

PRAYER SHEET

Resentment prayer

God, I have a resentment towards _____. Help me to show _____ the same tolerance, pity and patience that I would cheerfully grant a sick friend. Help me to avoid retaliation or argument. Thy will not mine be done.

Offended prayer

_____ is a sick man/woman. How can I be helpful to him? God save me from being angry. Help me to avoid retaliation or argument. Thy will be done.

Fear Prayer

God, remove my fear of _____ and direct my attention to what you would have me be. (pause and wait for an answer)

Sex Prayer

God please mold my ideals and help me to live up to them

Serenity Prayer (long version)

God, grant me the serenity to accept the things I cannot change
The courage to change the things I can and the wisdom to know the difference
Living one day at a time, enjoying one moment at a time
Accepting hardship as the pathway to peace
Taking as he did this sinful world as it is, not as I would like it
Trusting that He will make all things right if I surrender to his will
That I may be reasonably happy in this world and supremely happy with Him in the next.

Amends formula

1. Statement of truth about what you did
2. This was _____ (character defects: selfish, dishonest, inconsiderate)
3. I deeply regret this
4. What can I do to make it right?