

### **Third Step Prayer**

God, I offer myself to Thee to build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties that victory over them may bear witness to those I would help, of Thy Power, Thy Love, and Thy Way of life.

May I do Thy will always.

### **Seventh Step Prayer**

My Creator, I am now willing that you should have all of me, good and bad.

I pray that you now remove from me every single defect of character which stands in the way of my usefulness to You and to my fellows.

Grant me the strength, as I go out from here, to do your bidding.

### **The AA Promises**

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

### **The Serenity Prayer**

God grant me serenity to accept the things I can not change; courage to change the things I can; and wisdom to know the difference.

### **The OA Promise**

I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness. No longer must we each depend upon our own unsteady will power.

We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands we find love and understanding beyond our wildest dreams.