

Recovery Ministries of the
Episcopal Church



PRAYERS IN
RECOVERY

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Recovery Ministries
of the Episcopal Church, Inc.

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OUR MISSION

RECOVERY MINISTRIES is an independent, nationwide network of Episcopal laity and clergy, dioceses and parishes, schools, agencies, and other institutions--all with a common commitment to address the use and misuse of alcohol and other drugs in relation to the church's mission.

RECOVERY MINISTRIES network serves as a voice of conscience to Episcopalians throughout the United States, building awareness of pastoral and spiritual dimensions of alcohol and drug usage. The original concept for Recovery Ministries' mission dates from the landmark 1979 General Convention resolution on alcohol.

RECOVERY MINISTRIES of the Episcopal Church is a national membership organization with a mission to those who, through addiction, have lost their health and freedom. Our ministry seeks to:

- Help the addicted and those who love them connect with spiritual resources and find lasting recovery;
- Witness to Christ's unfailing mercy by welcoming unchurched members of Alcoholics Anonymous and other 12-Step programs into the Episcopal faith community;
- Raise the awareness of bishops, and other clergy and leaders, about the disease of addiction and the redemption and grace found in recovery;
- Strengthen recovering Episcopalians in the work of their recovery and help them proclaim the Gospel in the world and carry their recovery into the Church.



INTRODUCTION

Recovering from addiction requires action. For many of us that action meant vigorous participation in an appropriate 12-Step program. Such participation suggests in Step Eleven that we seek “through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out.”

This booklet is presented by Recovery Ministries of the Episcopal Church, Inc., as a resource for persons in recovery and those dear to them who wish, through prayer, to improve their conscious contact with God.

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The prayers contained in this booklet are taken from *Alcoholics Anonymous*, fourth edition, 2001, cited as “Big Book” with appropriate page number(s) and *The Book of Common Prayer, 1982*, cited as “BCP” with page number(s).

The biblical text citations suggested in the section Bible Meditations on the Twelve Steps are taken from the leaflet *Biblical Helps for The Twelve Steps* by The Rev. A. Phillip Parham and published by Recovery Ministries of the Episcopal Church, Inc.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.

Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.

And lead us not into temptation,
but deliver us from evil.

For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.

In the Morning

From Psalm 51

Open my lips, O Lord,
and my mouth shall proclaim your praise.
Create in me a clean heart, O God,
and renew a right spirit within me.
Cast me not away from your presence
and take not your holy Spirit from me.
Give me the joy of your saving help again
and sustain me with your bountiful Spirit.
Glory to the Father, and to the Son, and to the Holy
Spirit: as it was in the beginning, is now,
and will be for ever. Amen.

A Reading

Blessed be the God and Father of our Lord Jesus Christ!
By his great mercy we have been born anew to a living
hope through the resurrection of Jesus Christ from the
dead.

1 Peter 1:3

A period of silence may follow.

A hymn or canticle may be used; the Apostles' Creed may be said.

Prayers may be offered for ourselves and others.

The Lord's Prayer

The Collect

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. Amen. (BCP, p. 137)

At the Close of Day

Psalm 134

Behold now, bless the Lord,
all you servants of the Lord,
You that stand by night in the house of the Lord.
Lift up your hands in the holy place and bless the Lord;
The Lord who made heaven and earth bless you
out of Zion.

A Reading

Lord, you are in the midst of us and we are called by your Name: Do not forsake us, O Lord our God.

Jeremiah 14:9, 22

The following may be said

Lord, you now have set your servant free
to go in peace as you have promised;
For these eyes of mine have seen the Savior,
whom you have prepared for all the world to see:
A Light to enlighten the nations,
and the glory of your people Israel.

Prayers for ourselves and others may follow. It is appropriate that prayers of thanksgiving for the blessings of the day, and penitence for our sins, be included.

The Lord's Prayer

The Collect

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. Amen.

