Where there is peace and meditation, there is neither anxiety nor doubt.

by St. Francis of Assisi

Users Review

From reader reviews:

Joan Freeman:

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Samuel Freeman:

On this era which is the greater individual or who has ability in doing something more are more precious than other. Do you want to become considered one of it? It is just simple way to have that. What you have to do is just spending your time not very much but quite enough to have a look at some books. One of many books in the top list in your reading list is definitely The 12 Step Prayer Book: A collection of Favorite 12 Step Prayers and Inspirational Readings. This book which is qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking up and review this guide you can get many advantages.

Nick Gulbranson:

As a college student exactly feel bored in order to reading. If their teacher requested them to go to the library as well as to make summary for some guide, they are complained. Just small students that has reading's heart and soul or real their interest. They just do what the instructor want, like asked to the library. They go to there but nothing reading seriously. Any students feel that studying is not important, boring and also can't see colorful pics on there. Yeah, it is for being complicated. Book is very important for you personally. As we know that on this period of time, many ways to get whatever we really wish for. Likewise word says, ways to reach Chinese's country. Therefore , this The 12 Step Prayer Book: A collection of Favorite 12 Step Prayers and Inspirational Readings can make you sense more interested to read.

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