Appendix B

SUGGESTED MORNING AND EVENING PRAYERS

A MORNING PRAYER

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

An Evening Prayer

Thank you, God, for my daily reprieve—your gift of sobriety. Please help me honestly review this day, without worry, remorse, or morbid reflection. 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 dishonest? BB 84:2, 86:1 BB 86:1 If I was, please remove these defects from me. I commit to discuss them with another person and make amends quickly, if I harmed anyone. BB 67:0, 70:3, 83:1, 86:3, 118:2 Was I patient? BB 67:0, 67:1, 70:3, 83:1, 86:3, 118:2 Was I tolerant? BB 83:1, 84:2, 118:2 Was I loving? BB 83:1, 84:2, 86:1, 118:2 BB 86:1 BB 86:1 BB 86:1 BB 86:1 BB 86:1 Cod, please forgive me and grant me knowledge of what changes in my life I should make. Help me be of maximum service to you and others. BB 84:2 Turn your thoughts to others by remembering them in your prayers. Amen.		
this day, without worry, remorse, or morbid reflection. Was I resentful? Was I selfish? BB 84:2, 86:1 Was I dishonest? BB 84:2, 86:1 Was I dishonest? BB 84:2, 86:1 BB 84:2, 86:1 If I was, please remove these defects from me. I commit to discuss them with another person and make amends quickly, if I harmed anyone. Was I patient? BB 67:0, 70:3, 83:1, 86:3, 118:2 Was I kind? BB 67:0, 67:1, 70:3, 83:1, 84:2, 118:2 Was I loving? BB 83:1, 84:2, 118:2 BB 83:1, 84:2, 86:1, 118:2 BB 85:1 BB 86:1 BB 87:0, 67:1, 70:3, 83:1, 84:2, 118:2 BB 83:1, 84:2, 118:2 BB 83:1, 84:2, 118:2 BB 86:1 BB 86:1 BB 86:1 Turn your thoughts to others by remembering them in your prayers.	1	BB 85:2
Was I selfish? 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. I commit to discuss them with another person and make amends quickly, if I harmed anyone. Was I patient? BB 67:0, 70:3, 83:1, 86:3, 118:2 Was I kind? BB 67:0, 67:1, 70:3, 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, 118:2 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. Help me be of maximum service to you and others. BB 84:2 Turn your thoughts to others by remembering them in your prayers.	this day, without worry, remorse, or	BB 86:1
Was I dishonest? Was I afraid? BB 84:2, 86:1 If I was, please remove these defects from me. I commit to discuss them with another person and make amends quickly, if I harmed anyone. 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 87:0, 67:1, 70:3, 83:1, 84:2, 118:2 Was I loving? BB 83:1, 84:2, 86:1, 118:2 BB 83:1, 84:2, 86:1, 118:2 BB 85:1 BB 86:1 BB 87:0, 164:2 BB 87:0, 164:2 BB 84:2 Turn your thoughts to others by remembering them in your prayers.	Was I resentful?	BB 84:2, 86:1
Was I afraid? If I was, please remove these defects from me. I commit to discuss them with another person and make amends quickly, if I harmed anyone. 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, 118:2 BB 83:1, 84:2, 86:1, 118:2 BB 86:1 BB 87:0, 67:1, 70:3, 83:1, 84:2, 118:2 BB 83:1, 84:2, 118:2 BB 83:1, 84:2, 118:2 BB 86:1	Was I selfish?	BB 84:2, 86:1
If I was, please remove these defects from me. I commit to discuss them with another person and make amends quickly, if I harmed anyone. Was I patient? BB 67:0, 70:3, 83:1, 86:3, 118:2 Was I kind? BB 67:1, 83:1, 86:1 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. Help me be of maximum service to you and others. BB 84:2 Turn your thoughts to others by remembering them in your prayers.	Was I dishonest?	BB 84:2, 86:1
I commit to discuss them with another person and make amends quickly, if I harmed anyone. 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 BB 83:1, 84:2, 16:1 BB 85:1 BB 67:0, 67:1, 70:3, 83:1, 84:2, 118:2 BB 83:1, 84:2, 118:2 BB 83:1, 84:2, 118:2 BB 85:1 BB 86:1 BB 86:1 BB 77:0, 164:2 BB 84:2 Turn your thoughts to others by remembering them in your prayers.	Was I afraid?	BB 84:2, 86:1
person and make amends quickly, if I harmed anyone. Was I patient? BB 67:0, 70:3, 83:1, 86:3, 118:2 Was I kind? BB 67:1, 83:1, 86:1 BB 67:0, 67:1, 70:3, 83:1, 84:2, 118:2 Was I loving? BB 83:1, 84:2, 118:2 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. Help me be of maximum service to you and others. BB 87:0, 164:2 BB 84:2 Turn your thoughts to others by remembering them in your prayers.	_	BB 86:1
Was I kind? Was I kind? BB 67:1, 83:1, 86:1 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 BB 83:1, 84:2, 86:1, 118:2 BB 86:1 BB 87:0, 164:2	person and make amends quickly, if I	BB 84:2
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. Help me be of maximum service to you and others. BB 77:0, 164:2 BB 84:2 Turn your thoughts to others by remembering them in your prayers.	Was I patient?	
Was I tolerant? Was I loving? BB 83:1, 84:2, 118:2 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. Help me be of maximum service to you and others. BB 77:0, 164:2 BB 84:2 Turn your thoughts to others by remembering them in your prayers.	Was I kind?	BB 67:1, 83:1, 86:1
God, please forgive me and grant me knowledge of what changes in my life I should make. Help me be of maximum service to you and others. BB 86:1 BB 77:0, 164:2 BB 84:2 Turn your thoughts to others by remembering them in your prayers.	Was I tolerant?	
knowledge of what changes in my life I should make. Help me be of maximum service to you and others. BB 77:0, 164:2 BB 86:1 BB 77:0, 164:2 Turn your thoughts to others by remembering them in your prayers.	Was I loving?	
you and others. BB 77:0, 164:2 BB 84:2 Turn your thoughts to others by remembering them in your prayers.	knowledge of what changes in my life	BB 86:1
Lord, today I remember these people in my prayer to you: Turn your thoughts to others by remembering them in your prayers.		BB 77:0, 164:2
Amen.		Turn your thoughts to others by remembering them in
	Amen.	