

# 4TH STEP PRAYERS

## **WHEN IN DOUBT**

"I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure."

(p.13 Big Book)

## **WHEN I AM DISTURBED BY THE CONDUCT (SYMPTOMS) OF OTHERS**

"This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

(p. 67 Big Book)

God help me to show this person the same tolerance, pity and patience that I would Cheerfully grant a sick friend. This is a sick person, how can I be helpful to him? God save me from being angry.

Thy will be done.

(p. 67 Big Book and p. 141 of 12&12)

## **WHEN I AM AFRAID**

"We ask Him to remove our fear and direct our attention to what He would have us be."

(p. 68 Big Book)

God, relieve me of this fear and direct my attention to what you would have me be. AMEN

(p. 68 Big Book)

**WHEN I AM AWARE OF MY OWN DEFECTS AND SEEKING  
GOD'S HELP TO CHANGE**

“We asked God to mold our ideals and help us to live up to them. . .  
we ask God what we should do about each specific matter.”

(p. 69 Big Book)

God mold my ideals in this particular area of my life and help me to  
live up to them. What should I do in each specific matter? Guide me

God and give me strength to do right. AMEN

(p. 69 Big Book)