The almighty and merciful Lord, Father, Son, and Holy Spirit bless us and keep us. Amen.

(BCP. p. 140)

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!

(Big Book, p. 63)

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 my fellows. Grant me strength, as I go out from here to do your bidding. Amen.

(Big Book, p.76)

A Prayer attributed to St. Francis

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen. (BCP, p. 833)

A Prayer of Self-Dedication

Almighty and eternal God, so draw our hearts to you, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly yours, utterly dedicated to you; and then use us, we pray you, as you will, and always to your glory and the welfare of your people; through our Lord and Savior Jesus Christ. Amen.

(BCP, pp. 832-833)

For Quiet Confidence

O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your Spirit lift us, we pray you, to your presence, where we may be still and know that you are God; through Jesus Christ our Lord.

Amen. (BCP, p. 832)

For Guidance

Direct us, O Lord, in all our doings with your most gracious favor, and further us with your continual help; that in all our works begun, continued, and ended in you, we may glorify your holy Name, and finally, by your mercy, obtain everlasting life; through Jesus Christ our Lord.

Amen. (BCP, p. 832)

For Guidance

O God, by whom the meek are guided in judgment, and light rises up in darkness for the godly: Grant us, in all our doubts and uncertainties, the grace to ask what you would have us to do, that the Spirit of wisdom may save us from all false choices, and that in your light we may see light, and in your straight path may not stumble; through Jesus Christ our Lord. Amen.

(BCP, p. 832)

For those we Love

Almighty God, we entrust all who are dear to us to your never-failing care and love, for this life and the life to come, knowing that you are doing for them better things than we can desire or pray for; through Jesus Christ our Lord. Amen.

(BCP, p. 831)

For the Victims of Addiction

O blessed Lord, you ministered to all who came to you: Look with compassion upon all who through addiction have lost their health and freedom. Restore to them the assurance of your unfailing mercy; remove from them the fears that beset them; strengthen them in the work of their recovery; and to those who care for them, give patient understanding and persevering love. Amen

(BCP, p. 831)

For the Care of Children

Almighty God, heavenly Father, you have blessed us with the joy and care of children: Give us calm strength and patient wisdom as we bring them up, that we may teach them to love whatever is just and true and good, following the example of our Savior Jesus Christ.

Amen.

(BCP, p. 829)

For Young Persons

God our Father, you see your children growing up in an unsteady and confusing world: Show them that your ways give more life than the ways of the world, and that following you is better than chasing after selfish goals. Help them to take failure, not as a measure of their worth, but as a chance for a new start. Give them strength to hold their faith in you and to keep alive their joy in your creation; through Jesus Christ our Lord. Amen.

(BCP, p. 829)

For Those Who Live Alone

Almighty God, whose Son had nowhere to lay his head: Grant that those who live alone may not be lonely in their solitude, but that, following in his steps, they may find fulfillment in loving you and their neighbors, through Jesus Christ our Lord. Amen.

(BCP, p. 829)

For the Poor and Neglected

Almighty and most merciful God, we remember before you all poor and neglected persons whom it would be easy for us to forget: the homeless and the destitute, the old and the sick, and all who have none to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. Grant this, Father, for the love of your Son, who for our sake became poor, Jesus Christ our Lord. Amen.

(BCP, p. 826)

For the Oppressed

Look with pity, O heavenly Father, upon the people in this land who live with injustice, terror, disease, and death as their constant companions. Have mercy upon us. Help us to eliminate our cruelty to these our neighbors. Strengthen those who spend their lives establishing equal protection of the law and equal opportunities for all. And grant that every one of us may enjoy a fair portion of the riches of this land; through Jesus Christ our Lord. Amen. (BCP, p. 826)

For Prisons and Correctional Institutions

Lord Jesus, for our sake you were condemned as a criminal: Visit our jails and prisons with your pity and judgment. Remember all prisoners, and bring the guilty to repentance and amendment of life according to your will, and give them hope for their future. When any are held unjustly, bring them release; forgive us, and teach us to improve our justice. Remember those who work in these institutions; keep them humane and compassionate; and save them from becoming brutal or callous. And since what we do for those in prison, O Lord, we do for you, constrain us to improve their lot. All this we ask for your mercy's sake. Amen.

