

STEP 11 PRAYERS AND MEDITATIONS

Evening Prayer and Meditation

Big Book, page 86;

On retiring at night, constructively review your day:

- Were you resentful, selfish, dishonest or afraid?
- Do you owe an apology?
- Have you kept something to yourself which should be discussed with another person at once?
- Were you kind and loving toward all?
- What could you have done better?
- Were you thinking of yourself most of the time?
- Or were you thinking of what you could do for others, of what you could pack into the stream of life?

Be careful not to drift into worry, remorse or morbid reflection, for that would diminish your usefulness to others.

After making your review:

God, please forgive me and tell me what corrective measures should be taken.

Morning Prayer and Meditation

Big Book, pages 86-7;

On awakening pray:

God, I ask you to direct my thinking, I especially ask that my thinking be divorced from self-pity, dishonest or self-seeking motives.

Think about the twenty-four hours ahead, Consider your plans for the day...

If you are faced with indecision, pray:

I ask you for inspiration, an intuitive thought, or a decision.

After considering your plans for the day, pray:

God, I pray that I be shown all through the day what my next step is to be. I pray that I be given whatever I need to take care of such problems. I ask especially for freedom from self-will. I ask that I be given strength only if others will be helped.

Also say the following prayers:

My creator, I ask that you show me the way of patience, tolerance, kindness and love (page 83)

God, what can I do today for the man who is still sick? (page 164)

If you have resentment that you want to be free of, pray:

God, I ask that everything I want for myself be given _____, I ask for _____'s health, prosperity, and happiness (page 552)

Also select and memorize a few set prayers which emphasize the principles in the Big Book, such as the Step 3 Prayer (page 63), the Step 7 Prayer (page 76), the St. Francis Prayer (AA12&12, page 99), the Serenity Prayer, or any other prayer.

Daily Prayer & Meditations

Big Book, pages 87-8;

Constantly remind yourself:

I am no longer running the show.

Say to yourself many times each day:

Thy will be done.

When agitated or doubtful:

God, please give me the right thought or action

Page 85 (thoughts which must go with you constantly):

How can I best serve thee?

Thy will (not mine) be done.

Page 67 (if a person offends you):

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