

A photograph of a small, cylindrical stone lighthouse built on a rocky cliffside. The lighthouse has a white stone upper section and a darker stone lower section. The lantern room is illuminated from within, casting a warm glow. The sky is a mix of blue and orange, suggesting sunset or sunrise. The ocean is visible in the background, with waves crashing against the rocks.

Prayers *for* Alcoholics

Charles L. Wood

Prayers for Alcoholics

DEAR GOD, the time has come for me to admit what I am. This is painful for me. I fear losing my old friends and dread the amends I must make to others. Help me. May the pain ahead be less than the pain I am leaving behind. Give me courage to do what awaits me, for my own sake, for the sake of those I love, and for you. *Amen.*

MY GOD, I am powerless in the face of alcohol, my enemy. I must never minimize my enemy's strength. Either alcohol will win, or I will win. If I battle half-heartedly or rely on my own power, alcohol will win. With your help, Lord, I will win, for my trust is in you, not in the drink I once thought would strengthen me. *Amen.*

ALMIGHTY GOD, it is I who have made my life a mess. I have done it, but I cannot undo it. The shortcomings are mine, but the power of heaven and earth is yours. Take hold of me, Lord. Break me, melt me, mold me, fill me. I admit my wrong, and I invite you to remake me according to your will for me. My God, I place myself in your hands. *Amen.*

DEAR GOD, I know what I am but find it hard to admit it to another. Stand with me as I admit the exact nature of my wrongs to another person, for without that, I cannot share with others or accept support from them. With your help, I can do this, and I will do it. *Amen.*

YESTERDAY IS GONE, LORD. Whether I shall see tomorrow, I cannot know. But you have given me today. Give me the grace, Lord, to live soberly for this one day. *Amen.*

MY FATHER, I am powerless over alcohol, but within my circle, family, friends, and fellow workers are some who choose to drink. Perhaps they can do so with restraint. Teach me not to judge them and to grant them the right to their own choices. At the same time, let me not be tempted, by their choice, to a choice that would destroy me. *Amen.*

HEAVENLY FATHER, guide me as I walk the narrow way between selfishness and selflessness. I must be selfish as I concentrate on my sobriety, lest I slip and be of no use to myself or anyone else. Yet I must also be selfless, reaching out to others, sensitive to their needs, and willing to meet them at any time. With your help, I can do both, and keep a balance that will give me a healthy perspective on my life. *Amen.*

MY GOD, I confess that I have been weak. In the face of alcohol, I have yielded. Now, by your grace, I am strong. Help me always to cherish and guard that strength that I may not fall again. *Amen.*

FORGIVE ME, O GOD, for my impatience. I have heard many of these stories before, and often from the same people. The meeting is long, and there are other demands on my attention. But help me to realize that each one speaks what hangs heavy on the heart. Teach me patience, and of your mercy grant that in my time of need, others may find it in their hearts to be patient with me. *Amen.*

TEACH ME, O GOD, to rejoice in every opportunity to help another. I see so many who are in need. Some I cannot reach. They seem to hear me but not to listen in their hearts. Teach me to accept this frustration, for it is only possible to help those who are willing to be helped. So lead me that I may always be as ready and as kind as others have been to me. *Amen.*

O LORD, help me always to remember thankfully the work of those who helped me when I needed help. Reward them for their kindness and grant me the will, the time, and the opportunity to do the same for others. *Amen.*

ONCE I was drunk. Today I am sober. Thank you, Lord. Imprint so vividly upon my memory the recollection of times past that I may never slip again. Fill my heart until it overflows with gratitude to you, and may no day pass without a word of thanks for this and all the blessings I have received at your hand. *Amen.*

I VALUE many things because someone I loved or respected gave them to me. Lord, you gave me my body. Help me to treasure it, and guard me from taking into my body anything to harm or destroy it. In this way I shall demonstrate my respect and thanks for your great gift. *Amen.*

O GOD, you determined when I would be born, and you alone know when I shall die. Between these events, you give me time. Teach me to use that gift for you: to be sober, to do good, and to help set right a world that has gone so far wrong. *Amen.*

MY FATHER, in my drunkenness I have hurt you. For this I am sorry; accept my apology and forgive me. I have also hurt myself. Accept my intentions that I shall never do this again. I have also hurt others. Open my eyes to ways I can repay this debt. So shall I be at peace with you, with myself, and with the world. *Amen.*

CHANGE is all around me, Father. Some change is for the better and some for the worse. By your grace, I am changing for the better. But in an ever-changing world, I need a changeless God on whom I can depend. Teach me to know that in all times and in every place you are with me, and remind me to give thanks that I am never alone. *Amen.*

DEAR GOD, our work here together has but one purpose. Keep this purpose ever before our minds lest we be distracted by the many other cares and troubles that call to us. Sobriety is for us a full-time job. If we concentrate on it, by your help we will do it well. Grant us help, we ask, that in your name and for your sake, our work may be done well. *Amen.*

OUR FATHER, we ask your blessing on Alcoholics Anonymous and related groups the world over. Help and heal us through them, and strengthen us to reach out to others when the opportunity arises. Give to those on the outside an understanding of the work we do and the principles for which we stand. Send help from above to those who struggle, day by day, to maintain precious sobriety, and grant a special blessing to those who at this moment are pondering that first step. *Amen.*

DEAR FATHER, look with mercy and love upon _____. Grant that his/her eyes may be opened to see the way to sobriety, greater happiness, and peace. Help him/her to make that all-important first step, and then, of your mercy, encourage and sustain him until he has been reclaimed to useful and productive life. *Amen.*

O LORD, _____ has slipped. Save me from the temptation to judge and condemn. Burn into my mind the memory of my own past and my struggle to abstain. Reach out to _____ with love, mercy, and pity, and help us to strengthen and encourage each other, that none may slip again. *Amen.*

WE ARE ANONYMOUS, LORD. Therein lies part of our appeal and strength. If ever I am tempted to gossip or disclose anything that would reveal the identity of a fellow penitent, remind me that of my own free will I entered into this fellowship with the promise that it should not be done. *Amen.*

DEAR GOD, I have hurt people to whom I can never make amends. It is hard for me to accept this. Help me to view the past and the future realistically and to glorify you in the present moment. *Amen.*

MY FATHER, many here do not know you as I know you, and some hardly know you at all. Others have found you through various ways, traditions, churches, faiths, and creeds. Each needs you in a particular and personal way. Touch each life, each mind, each soul, in the way that seems best to you. And may all people find their own way to say, “Thank you, Lord.” *Amen.*



This pamphlet contains slightly revised versions of prayers written by Charles L. Wood, a priest who, though not an alcoholic, is a friend of Alcoholics Anonymous.

Additional resources

*Depending on the Grace of God:
A Spiritual Journey through the Twelve Steps
Smoke and Mirrors*

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