

The Twelve Steps¹: a Compilation from the Bahá'í Writings



A compilation originated by Bahá'ís in Recovery Fellowship²

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On behalf of

The Open Circle Network

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¹ Alcoholics Anonymous, A.A. World Services, Inc., pp. 59-60

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Step One:

We admitted that we were powerless over our addiction(s) – that our lives had become unmanageable.

I testify, at this moment, to my powerlessness and to Thy might... (Bahá'u'lláh: Kitáb-i-Aqdas: Other Sections, pages 100-101)

I love, in this state, O my Lord, to beg of Thee all that is with Thee, that I may demonstrate my poverty, and magnify Thy bounty and Thy riches, and may declare my powerlessness, and manifest Thy power and Thy might. (Bahá'u'lláh: Kitáb-i-Aqdas: Other Sections, page 94)

Every time I venture to make mention of Thee, I am held back by my mighty sins and grievous trespasses against Thee, and find myself wholly deprived of Thy grace, and utterly powerless to celebrate Thy praise. My great confidence in Thy bounty, however, reviveth my hope in Thee... (Bahá'u'lláh: Prayers and Meditations, page 210)

Powerless though I be to rise to the heavens of Thy glory and soar in the realms of Thy knowledge, I can but recount Thy tokens that tell of Thy glorious handiwork. (Bahá'u'lláh: Bahá'í Prayers (US), pages 122-123)

And shouldst thou recognize thy powerlessness, do thou rein in thy passions, and return unto thy Lord, that perchance He may forgive thee thy sins... (Bahá'u'lláh: Epistle to the Son of the Wolf, page 83)

O God! ...We are impotent; give us Thy heavenly power. O Lord! Make us useful in this world; free us from the condition of self and desire. ('Abdu'l-Bahá: Promulgation of Universal Peace, page 302)*

Such a chaste and holy life, with its implications of modesty, purity, temperance, decency, and clean-mindedness, involves no less than the exercise of moderation in all that pertains to dress, language, amusements, and all artistic and literary avocations. It demands daily vigilance in the control of one's carnal desires and corrupt inclinations. It calls for the abandonment of a frivolous conduct, with its excessive attachment to trivial and often misdirected pleasures. It requires total abstinence from all alcoholic drinks, from opium, and from similar habit-forming drugs. ("The Advent of Divine Justice" (Wilmette: Bahá'í Publishing Trust, 1984), p. 30)

Alcohol consumeth the mind and causeth man to commit acts of absurdity, but ... this wicked hashish extinguisheth the mind, freezeth the spirit, petrifieth the soul, wasteth the body and leaveth man frustrated and lost. ('Abdu'l-Bahá, from a Tablet- translated from the Persian)

But man begins little by little to accustom himself to poison by taking a small quantity each day, and gradually increasing it, until he reaches such a point that he cannot live without a gram of opium every day. The natural capacities are thus completely perverted. Observe how much the natural capacity and constitution can be changed, until by different habits and training they become entirely perverted. ('Abdu'l-Bahá, "Some Answered Questions", pp. 212-15)

Step Two:

Came to believe that a Power greater than ourselves could restore us to sanity.

Let every soul be subject unto the higher powers. For there is no power but of God; the powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God. (Bible: Romans 13:1-2)

Thou art He Who changeth through His bidding abasement into glory, and weakness into strength, and powerlessness into might, and fear into calm, and doubt into certainty... Thou art, verily, the Almighty, the Most Powerful. (Bahá'u'lláh: Prayers and Meditations, pages 249-250)

He, verily, is the Lord of strength and power . . . Repudiation hath not veiled it, and ten thousand hosts arrayed against it were powerless to withhold it from shining. Thou canst excuse thyself no longer. Either thou must recognize it, or - God forbid - arise and deny all the Prophets! (Bahá'u'lláh: Epistle to the Son of the Wolf, page 119)

O BEFRIENDED STRANGER! The candle of thine heart is lighted by the hand of My power, quench it not with the contrary winds of self and passion. The healer of all thine ills is remembrance of Me, forget it not. Make My love thy treasure and cherish it even as thy very sight and life. (Bahá'u'lláh: Persian Hidden Words, page 32)

O SON OF BEING! Love Me, that I may love thee. If thou lovest Me not, My love can in no wise reach thee. Know this, O servant. (Bahá'u'lláh: The Hidden Words)

Madness, incurable otherwise, can be cured through prayer. ('Abdu'l-Bahá, Lights of Guidance, p. 281)

I beseech God to obtain prosperity unto thee in this world, to confer favour upon thee in His Supreme Kingdom, and to heal thee from the illness which has befallen thee for some hidden reason which no one knows save God. ('Abdu'l-Bahá, Divine Art of Living, p. 59)

Step Three:
Made a decision to turn our will and our lives over to the care of God as we understood Him.