(BCP, p. 826)

For our Enemies

O God, the Father of all, whose Son commanded us to love our enemies: Lead them and us from prejudice to truth; deliver them and us from hatred, cruelty, and revenge; and in your good time enable us all to stand reconciled before you; through Jesus Christ our Lord.

Amen.

(BCP, p. 816)

A Prayer of Confession

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

(BCP, p. 360)

A General Thanksgiving

Accept, O Lord, our thanks and praise for all that you have done for us. We thank you for the splendor of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love.

We thank you for the blessing of family and friends, and for the loving care which surrounds us on every side.

We thank you for setting us at tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us.

We thank you also for those disappointments and failures that lead us to acknowledge our dependence on you alone.

Above all, we thank you for your Son Jesus Christ; for the truth of his Word and the example of his life; for his steadfast obedience, by which he overcame temptation; for his dying, through which he overcame death; and for his rising to life again, in which we are raised to the life of your kingdom.

Grant us the gift of your Spirit, that we may know him and make him known; and through him, at all times and in all places, may give thanks to you in all things.

Amen.

(BCP, p. 836)

Bible Meditations on the Twelve Steps

It is helpful in recovery to practice the prayer of being quiet and allowing God to speak to us through His Word.

For those of us who are familiar with The Twelve Steps, it may prove useful to reflect on those Steps in the light of some Bible texts. The following is offered as a way to begin this practice

Step One

We admitted that we were powerless over alcohol--that our lives had become unmanageable.

Reflect on:

Proverbs 23: 29-35

Romans 7: 15-24

Step Two

Came to believe that a power greater than ourselves could restore us to sanity.

Reflect on:

2 Corinthians 12:9

Mark 10: 51-52

Ephesians 3:20

Isaiah 12:2

Step Three

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Reflect on:

Romans 12:1

Isaiah 30:15

Isaiah 55:6

Step Four

Made a searching and fearless moral inventory of ourselves.

Reflect on:

Isaiah 53:6

Lamentations 3:40

Psalm 139: 1-3

Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Reflect on:

I John 1:8

James 5:16

Step Six

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

Reflect on:

Isaiah 1:18-19

Hebrews 4:10

Step Seven

Humbly asked Him to remove our shortcomings.

Reflect on:

Psalm 51:3-5

Psalm 103:2-3

1 John 1:9

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.

Reflect on:

Psalm 19:12-14

Matthew 7:12

2 Corinthians 5:18-19

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Reflect on:

Matthew 5:23-25

Numbers 5:6

Ephesians 4:31

Step Ten

Continued to take personal inventory and when we were wrong promptly admitted it.

Reflect on:

Romans 12:3

Psalm 139:3-4

1 Corinthians 10:12

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of his will for us and the power to carry that out.

Reflect on:

Psalm 25:1-5

Psalm 63:1-7

Psalm 19:14

1 Thessalonians 5:16

Step Twelve

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Reflect on:

Isaiah 61:1

Galatians 6:1

Galatians 6:9

Feel free to add to you own list of Bible verses that you find helpful in this kind of reflective prayer on The Twelve Steps. *The Psalms, Job, Isaiah, The Gospels* and *the Letters of Paul* provide rich resources.

The Serenity Prayer

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

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as Jesus did, this sinful world
As it is, not as I would have it;
Trusting that You will make all things right,
if I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You
forever in the next.
AMEN.

--Reinhold Niebuhr



Glory to God
whose power, working in us,
can do infinitely more
than we can ask or imagine:
Glory to him from
generation to generation
in the Church,
and in Christ Jesus
for ever and ever.

AMEN

Ephesians 3:20-21

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