

# Night Prayer

God forgive me where I have been  
resentful, selfish, dishonest or afraid  
today. Help me to not keep anything to  
myself but to discuss it all openly with  
another person – show me where I owe  
an apology and help me make it. Help me  
to be kind and loving to all people. Use  
me in the mainstream of life God.  
Remove worry, remorse or morbid (sick)  
reflections that I may be of usefulness to  
others. AMEN  
(p. 86 Big Book)