

The Intruder's Prayer

Bless them, change me!

This was our course:

We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. 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."*

We avoid retaliation or argument. We wouldn't treat sick people that way. If we do, we destroy our chance of being helpful. We cannot be helpful to all people, but at least God will show us how to take a kindly and tolerant view of each and every one.

- "How it Works" page 66-67 of the Big Book, Alcoholics Anonymous



If you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for *everything you want for yourself* to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free.

Even when you don't really want it for them, and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love.

- "Freedom from Bondage" page 552 of the Big Book, Alcoholics Anonymous



*"God, I pray for the health, prosperity, happiness and well-being of:
{ Insert the names of the Intruders here },
all the things I would cheerfully grant a sick friend."*