

OA Steps (1-12) Meditation and Prayers

These prayers, provided by our friends at Silicon Valley Intergroup allow us to continually work our program focused on the gifts of the 12 steps.

<http://www.oasv.org/member-support/oa-steps-1-12-meditation-and-prayers>

Second Step Prayer

Heavenly Father,
I know in my heart that only you can restore me to sanity.
I humbly ask that you remove all twisted thought & addictive behavior from me this day.
Heal my spirit & restore in me a clear mind.
Alternate Prayer
I pray for an open mind so I may come to believe in a Power greater than myself.
I pray for humility & the continued opportunity to increase my faith.
I don't want to be crazy any more.

Third Step Prayer

God,
I offer myself to Thee
To build with me & 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 & Thy way of life.
May I do Thy will always!
Others

Take my will & my life,
Guide me in my recovery,
Show me how to live.

Fourth Step Prayer

Dear God,
It is I who has made my life a mess.
I have done it, but I cannot undo it.
My mistakes are mine & I will begin a searching & fearless moral inventory.
I will write down my wrongs,
but I will also include that which is good.
I pray for the strength to complete the task.

Fifth Step Prayer

God,
My inventory has shown me who I am, yet I ask for Your help
in admitting my wrongs to another person & to You.
Assure me, & be with me, in this Step,
for without this Step I cannot progress in my recovery.
With Your help, I can do this & I will do it.

Sixth Step Prayer

Dear God,
I am ready for Your help
in removing from me the defects of character which I now realize are an obstacle to my recovery.
Help me to continue being honest with myself &
guide me toward spiritual & mental health.

Seventh Step Prayer

My Creator,
I am now willing that you should have all of me, good & bad.
I pray that you now remove from me every single defect of character which stands in the way
of my usefulness to you & my fellows.

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Eighth Step Prayer

Higher Power,
I ask Your help in making my list of all those I have harmed.
I will take responsibility for my mistakes & be forgiving to others as You are forgiving to me.
Grant me the willingness to begin my restitution.
This I pray.

Ninth Step Prayer

Higher Power,
I pray for the right attitude to make my amends, being ever mindful not to harm others in the process.
I ask for Your guidance in making indirect amends.
Most important, I will continue to make amends by staying abstinent, helping others & growing in spiritual progress.

Tenth Step Prayer

I pray I may continue:

- ❖ To grow in understanding & effectiveness;
- ❖ To take daily spot check inventories of myself;
- ❖ To correct mistakes when I make them;
- ❖ To take responsibility for my actions;
- ❖ To be ever aware of my negative & self-defeating attitudes & behaviors;
- ❖ To keep my willfulness in check;
- ❖ To always remember I need Your help;
- ❖ To keep love & tolerance of others as my code; &
- ❖ To continue in daily prayer how I can best serve You, My Higher Power.

Eleventh Step Prayer

Higher Power, as I understand You,
I pray to keep my connection with You open & clear from the confusion of daily life.
Through my prayers & meditation I ask especially for
freedom from self-will, rationalization & wishful thinking.
I pray for the guidance of correct thought & positive action.
Your will, Higher Power, not mine, be done.

Twelfth Step Prayer

Dear God,
My spiritual awakening continues to unfold.
The help I have received I shall pass on & give to others,
both in & out of the Fellowship.
For this opportunity I am grateful.
I pray most humbly to continue walking day by day on the road of spiritual progress.
I pray for the inner strength & wisdom to practice
the principles of this way of life in all I do & say.
I need You, my friends & the program every hour of every day.
This is a better way to live.