

Prayer & 12 Steps for Transformation
(Julie Carrick)

Heavenly Father, I come before you with a humble heart, recognizing that my will is often at odds with your perfect will. I pray that you would mold me, shape me, and transform me according to your divine purposes. Help me to surrender my will to yours, and to trust in your wisdom and guidance.

"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."

The 12 steps of humility from Saint Benedict are a guide to living a humble life. The steps include:

- **Fear of God:** Always keep God in mind and remember what God has commanded
- **Self-denial:** Abandon self-will and submit to superiors
- **Obedience:** Follow the rules of the monastery
- **Perseverance:** Endure everything without complaining
- **Repentance:** Confess your sins and faults
- **Serenity:** Accept menial work and be patient with what others inflict on you
- **Self-abasement:** Regard yourself as less than everyone
- **Prudence:** Be discreet and show restraint in your speech
- **Silence:** Speak gently, seriously, and modestly
- **Dignity:** Show humility in your demeanor and actions
- **Discretion:** Avoid ostentation
- **Reverence:** Show humility in your heart and in your appearance

The following are the twelve steps as published in by Alcoholics Anonymous:

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, 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.

Lord, I acknowledge that my own desires and plans can lead me astray. I pray that you would cleanse my heart and renew my spirit, so that I may be more like you. Help me to see the world through your eyes and to make choices that honor your name. God, I pray for the strength to surrender to your good and precious will. Guide my thoughts and actions, and help me to always choose you and your ways. In Jesus Christ's name, I pray.