

The Sick Man's Prayer (AA Fourth Step Prayer)

Dear Lord,

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.

Father, 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, Amen.



