

A Step 1 Prayer

God, I concede to You that I am alcoholic. I am powerless over alcohol physically, and it is only the Power of Your Grace that gave me this sobriety date.

I am powerless over alcohol emotionally, I can't produce a sense of ease and comfort on my own powerful enough to keep me from taking the first drink, and the only way I am still sober, no matter what I have felt, is by Your Grace that grants me this sobriety date.

I am powerless over alcohol mentally, I am without mental defense against taking the first drink, and the only way I am still sober, no matter what I have thought, is by Your Grace that grants me this sobriety date.

I am powerless over alcohol spiritually, I fail at producing a spiritual basis of life, and the only way I am sober is by Your Grace that grants me this sobriety date.

No matter what my current bedevilments are, the manifestations of a spiritual malady, the only way I still have a sobriety date is by Your Grace.

I trust, by Your Grace, there is no human power, mine or anybody else, which can ever take that away.

I trust by Your Grace which is all-powerful, more powerful than alcohol, alcoholism, and the spiritual malady, I'll be free from all of it from this day forward. Amen.