O BEFRIENDED STRANGER! The candle of thine heart is lighted by the hand of My power, quench it not with the contrary winds of self and passion. The healer of all thine ills is remembrance of Me, forget it not. Make My love thy treasure and cherish it even as thy very sight and life. (Bahá'u'lláh: The Hidden Words)

The source of all good is trust in God, submission unto His command, and contentment with His holy will and pleasure. (Bahá'u'lláh: Tablets of Bahá'u'lláh, page 155)

The essence of love is for man to turn his heart to the Beloved One, and sever himself from all else but Him, and desire naught save that which is the desire of his Lord. (Bahá'u'lláh: Tablets of Bahá'u'lláh, page 155)

The Tongue of Wisdom proclaimeth: He that hath Me not is bereft of all things. Turn ye away from all that is on earth and seek none else but Me. I am the Sun of Wisdom and the Ocean of Knowledge. I cheer the faint and revive the dead. I am the guiding Light that illumineth the way. I am the royal Falcon on the arm of the Almighty. I unfold the drooping wings of every broken bird and start it on its flight. (Bahá'u'lláh: Tablets of Bahá'u'lláh, page 169)

O God! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my Guide and my Refuge. I will no longer be sorrowful and grieved; I will be a happy and joyful being. O God! I will no longer be full of anxiety, nor will I let trouble harass me. I will not dwell on the unpleasant things of life. O God! Thou art more friend to me than I am to myself. I dedicate myself to Thee, O Lord. (Bahá'í Prayers (US edition), page 152)

O SON OF SPIRIT! There is no peace for thee save by renouncing thyself and turning unto Me; for it behooveth thee to glory in My name, not in thine own; to put thy trust in Me and not in thyself, since I desire to be loved alone and above all that is. (Bahá'u'lláh: The Hidden Words)

O SON OF BEING! My love is My stronghold; he that entereth therein is safe and secure, and he that turneth away shall surely stray and perish. (Bahá'u'lláh: The Hidden Words)

O SON OF EARTH! Wouldst thou have Me, seek none other than Me; and wouldst thou gaze upon My beauty, close thine eyes to the world and all that is therein; for My will and the will of another than Me, even as fire and water, cannot dwell together in one heart. (Bahá'u'lláh: The Hidden Words)

Say: True liberty consisteth in man's submission unto My commandments, little as ye know it. Were men to observe that which We have sent down unto them from the Heaven of Revelation, they would, of a certainty, attain unto perfect liberty. Happy is the man that hath apprehended the Purpose of God in whatever He hath revealed from the Heaven of His Will, that pervadeth all created things. Say: The liberty that profiteth you is to be found nowhere except in complete servitude unto God, the Eternal Truth. Whoso hath tasted of its sweetness will refuse to barter it for all the dominion of earth and heaven. ("Gleanings from the Writings of Bahá'u'lláh", sec. 159, pp. 335-36)

Step Four: Made a searching and fearless moral inventory of ourselves.

The first Taráz and the first effulgence which hath dawned from the horizon of the Mother Book is that man should know his own self and recognize that which leadeth unto loftiness or lowliness, glory or abasement, wealth or poverty. (Bahá'u'lláh: Tablets of Bahá'u'lláh, pages 34-35)

True loss is for him whose days have been spent in utter ignorance of his self. (Bahá'u'lláh: Tablets of Bahá'u'lláh, page 156)

The essence of all that We have revealed for thee is Justice, is for man to free himself from idle fancy and imitation, discern with the eye of oneness His glorious handiwork, and look into all things with a searching eye. (Bahá'u'lláh: Tablets of Bahá'u'lláh, page 157)

O SON OF SPIRIT! The best beloved of all things in My sight is Justice; turn not away therefrom if thou desirest Me, and neglect it not that I may confide in thee. By its aid thou shalt see with thine own eyes and not through the eyes of others, and shalt know of thine own knowledge and not through the knowledge of thy neighbor. Ponder this in thy heart; how it behooveth thee to be. Verily justice is My gift to thee and the sign of My loving-kindness. Set it then before thine eyes. (Bahá'u'lláh: The Hidden Words)

