

### **Fourth Step Prayer**

**Dear God,**

**It is I who has made my life a mess.**

**I have done it, but I cannot undo it.**

**My mistakes are mine & I will begin a searching & fearless moral inventory. I will write down my wrongs But I will also include that which is good. I pray for the strength to complete the task.**

### **Step 4 Prayer**

**Dear God, It is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine & I will begin a searching & fearless moral inventory. I will write down my wrongs but I will also include that which is good. I pray for the strength to complete the task.**

### **4th STEP**

#### **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)**

### **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 BB)**

**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. 141 of 12&12)**