

## **SEVEN STEP PRAYER**

**God, help me listen to my Higher Self as You and I make the changes in my life that will allow me to live a free, useful and happy life. Help me not to find fault with all that I do and with those who cross my path. As I continue to stay abstinent, help me be released from the cravings for foods that are not in my best interest. Help me learn that food is to nourish my body so my spirit can carry out your plans for me. Help me be compassionate, trusting, forgiving, loving and kind to myself and others as I serve you and the people on earth. Amen**

## **SERENITY PRAYER**

**God**  
grant me the  
**Serenity**  
to accept the things I cannot change,  
**Courage**  
to change the things I can and  
**Wisdom**  
to know the difference.

