

Back-to-Basics Prayers Taken from AA's Big Book

Here are examples of prayers you can use during your daily quiet times:

MORNING PRAYERS

God, Creative Intelligence, Universal Mind, Spirit of Nature, Spirit of the Universe, my name is _____, and I'm a real media addict ... and I need your help today.

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

Please help me set aside everything I think I know about people, places, or things. Help me set aside everything I think I know about myself, my life circumstances, and my life purpose. Help me to set aside everything I think I know about you, God. Help me to have an open mind, so I might have a new experience with these things; please help me see the truth so that I might live my life on a spiritual basis.

Higher Power, I offer myself to You, to build with me and do with me as You will. Relieve me of the bondage of self, that I may better do Your will. Take away my difficulties, that victory over them may bear witness to those I would help of Your Power, Your Love and Your Way of life. May I do Your will always!

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

God, should I find myself agitated, doubtful or indecisive today, please give me inspiration, help me to have an intuitive thought or a decision about the problems I face today. Please help me not to struggle, instead, help me to relax and take it easy. Help me know what I should do and keep me mindful that you are running the show. Free me from the bondage of my fearfulness and addictions. Your will be done always.

Please make me an instrument of your peace.

Where there is hatred, let me sow love,

Where there is injury, pardon,

Where there is doubt, faith,

Where there is despair, hope,

Where there is darkness, light,

Where there is sadness, joy.

Please grant that I 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 I receive,
It is in pardoning that I am pardoned,
It is in dying that I am born to eternal life.

MIDDAY PRAYERS

God, Creative Intelligence, Universal Mind, Spirit of Nature, Spirit of the Universe, my name is _____, and I'm a real media addict ... and I need your help today.

Higher Power please help me watch for selfishness, dishonesty, resentment, and fear. When these crop up in me, help me to remember to ask you to remove them from me. Let me seek help from another person to discuss these feelings right away. Please show me how to quickly make clean amends if I have harmed anyone. Help me to turn my thoughts to someone I can help. Help me to be patient, loving, kind and tolerant of everyone today. Show me how to demonstrate these principles to my family, friends, and associates.

And Higher Power, please help me to carry the message of recovery to other addicts who are suffering. Help me to be unselfish with my time and resources and give back what I have so generously been given. Provide me with the guidance and wisdom to talk with another addict and reach out to my fellows so my own sobriety will be strengthened.

And please keep my thoughts divorced from self-pity, dishonesty, denial, or self-seeking. Please keep my focus today on clearly doing the next right action. If I should feel a desire for any of my addictive substances, please immediately remove this desire and show me how to live life on life's terms. Please remove my fear and direct my attention to what you would have me do and be. Free my mind from being defensive and defiant and help me stay sober today.

Your will not mine be done. Amen

PRAYERS FOR EVENTIDE

God, Creative Intelligence, Universal Mind, Spirit of Nature, Spirit of the Universe, my name is _____, and I'm a real Media addict ... and I need your help today.

God, Thank You for giving me the strength, faith, and courage I needed to get through my day. I thank you for helping me to know you better by showing me what has been blocking me from you. Thank you for removing my fear and for showing me the truth

about myself. I need your help to become willing to let go of the things in me which continue to block me off from you and from my higher self.

God, help me to see and admit that I am powerless over my emotions and my addictions. Help me to understand how my fear and my addictions have led to unmanageability in my life. Help me to understand the true meaning of powerlessness. Remove from me all denial of my media addiction.

God, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my resistance and defiance just for today.

DAILY REVIEW:

WHAT WORKED FOR ME TODAY (or yesterday if Morning Inventory)?

Where was I loving today?

Where was I accepting of others and or my situation today?

Where did I consider others today?

Where did I consider myself today?

Where did I find peace today?

Where did I use my gifts today?

Where did I have faith today?

What can I celebrate as an accomplishment today?

Give yourself this prayer formation:

“Congratulations (your name) you successfully accomplished (your accomplishment) today. I am so proud of you, and that is more God's success than mine.”

Prayer formations can begin to change negative self-talk and can raise your reward hormone system (like dopamine and serotonin). Say your prayer-formations with enthusiasm. It's okay, no one else will hear you and yes, you deserve it!

WHAT DIDN'T WORK FOR ME TODAY (or yesterday)?

Where did I get stuck today?

Where did I try to run the show today?

Where could I have asked for HP's help today?

Where could I have been more considerate of others or myself today?

Where could I have been more giving today?

Where could I have allowed myself to receive more today?

Where could I have been more appreciative today?

Where could I have been more honest today?

Where could I have been more tolerant today?

Did I feel self-pity today? If so, how can I move into self-compassion?

Is there anything I need to confess today?

Where can I find peace as I sleep tonight or start my day?

SERENITY PRAYER

God, Grant me the Serenity to accept the people I cannot change. The courage to change the one I can, and the Wisdom to know it's me. Amen