

# Practical 6th Step Prayers : How To Write Prayers That Work

Participants will learn how to create prayers to address current resentments.

Writing prayers for specific resentments (and then actually praying them) is a tool that leads to serenity—faster!

This workshop develops a practical discipline to work through Steps 6 & 7.

## Snapshots from the Big Book, pp. 64-67

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing

bitions, our personal, or sex relations, which had been interfered with?

We were usually as definite as this example:

<i>I'm resentful at:</i>	<i>The Cause</i>	<i>Affects my:</i>
Mr. Brown	His attention to my wife. Told my wife of my mistress. Brown may get my job at the office.	Sex relations. Self-esteem (fear) Sex relations. Self-esteem (fear) Security. Self-esteem (fear)
Mrs. Jones	She's a nut—she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.	Personal relationship. Self-esteem (fear)
My employer	Unreasonable—Unjust — Overbearing — Threatens to fire me for drinking and padding my expense account.	Self-esteem (fear) Security.
My wife	Misunderstands and nags. Likes Brown. Wants house put in her name.	Pride—Personal sex relations— Security (fear)

We went back through our lives. Nothing counted but thoroughness and honesty. When we were finished we considered it carefully. The first thing ap-

kindly and tolerant view of each and every one.

Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the

## **Your part is:**

Selfish

Dishonest

Self-seeking

Frightened

**Al's antonyms:**

Selfish

Dishonest

Self-seeking

Frightened

Generous

Honest

Humble

Trusting

**Your antonyms:**

## **Al's antonym work for his resentment**

Was I generous with Steve? ...I could have celebrated the fact that he has the financial resources to still fuck really, really hot men. So NO, I was not generous. I was Selfish.

Was I honest with Steve? ...I could have told him that I really wanted to screw. But I did not—I just assumed we would. So NO, I was not honest. I was dishonest.

Was I humble with Steve? ...The truth is that Steve was very interested in me two decades ago when I looked like the “trainers” he was screwing last month. Neither of us look like that today. I got my feelings hurt because I was not humble. I was self-seeking.

Was I trusting God? ...No, I was frightened that I had lost all my fuckability.

## **Step Six**

“Were entirely ready to have God remove all these defects of character.”

## **Step Seven**

“Humbly asked Him to remove our shortcomings.”

## How to write a 6th Step prayer to address a

- a) Quick overview of the resentment.
- b) Ask for the opposite of your *specific* character defects identified in “your part.” (E.g., “*I have been selfish/dishonest/self-seeking/frightened. God, please help me to be generous/truthful/humble/and trusting with this.*”)
- c) Conclude by asking for God’s will, and the willingness to have a new perspective on the old resentment.

**Your first draft.** This is version is mean and disrespectful. This is the version you might share with a girlfriend.



**Your second draft.** This is the *King James Version*. It is pretty and respectful, but not really in your own voice.

**Your third draft.** This is respectful of the HP you are working with; but it is in your own honest voice. It is humble. It is a petition for God to intervene and change your character defects into assets. It is a prayer you might *actually* pray...

Then, in A.A., we looked and listened. Everywhere we saw failure and misery transformed by humility into priceless assets. We heard story after story of how humility had brought strength out of weakness. In every case, pain had been the price of admission into a new life. But this admission price had purchased more than we expected. It brought a measure of humility, which we soon discovered to be a healer of pain. We began to fear pain less, and desire humility more than ever.

During this process of learning more about humility, the

This workshop is brought to you by 1987 Bouldin littermates Tricia and Al.

This fact is a testament to the miracles that can happen when you surrender to the God of Your Understanding.

Both of us scoffed at the banal platitudes we heard in our first months of sobriety (and sometimes we still do!); however, this shit works. We are living proof.