

---

## The St. Francis Prayer

(From page 99 of

The Twelve Steps And Twelve Traditions)

Lord, make me a **channel** of thy peace

-that where there is **hatred**, I may bring **love**  
-that where there is **wrong**, I may bring the  
**spirit of forgiveness**  
-that where there is **discord**, I may bring **harmony**  
-that where there is **error**, I may bring **truth**  
-that where there is **doubt**, I may bring **faith**  
-that where there is **despair**, I may bring **hope**  
-that where there are **shadows**, I may bring **light**  
-that where there is **sadness**, I may bring **joy**.

Lord, grant that I may seek rather

to **comfort** than to be **comforted** -  
to **understand** than to be **understood** -  
to **love**, than to be **loved**.

For it is by **self-forgetting** that one **finds**.

It is by **forgiving** that one is **forgiven**.

It is by **dying** that one awakens to

**Eternal Life.**

Amen

---

## The St. Francis Prayer

(As quoted by Wayne Dyer)

Lord, let me be an **instrument** of Thy peace.

That 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 **sadness** - **joy**.

O, Divine Master, 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 we **receive**.

It is in **pardoning** that we are **pardoned**.

It is **dying to self** that we are born to **Eternal Life**.

---

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee—Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.

Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action.

Alcoholics Anonymous, p.85

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

It works—it really does.

We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined. But this is not all. There is action and more action. "Faith without works is dead."

Alcoholics Anonymous, pp.87-88