If the fire of self overcome you, remember your own faults and not the faults of My creatures, inasmuch as every one of you knoweth his own self better than he knoweth others. (Bahá'u'lláh: Persian Hidden Words, page 66)

God hath in that Book, and by His behest, decreed as lawful whatsoever He hath pleased to decree, and hath, through the power of His sovereign might, forbidden whatsoever He elected to forbid. To this testifieth the text of that Book. Will ye not bear witness? Men, however, have wittingly broken His law. Is such a behaviour to be attributed to God, or to their proper selves? Be fair in your judgment. (Bahá'u'lláh: Gleanings from the Writings of Bahá'u'lláh, page 149)

Step Five:
**We admitted to God, to ourselves and to another human being
the exact nature of our wrongs.**

The Universal House of Justice . . . has instructed us to say that there is no objection to Bahá'ís being members of Alcoholics Anonymous, which is an association that does a great deal of good in assisting alcoholics to overcome their lamentable condition. The sharing of experiences which the members undertake does not conflict with the Bahá'í prohibition on the confession of sins; it is more in the nature of the therapeutic relationship between a patient and a psychiatrist. (From letter to an individual believer dated 26 August 1986)

I implore Thee by the blood of Thy true lovers who were so enraptured by Thy sweet utterance that they hastened unto the Pinnacle of Glory, the site of the most glorious martyrdom, and I beseech Thee by the mysteries which lie enshrined in Thy knowledge and by the pearls that are treasured in the ocean of Thy bounty to grant forgiveness unto me and unto my father and my mother. Of those who show forth mercy, Thou art in truth the Most Merciful. No God is there but Thee, the Ever-Forgiving, the All-Bountiful. (Bahá'u'lláh: Tablets of Bahá'u'lláh, pages 24-25)

O Lord! Thou seest this essence of sinfulness turning unto the ocean of Thy favour and this feeble one seeking the kingdom of Thy divine power and this poor creature inclining himself towards the day-star of Thy wealth. By Thy mercy and Thy grace, disappoint him not, O Lord, nor debar him from the revelations of Thy bounty in Thy days, nor cast him away from Thy door which Thou hast opened wide to all that dwell in Thy heaven and on Thine earth. (Bahá'u'lláh: Tablets of Bahá'u'lláh, p25)

Step Six:

Were entirely ready to have God remove all these defects of character.

Alas! Alas! My sins have prevented me from approaching the Court of Thy holiness and my trespasses have caused me to stray far from the Tabernacle of Thy majesty. I have committed that which Thou didst forbid me to do and have put away what Thou didst order me to observe. I pray Thee by Him Who is the sovereign Lord of Names to write down for me with the Pen of Thy bounty that which will enable me to draw nigh unto Thee and will purge me from my trespasses which have intervened between me and Thy forgiveness and Thy pardon. Verily, Thou art the Potent, the Bountiful. No God is there but Thee, the Mighty, the Gracious. (Bahá'u'lláh: Tablets of Bahá'u'lláh, p25)

O SON OF BEING! Thy Paradise is My love; thy heavenly home, reunion with Me. Enter therein and tarry not. This is that which hath been destined for thee in Our kingdom above and Our exalted dominion. (Bahá'u'lláh: Arabic Hidden Words)

O MOVING FORM OF DUST! I desire communion with thee, but thou wouldst put no trust in Me. The sword of thy rebellion hath felled the tree of thy hope. At all times I am near unto thee, but thou art ever far from Me. Imperishable glory I have chosen for thee, yet boundless shame thou hast chosen for thyself. While there is yet time, return, and lose not thy chance. (Bahá'u'lláh: Persian Hidden Words)

O SON OF MAN! Wert thou to speed through the immensity of space and traverse the expanse of heaven, yet thou wouldst find no rest save in submission to Our command and humbleness before Our Face. (Bahá'u'lláh: Arabic Hidden Words)

O SON OF SPIRIT! Noble have I created thee, yet thou hast abased thyself. Rise then unto that for which thou wast created. (Bahá'u'lláh: Arabic Hidden Words)

Step Seven:
Humbly asked Him to remove our shortcomings.

