

*Appendix B*

**SUGGESTED MORNING AND EVENING PRAYERS**

**A MORNING PRAYER**

<p>God, please direct my thinking. Please let it be free of self-pity. Please free my motives from dishonesty and self-seeking.</p>	<p>BB 86:2 This first paragraph is to be done literally “upon awakening,” before you turn off the alarm, before your feet hit the floor. The rest can be done slightly later.</p>
<p>Thank you for this good day. Thank you for the privilege you have given me of being in this day.</p>	<p>We often describe the day as sunny, beautiful, cold, snowy, etc.</p>
<p>In this good day I acknowledge my powerlessness over alcohol—the unmanageability of my life.</p>	<p>BB 30:2, 59:2, and many others.</p>
<p>Please take my will and my life.</p>	<p>BB 59:2, 63:2</p>
<p>Thank you very much for your daily reprieve, your gift of sobriety.</p>	<p>BB 85:1</p>
<p>Please grant me an awareness of, and gratitude for, the goodness and miracle of your gift throughout this day.</p>	<p>BB 85:0</p>
<p>Please let me use your gift in a way that pleases you and helps others.</p>	<p>BB 77:0</p>
<p>Lord, give me thoughts, words, and silence that will be helpful to others.</p>	<p>BB 89:1, 89:3, 102:2</p>
<p>Grant me knowledge of your will for me and the power to carry that out.</p>	<p>BB 59:2, 85:1, 87:3</p>
<p>Creator, please lead me this day in the way of patience, tolerance, kindness, and love.</p>	<p>BB 83:1</p>
<p>Show me what I can do today to help the person who is still sick.</p>	<p>BB 164:2</p>
<p>Amen.</p>	

**AN EVENING PRAYER**

Thank you, God, for my daily reprieve—your gift of sobriety.	BB 85:2
Please help me honestly review this day, without worry, remorse, or morbid reflection.	BB 86:1
Was I resentful?	BB 84:2, 86:1
Was I selfish?	BB 84:2, 86:1
Was I dishonest?	BB 84:2, 86:1
Was I afraid?	BB 84:2, 86:1
If I was, please remove these defects from me.	BB 86:1
I commit to discuss them with another person and make amends quickly, if I harmed anyone.	BB 84:2
Was I patient?	BB 67:0, 70:3, 83:1, 86:3, 118:2
Was I kind?	BB 67:1, 83:1, 86:1
Was I tolerant?	BB 67:0, 67:1, 70:3, 83:1, 84:2, 118:2
Was I loving?	BB 83:1, 84:2, 86:1, 118:2
God, please forgive me and grant me knowledge of what changes in my life I should make.	BB 86:1
Help me be of maximum service to you and others.	BB 77:0, 164:2
Lord, today I remember these people in my prayer to you: _____.	BB 84:2 Turn your thoughts to others by remembering them in your prayers.
Amen.	