

step 4

### *A Fourth Step Resentment Prayer:*

“God, please help me show those I resent the same Tolerance, Pity and Patience that I would cheerfully grant a sick friend. Help me to see that this is a sick man. Please, show me how I can be helpful to him and save me from being angry. Lord, help me to avoid retaliation or argument. I know I can't be helpful to all people, but at least show me how to take a kindly and tolerant view of each and every one. Thy will be done.”  
(67:0)

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### *A Step Four Pre-Inventory Prayer:* *Set aside*

“God, please come into me and direct me. Please show me your will and help me write this inventory. Help me see beyond what I think I know about myself and show me the real truth about myself. Lord, please grace me with patience, tolerance, faith, strength and courage, that I may have the Power I require to write inventory. Please remove my fear, the fears which block me from seeing the truth about myself and please keep me safe and protected as I search for and experience the real truth about myself.”