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TO: Clf Prison Ministry, The
SUBJECT: Seven step prayers mp56
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mp.56

Seven Step Prayers

4.6.13

The seventh step of the twelve step program is to give your character flaws over to your higher power. A format for these prayers is a four line prayer - 1st line stating flaw/2nd line stating dependence on higher power/3rd line states what I am letting go of and the last line states what I am welcoming in its stead (St Therese Mindfulness and the 12 steps).

I will talk more about the process of writing these and thinking behind them in the next post.

Here are some of mine:

When I hear my inner critic
entrusting myself to the way, I vow
to let go of a judging spirit
and open my heart with kind attention.

When I feel the urge to withdraw
entrusting myself to the way, I vow
to let go of self hate and loathing
and extend loving kindness to myself.

When I fear abandonment
entrusting myself to the way, I vow
to stop and notice
and open my heart to trust and love.

When I feel the gnawing of insecurity
entrusting myself to the way, I vow
to let go of self doubt
and rest in the joy of my true nature.

When I feel the tug to lie
entrusting myself to the way, I vow
to let go of the story
and trust in the truth of the moment.

When I feel the need to grab what is "mine"
entrusting myself to the way, I vow
to let go of grasping
and rest in the enoughness of my true nature.

When I feel the urge to claim victimhood
entrusting myself to the way, I vow
to let go of self pity
and embrace my heart with compassion.

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