



How to Pray the Steps

1. Lord, apart from you, my life becomes broken, and I don't know how to fix it. Please help me. Do for me what I cannot do for myself.
2. Father, I believe that your Son, Jesus, can restore my soul. Jesus, please be the Physician I need. I invite you to enter my heart and bring healing to any disease you find there. Only you can make me whole. Dissolve all that keeps me separate from you.
3. My will is yours, Jesus. Although my fingers are probably crossed right now, I do want you to make any changes in my life that are needed (especially in my thought life—and the way I imagine you) until I no longer want to be in control of my life. As you prayed in the garden, "Your will and not mine be done."
4. While it seems more than I can stomach, whisper to me about the times and places where I caused pain to those you love—those I should have loved more.
5. I confess to you now, Jesus, my sinful patterns of thoughts, emotions, behaviors, and interactions with others that have resulted in so much pain and suffering.
- 6/7. Jesus, I am ready to become whole and, by your presence, holy. Please forgive my sins, Be a powerful presence in the deepest part of me. Teach me to cooperate with you until I have taken on your mind. Let my character be your own.
- 8/9. Reveal to me, Jesus, the names of all the people I have harmed and also how you would like for me to pursue reconciliation with them.
10. Lord, remind me each night to sit with you and ask myself how the day has gone. If I have slipped back into old patterns of behavior that are harmful to myself and others, reveal it to me and show me what I should do. I want to keep a short account, Father. Please help me to do so.
11. Help me to put activities in my life each day that enable me to better sense your presence. I want to enjoy time with you and conversations that become deep and intimate. Fill my day with little reminders that you enjoy this too.
12. Thank you, God, for healing my soul and inviting me to participate in your community of love. Use me to help others enjoy what we enjoy together now.