

Fifth Step Prayer

Higher Power,

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 do it.

5th STEP

God I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last. AMEN (p. 75 BB)

Fifth Step Prayer

Higher Power, Thank you for helping me complete my housecleaning. I can now look the world in the eye. I can be alone at perfect peace and ease. My fears have fallen from me. I have begun to feel your nearness. I have begun to have a spiritual experience. I feel I am on the Broad Highway, walking hand in hand with the Spirit of the Universe. (75:2)

A Quiet Hour Prayer:

"God, Thank You for giving me the strength, faith and courage I needed to get through my 5th Step. I thank you from the bottom of my heart for helping me to know you better, by showing me what has been blocking me from you. Father, please show me if I have omitted anything and help me to honestly see if my stones are properly in place or if I have skimped in any area of this work."(75:3)