



THE EPISCOPAL DIOCESE OF MISSOURI

A 12-Step Prayer Service

Leader

Good evening. The 12 steps used in this *12-Step Prayer Service* are based on those of Al-Anon and are very similar to those of Alcoholics Anonymous, Narcotics Anonymous, and many other 12-step groups.

For over 50 years, Al-Anon (which includes Al-A-Teen for younger members) has been offering hope and help to families and friends of alcoholics and drug addicts.

Friends and family members often feel helpless, as we watch someone we care about, someone we love, struggle with alcohol, cocaine, heroin, food, or some other substance. We don't know what to do and where to go for answers. We feel alone and isolated.

Desperate, feeling hopeless, unable to believe that things can ever change, we want our lives to be different, but nothing we have done has brought about change.

We want and need help.

It is estimated that each addict/alcoholic affects the lives of at least four other people. Alcoholism/addiction is truly a family disease. No matter what relationship you have with an alcoholic/addict, whether they are still drinking and doping or not, you (and they) can find solutions that lead to serenity.

The 12 steps are based on a Christian spiritual formation process that was popular in the 1930s. It has been effective for so many thousands of people over the years because God is effective.

**You are no longer strangers and sojourners,
but citizens together with the saints and members
of the household of God. *Ephesians 2:19***

Leader

O blessed Lord, you ministered to all who came to you:
Look with compassion upon all who through addiction
have lost their health and freedom.
Restore to us the assurance of your unfailing mercy;
remove from us the fears that beset us;
strengthen us in our work of recovery;
and to those who care for the addicted,
give patient understanding and persevering love. Amen.

**Step 1: We admitted we were powerless over our addictions,
that our lives had become unmanageable.**

Leader

I called to you, O God, out of my distress, and you answered me
Out of the belly of Sheol I cried, and you heard my voice.
You cast me into the deep, into the heart of the seas, and the flood surrounded me;
all your waves and billows passed over me.

Then I said, "I am driven away from your sight;
how shall I ever look again upon your holy temple?"

The waters closed in over me,
the deep was round about me;
weeds were wrapped around my head
at the roots of the mountains. *Jonah 2:2-6 A Song of Jonah*

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Leader

I went down to the land beneath the earth,
yet you brought up my life from the depths, O God.
As my life was ebbing away, I remembered you, O God,
and my prayer came to you, into your holy temple.
With the voice of thanksgiving, I will sacrifice to you;
what I have vowed I will pay,
for deliverance belongs to the Lord. *Jonah 2:7,9 A Song of Jonah*

**Step 3: Made a decision to turn our will and our lives over to the care of God as we
understood God.**

Leader

O God, by whom the meek are guided in judgment, and light rises up in darkness for the
godly: Grant us, in all our doubts and uncertainties,
the grace to ask what you would have us to do,
that the Spirit of wisdom may save us from all false choices,
and that in your light we may see light,
and that in your straight path we may not stumble;
through Jesus Christ our Lord. Amen.

Step 4: Made a searching and fearless moral inventory of ourselves.

Leader

God

Help me to see myself as I truly am.

Grant me understanding;

I need to know why I feel as I feel sometimes

God, please help me to honestly take stock.

Help me to see where resentment has plagued me

and help me to understand my part in these resentments.

Help me to resolutely look for my own mistakes

and to understand where I have been selfish, dishonest, self-seeking and frightened.

Please help me to be searching and fearless in taking my own inventory.

God, please fill my heart with compassion.

I need forgiveness, but I also need to forgive,

and that just doesn't come easily to me

Please lord, fill my heart with love.

Let me love as you do, so that I may better serve you

God, I need your help today

**Step 5: Admitted to God, to ourselves, and to another human
being the exact nature of our wrongs.**

Almighty and merciful God,

we have sinned against you,

in thought, word and deed.

We have not loved you with all our heart.

We have not loved others

as our Savior Christ loves us.

We are truly sorry.

In your mercy forgive what we have been,

help us to amend what we are,

and direct what we shall be;

that we may delight in your will

and walk in your ways,

through Jesus Christ our Savior. Amen.

Leader

Almighty God have mercy on us, forgive us all our sins through the grace of Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life.

Step 6: Were entirely ready to have God remove all these defects of character.

Leader

"The water that I will give," says the Lord, "will become in you a spring of water welling up to eternal life." *John 4:14*

Step 7: Humbly asked God to remove our shortcomings.

Psalm 51

- 1 Have mercy on me, O God, according to your loving-kindness; *
in your great compassion blot out my offenses.
- 2 Wash me through and through from my wickedness *
and cleanse me from my sin.
- 3 For I know my transgressions, *
and my sin is ever before me.
- 4 Against you only have I sinned *
and done what is evil in your sight.
- 5 And so you are justified when you speak *
and upright in your judgment.
- 6 Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.
- 7 For behold, you look for truth deep within me, *
and will make me understand wisdom secretly.
- 8 Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.
- 9 Make me hear of joy and gladness, *
that the body you have broken may rejoice.
- 10 Hide your face from my sins *
and blot out all my iniquities.
- 11 Create in me a clean heart, O God, *
and renew a right spirit within me.

- 12 Cast me not away from your presence *
and take not your holy Spirit from me.
- 13 Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.
- 14 I shall teach your ways to the wicked, *
and sinners shall return to you.
- 15 Deliver me from death, O God, *
**and my tongue shall sing of your righteousness,
O God of my salvation.**
- 16 Open my lips, O Lord, *
and my mouth shall proclaim your praise.
- 17 Had you desired it, I would have offered sacrifice, *
but you take no delight in burnt-offerings.
- 18 The sacrifice of God is a troubled spirit; *
a broken and contrite heart, O God, you will not despise.

**Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now,
and will be for ever. Amen.**

**Step 8: Made a list of all persons we had harmed, and became willing to make amends
to them all.**

Leader

The love of God has been poured into our hearts through the
Holy Spirit that has been given to us. *Romans 5:5*

**Step 9: Made direct amends to such people wherever possible, except when to do so
would injure them or others.**

Leader

If anyone is in Christ he is a new creation; the old has passed
away, behold the new has come. All this is from God, who
through Christ reconciled us to himself and gave us the ministry
of reconciliation. *2 Corinthians 5:17-18*

**Step 10: Continued to take personal inventory and when we were wrong promptly
admitted it.**

Leader

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.

Give us today our daily bread.

Forgive us our sins
as we forgive those
who sin against us.

Save us from the time of trial,
and deliver us from evil.

Lord, hear our prayer;

And let our cry come to you.

Leader

Let us pray.

Heavenly Father, send your Holy Spirit into our hearts, to direct and rule us according to your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ our Lord. **Amen.**

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

Lord, make us instruments of your peace.

Where there is hatred,
let us sow love;
where there is injury,
pardon;
where there is discord,
union;
where there is doubt,
faith;
where there is despair,
hope;
where there is darkness,
light;

where there is sadness,

joy.

Grant that we 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. Amen.

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Leader

Blessed are you,

God of growth and discovery;

Yours is the inspiration
that has altered and changed our lives;
Yours is the power that has brought us
to new dangers and opportunities.

Set us, your new creation,
to walk through this new world,
watching and learning,
loving and trusting,
until your kingdom comes.

Amen.

Leader

Lord Jesus Christ, you said to your apostles, "Peace I give to you; my peace I leave with you:" Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly city, where with the Father and the Holy Spirit you live and reign, now and for ever. **Amen.**

Let us bless the Lord.

Thanks be to God.