

CoDA Step Prayers

Step One Prayer

In this moment, I do not have to control anyone, including me. And if I feel uncomfortable with what another person is doing or not doing, I can remind myself that I am powerless over this person and I am powerless over my compulsion to act in inappropriate ways.

Step Two Prayer

In this moment, I can believe that I am never alone; I can experience the sense of freedom that having a Higher Power offers me. I can remind myself that believing is also an action, and if I am willing to practice it, one moment at a time, I will develop faith.

Step Three Prayer

In this moment, I can choose my own Higher Power. I can set aside all the old beliefs about who I am not and be who I am—a child of God. I can remind myself that a faith in a Higher Power becomes a faith in me, and that my recovery lies in being true to myself and to my Higher Power

Step Four Prayer

In this moment, I am willing to see myself as I truly am: a growing, unfolding spiritual being resting in the hands of a loving God. I can separate who I am from what I've done knowing that the real me is emerging—loving, joyful, and whole.

Step Five Prayer

In this moment, I will acknowledge myself for doing what was most difficult for me. I will rest in the accepting presence of my Higher Power. I know I have deepened my commitment to the journey of recovery by opening my self and my heart to a fellow human being.

Step Six Prayer

In this moment, I am entirely ready to be freed of all my shortcomings. In this moment, I am ready to surrender these defects of character to God, knowing that the power of willingness to heal is great. Each new Step I take in my recovery, no matter how small it may appear, is an affirmation of my wholeness.

Step Seven Prayer

In this moment, I ask my Higher Power
to, remove all of my shortcomings,
relieving me of the burden of my past.

In this moment, I place my hand
in God's, trusting that the void I
experience is being filled with my
Higher Power's unconditional love
for me and those in my life.

Step Eight Prayer

In this moment, I see the impossible
become not only possible, but real.

As I forgive myself for my
shortcomings, I am able to forgive
others, opening the way for a true and
lasting change in my behavior.

Thank you, God.

Step Nine Prayer

In this moment, I trust my Higher
Power to guide me in making sincere
and honest amends. In this moment,

I experience my gratitude for
Co-Dependents Anonymous and the
Twelve Steps of recovery, knowing
that as I am willing to live this
program, share the fellowship, and
walk with God, I am free.

Step Ten Prayer

In this moment, I live my life in a new way.

As I continue to open my heart and
mind, little by little,
one day at a time,
I reveal my true self,
mend my relationships,
and touch God

Step Eleven Prayer

In this moment, I quiet my thoughts
and open my mind and heart to God's
guidance for me. In this moment, I
feel the gentle peace that conscious
contact with God allows. If I am
troubled and in doubt or joyful and
serene, I turn to God. I know my path
will be revealed and the way to my
highest good will be made known.

Step Twelve Prayer

In this moment, I thank God for my
spiritual awakening. In this moment,
I choose to live all the principles of
this simple program. I know the
wisdom working through me will
touch all I meet with God's
love and understanding.
I am at peace.