

ABSTINENCE PRAYER

*Today is a new day for me and, with God, it can be a day of abstinence.
With God I can handle anything, and things which I think impossible, are possible.
I ask for God's protection today from anyone or anything
that may interfere with my abstinence.
I am asking now for God's protection in case, sometime during the day,
my desire to compulsively eat becomes stronger than my desire to abstain.
I know that I am powerless over food and my life can become unmanageable again.
I do believe that God can and will relieve my compulsion and restore me to sanity.
God, please help me to know your will for me today,
and give me the willingness to carry it out.
I turn my will and my life over to your care.
Please guide me through another day of blessed abstinence.*

Servant Prayer -

*God, I am your servant. I am here to fulfill the purpose that you have set down
for me today. Please lead, guide and direct my thoughts and actions. Help them
be divorced from self-pity, self-seeking, and dishonest motives. Help me know
what it is you would have me do and give me the willingness and power to carry
it out. I turn my will and my life over to you and to your care. May I do your will
always.*

PRAYERS IN THE BIG BOOK –

3rd Step Prayer – pg. 63 paragraph 2

7th Step Prayer – pg. 76 paragraph 2

Acceptance Prayer – pg. 417, paragraph 1

Resentment Prayer – pg. 552, paragraph 1