

STEP TWO GUIDE

STEP
2

Came to believe that a Power greater than ourselves could restore us to sanity

Prayer

Heavenly Father, I know in my heart that only you can restore me to sanity. I humbly ask that you remove all twisted thought and addictive behavior from me this day. Heal my spirit and restore in me a clear mind.

Promise

PROMISE 2
We will not regret the past nor wish to shut the door on it.

Slogan

 **Let Go and Let God**

Meditation

Matthew 11: 29
Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.