



OVEREATERS Anonymous

San Fernando Valley Intergroup | www.oasfvalley.org

3rd STEP PRAYER:

God, I offer myself to thee.

To build with me and do with me as thou wilt.

Relieve me of the bondage of self, that I may better do thy will.

Take away my difficulties, that victory over them may bear witness to those I would help, of thy power, thy love, and thy way of life. May I do thy will always. Amen.

7th STEP PRAYER:

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.