Prayers for the Fourth Step

Big Book Awakening · the prayers the inventory uses, in the order the work goes

Every part of the inventory opens with a short prayer. Say it, then write.

The workbook's first line at Step Four: "Stop Set Aside Prayer. Use Third Step Prayer morning and night." The Third Step Prayer has its own sheet.

BEFORE YOU WRITE
every sitting · Columns 1 & 2

"God please help me face and be rid of the things in myself which have been blocking me from You, other people and myself."

the workbook · "a Prayer like this one taken from the Big Book" · p. 64: *"a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us"*

COLUMN 3
at the top of every page

"God please help me see the truth about my resentments."

the workbook's Resentment Inventory sheet · the instructions also write it *"God please enable me to see the truth"* — "a prayer like" this; the ask is the same

COLUMN 4
at the top of the page

"God please help me see the truth."

the workbook's Fourth Column sheet

COLUMN 4
after the Realization · the Fourth Step Prayer

"God, this is a sick person like myself. How can I be helpful to them? God save me from being angry. Thy will be done."

the workbook's wording of p. 67: *"This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."*

Column 1 not a person? Skip this one — the workbook says so.

FEAR INVENTORY
before the list · any time fear shows up

"We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."

Alcoholics Anonymous, p. 68 · the workbook: read p. 67 to p. 68, then list your fears

Said as a prayer: *"God, please remove my fear and direct my attention to what You would have me be."*

SEX INVENTORY
at the top of every relationship page

"God please help me see the Truth about my conduct in relationships."

the workbook's Sex Inventory worksheet · *"Pray, make a list, and go with what comes with relationships through your life."*

SEX IDEAL
the 20-10-5

"We asked God to mold our ideals and help us to live up to them."

Alcoholics Anonymous, p. 69

Said as a prayer: *"God, please help me shape a sane and sound ideal for my future sex life."* The Book's sum-up, p. 70: *"We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing."*

✂ CUT HERE · FOR YOUR WALLET

FOURTH STEP PRAYERS

BEFORE WRITING *"God please help me face and be rid of the things in myself which have been blocking me from You, other people and myself."*

COLUMNS 3 & 4 *"God please help me see the truth."*

AFTER THE REALIZATION *"God, this is a sick person like myself. How can I be helpful to them? God save me from being angry. Thy will be done."*

FEAR *"God, please remove my fear and direct my attention to what You would have me be."*

Big Book Awakening 12 Step workbook, Section 7 — Step Four (2006) · Alcoholics Anonymous, How It Works, pp. 64–70