I am but a poor creature, O my Lord; I have clung to the hem of Thy riches. I am sore sick; I have held fast the cord of Thy healing. Deliver me from the ills that have encircled me, and wash me thoroughly with the waters of Thy graciousness and mercy, and attire me with the raiment of wholesomeness, through Thy forgiveness and bounty. Fix, then, mine eyes upon Thee, and rid me of all attachment to aught else except Thyself. Aid me to do what Thou desirest, and to fulfill what Thou pleasest. (Bahá'u'lláh: *Prayers and Meditations*, page 22)

O MY FRIENDS! Quench ye the lamp of error, and kindle within your hearts the everlasting torch of divine guidance. For ere long the assayers of mankind shall, in the holy presence of the Adored, accept naught but purest virtue and deeds of stainless holiness. (Bahá'u'lláh: *Persian Hidden Words*)

O Lord! Thou art the Remover of every anguish and the Dispeller of every affliction. Thou art He Who banisheth every sorrow and setteth free every slave, the Redeemer of every soul. O Lord! Grant deliverance through Thy mercy and reckon me among such servants of Thine as have gained salvation. (The Báb: *Selections from the Báb*, page 193)

Bid them recite: "Is there any Remover of difficulties save God? Say: Praised be God! He is God! All are His servants, and all abide by His bidding!" Tell them to repeat it five hundred times, nay, a thousand times, by day and by night, sleeping and waking, that haply the Countenance of Glory may be unveiled to their eyes, and tiers of light descend upon them. (Shoghi Effendi: *God Passes By*, page 119)

Step Eight:
Made a list of all persons we had harmed,
and became willing to make amends to them all.

Ye are the fruits of one tree, and the leaves of one branch. Deal ye one with another with the utmost love and harmony, with friendliness and fellowship. He Who is the Day-Star of Truth beareth Me witness! So powerful is the light of unity that it can illuminate the whole earth. The One true God, He Who knoweth all things, Himself testifieth to the truth of these words. (Bahá'u'lláh: Epistle to the Son of the Wolf, page 14)

Exert yourselves that ye may attain this transcendent and most sublime station, the station that can insure the protection and security of all mankind. This goal excelleth every other goal, and this aspiration is the monarch of all aspirations. (Bahá'u'lláh: Epistle to the Son of the Wolf, page 14)

O MY FRIENDS! Walk ye in the ways of the good pleasure of the Friend, and know that His pleasure is in the pleasure of His creatures. That is: no man should enter the house of his friend save at his friend's pleasure, nor lay hands upon his treasures nor prefer his own will to his friend's, and in no wise seek an advantage over him. Ponder this, ye that have insight! (Bahá'u'lláh: Persian Hidden Words)

Step Nine:
**Made direct amends to such people wherever possible
except when to do so would injure them or others.**

Be not afraid of anyone, place thy whole trust in God, the Almighty, the All-Knowing. (Bahá'u'lláh: Tablets of Bahá'u'lláh, page 190)

Be generous in prosperity, and thankful in adversity. Be worthy of the trust of thy neighbor, and look upon him with a bright and friendly face. Be a treasure to the poor, an admonisher to the rich, an answerer of the cry of the needy, a preserver of the sanctity of thy pledge. Be fair in thy judgment, and guarded in thy speech. Be unjust to no man, and show all meekness to all men. Be as a lamp unto them that walk in darkness, a joy to the sorrowful, a sea for the thirsty, a haven for the distressed, an upholder and defender of the victim of oppression. Let integrity and uprightness distinguish all thine acts. (Bahá'u'lláh: Gleanings from the Writings of Bahá'u'lláh, page 285)

One righteous act is endowed with a potency that can so elevate the dust as to cause it to pass beyond the heaven of heavens. ("Gleanings from the Writings of Bahá'u'lláh", sec. 131, p. 287)

So if you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift. Make friends quickly with your accuser, while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. (Bible, Book of Matthew 5:24-25 [New American Standard])

Step Ten:
**Continued to take personal inventory and
when we were wrong promptly admitted it.**

O SON OF BEING! Bring thyself to account each day ere thou art summoned to a reckoning; for death, unheralded, shall come upon thee and thou shalt be called to give account for thy deeds. (Bahá'u'lláh: Arabic Hidden Words, page 31)

O SON OF SPIRIT! I created thee rich, why dost thou bring thyself down to poverty? Noble I made thee, wherewith dost thou abase thyself? Out of the essence of knowledge I gave thee being, why seekest thou enlightenment from anyone beside Me? Out of the clay of love I molded thee, how dost thou busy thyself with another? Turn thy sight unto thyself, that thou mayest find Me standing within thee, mighty, powerful and self-subsisting. (Bahá'u'lláh: Arabic Hidden Words)

Step Eleven:

Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and for the power to carry that out.

