

# First Step Prayer

*Dear God, I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me to understand the true meaning of powerlessness, Remove me from all denial of my addiction.*

## *First Step Prayer*

*Dear Lord, Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism. (This prayer is developed from the chapter, More About Alcoholism)*