

Step Four Resentment Prayer

“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.” (pp. 66 & 67)

Me: This is a 4-part prayer:

1. This is a sick man.
2. How can I be helpful to him?
3. God save me from being angry.
4. Thy will be done.