Intone, O My servant, the verses of God that have been received by thee, as intoned by them who have drawn nigh unto Him, that the sweetness of thy melody may kindle thine own soul, and attract the hearts of all men. (Bahá'u'lláh: Gleanings from the Writings of Bahá'u'lláh, page 295)

O SON OF GLORY! Be swift in the path of holiness, and enter the heaven of communion with Me. Cleanse thy heart with the burnish of the spirit, and hasten to the court of the Most High. (Bahá'u'lláh: Persian Hidden Words)

O God! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my Guide and my Refuge. (Bahá'í Prayers (US edition), page 152)

O SON OF LIGHT! Forget all save Me and commune with My spirit. This is of the essence of My command, therefore turn unto it. (Bahá'u'lláh: Arabic Hidden Words)

The spiritual love of God maketh man pure and holy and clotheth him with the garment of virtue and purity. And when man attacheth his heart wholly to God and becometh related to the Blessed Perfection, the divine bounty will dawn. This love is not physical, nay, rather, it is absolutely spiritual. ('Abdu'l-Bahá, Bahá'í World Faith, p. 365)

The souls whose consciences are enlightened through the light of the love of God, they are like unto shining lights and resemble stars of holiness in the heaven of purity. ('Abdu'l-Bahá, Bahá'í World Faith, p. 364)

Step Twelve:
**Having had a spiritual awakening as a result of these steps,
we tried to carry this message to others,
and to practice these principles in all our affairs.**

Verily, God hath made it incumbent upon every soul to deliver His Cause according to his ability. Thus hath the command been recorded by the finger of might and power upon the Tablet of majesty and greatness. (Bahá'u'lláh: Bahá'í World Faith, page 206)

Unloose your tongues, and proclaim unceasingly His Cause. This shall be better for you than all the treasures of the past and of the future, if ye be of them that comprehend this truth. (Bahá'u'lláh: Gleanings from the Writings of Bahá'u'lláh, page 330)

O SON OF MAN! I loved thy creation, hence I created thee. Wherefore, do thou love Me, that I may name thy name and fill thy soul with the spirit of life. (Bahá'u'lláh: The Hidden Words)

O SON OF MAN! Magnify My cause that I may reveal unto thee the mysteries of My greatness and shine upon thee with the light of eternity. (Bahá'u'lláh: Persian Hidden Words)

O SON OF MAN! Humble thyself before Me, that I may graciously visit thee. Arise for the triumph of My cause, that while yet on earth thou mayest obtain the victory. (Bahá'u'lláh: Persian Hidden Words)

O SON OF BEING! Make mention of Me on My earth, that in My heaven I may remember thee, thus shall Mine eyes and thine be solaced. (Bahá'u'lláh: Persian Hidden Words)

Let your acts be a guide unto all mankind, for the professions of most men, be they high or low, differ from their conduct. It is through your deeds that ye can distinguish yourselves from others. Through them the brightness of your light can be shed upon the whole earth. Happy is the man that heedeth My counsel, and keepeth the precepts prescribed by Him Who is the All-Knowing, the All- Wise. ("Gleanings from the Writings of Bahá'u'lláh", sec. 139, p. 305)

In brief, let each one of you be as a lamp shining forth with the light of the virtues of the world of humanity. Be trustworthy, sincere, affectionate and replete with chastity. Be illumined, be spiritual, be divine, be glorious, be quickened of God, be a Bahá'í. ('Abdu'l-Bahá, Promulgation of Universal Peace, p. 453)

The Twelve Steps of Alcoholics Anonymous³

- 1. We admitted we were powerless over alcohol – that our lives had become unmanageable.*
- 2. Came to believe that a Power greater than ourselves could restore us to sanity.*
- 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.*
- 4. Made a searching and fearless moral inventory of ourselves.*
- 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*
- 6. Were entirely ready to have God remove all these defects of character.*
- 7. Humbly asked Him to remove our shortcomings.*
- 8. Made a list of all persons we had harmed, and became willing to make amends to them all.*
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.*
- 10. Continued to take personal inventory and when we were wrong promptly admitted it.*
- 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*
- 12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*

³ Alcoholics Anonymous, A.A. World Services, Inc., pp. 59-60

Prayers from Alcoholics Anonymous

Third step

God, I offer myself to Thee - To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. (Alcoholics Anonymous, A.A. World Services, Inc., aka The Big Book, BB p.63)

Fourth step

We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done". (BB p.67)

We ask Him to remove our fear and direct our attention to what He would have us be. (BB p.68)

We pray for the right ideal, for guidance in each questionable situation, for sanity and for strength to do the right thing. (BB, p. 70)

Fifth Step

We thank God from the bottom of our heart that we know Him better.... we ask if we have omitted anything, (BB p. 75)

Sixth Step

If we still cling to something we will not let go, we ask God to help us be willing. (BB p.76)

The Seventh Step

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 and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen (BB p.76)

Eighth Step

If we haven't the will to do this, we ask until it comes. (BB p.76)

Nineth Step

We ask that we be given strength and direction to do the right thing, no matter what the personal consequences might be. (BB p.79)

Each might pray about it, having the other one's happiness uppermost in mind. (BB p.82)

So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love. (BB p.3)

The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. (BB pp.83-84)

Tenth Step

Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them. (BB p.84)

Everyday is a day when we must carry the vision of God's will into all our activities. "How can I best serve Thee-Thy will (not mine) be done". (BB p.85)

Eleventh Step

After meditation on the day just completed, “We ask God’s forgiveness and inquire what corrective measures should be taken”. (BB p.86)

Before we begin our day, “we ask god to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives”. (BB p.86)

In thinking about our day, “We ask God for inspiration, an intuitive thought or decision”. (BB p.86)

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.’ (BB pp.87-88)

Prayer of St. Francis of Assisi

Lord, make me an instrument 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, that 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. (Alcoholics Anonymous Twelve Steps and Twelve Traditions, A.A. World Services, Inc.)

Twelfth Step

Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come IF your own house is in order. (BB p.164)

Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. (BB p.102)

The Serenity Prayer

*God grant us the serenity to accept the things we cannot change,
Courage to change the things we can,
And wisdom to know the difference.*

(Alcoholics Anonymous Twelve Steps and Twelve Traditions, A.A. World Services, Inc.)

Bahá'í Prayers for Addictions

Be Thou, O my Lord, my sole Desire, my Goal, mine only Hope, my constant Aim, my Habitation and my Sanctuary. Let the object of mine ardent quest be Thy most resplendent, Thine adorable, and ever-blessed Beauty. I implore Thee, O my Lord, by whatsoever is of Thee, to send, from the right hand of Thy might, that which will exalt Thy loved ones and abase Thine enemies. No God is there beside Thee, Thou alone art my Beloved in this world and in the world which is to come. Thou alone art the Desire of all them that have recognized Thee. Praised be God, the Lord of the worlds. (Bahá'u'lláh, Prayers and Meditations by Bahá'u'lláh, p. 178-179)

O Divine Providence! Bestow Thou in all things purity and cleanliness upon the people of Bahá. Grant that they be freed from all defilement, and released from all addictions. Save them from committing any repugnant act, unbind them from the chains of every evil habit, that they may live pure and free, wholesome and cleanly, worthy to serve at Thy Sacred Threshold and fit to be related to their Lord. Deliver them from intoxicating drinks and tobacco, save them, rescue them, from this opium that bringeth on madness, suffer them to enjoy the sweet savours of holiness, that they may drink deep of the mystic cup of heavenly love and know the rapture of being drawn ever closer unto the Realm of the All-Glorious. For it is even as Thou hast said: 'All that thou hast in thy cellar will not appease the thirst of my love -- bring me, O cup-bearer, of the wine of the spirit a cup full as the sea!' ('Abdu'l-Bahá, Selections from the Writings of 'Abdu'l-Bahá, p. 149-150)

O my Glorious Lord! Help me to refrain from every irregular inclination; to subdue every rebellious passion; to purify the motives of my conduct; to conform myself to that meekness which no provocation can ruffle; to that patience which no affliction can overwhelm; to that integrity which no self-interest can shake; that I may be qualified to serve Thee and to teach Thy Word. ('Abdu'l-Bahá, English Sources and Authenticity of Fifteen Prayers in the Dutch Prayer Book, Bahá'í Gebeden by Universal House of Justice 2001-10-22)

Drink ye, O handmaidens of God, the Mystic Wine from the cup of My words. Cast away, then, from you that which your minds abhor, for it hath been forbidden unto you in His Tablets and His Scriptures. Beware lest ye barter away the River that is life indeed for that which the souls of the pure-hearted detest. Become ye intoxicated with the wine of the love of God, and not with that which deadeneth your minds, O ye that adore Him! Verily, it hath been forbidden unto every believer, whether man or woman. Thus hath the sun of My commandment shone forth above the horizon of My utterance, that the handmaidens who believe in Me may be illumined. (Baha'u'llah: quoted in "The Advent of Divine Justice" (Wilmette: Baha'i Publishing Trust, 1984), p. 33)