

# **ELEVENTH STEP PRAYER & MEDITATION**



**Step II**  
**Sought through prayer and meditation to  
improve our conscious contact with God,  
praying only for knowledge of his will for us and  
the power to carry that out.**



This Eleventh Step Prayer & Meditation is based on the Eleventh Step directions as described in the Big Book, or basic text, of Alcoholics Anonymous, to which page numbers are referred. Reprinted material is, at the time of printing, done so without the permission of AA World Service.

**“ON AWAKENING LET US THINK ABOUT  
THE TWENTY-FOUR HOURS AHEAD.”**

\_\_\_\_\_ “We ask God to direct our thinking especially asking that it be divorced of self-pity, dishonest or self-seeking motives.” (p.86)

\_\_\_\_\_ “We consider our plans for the day.” (p.86)

\_\_\_\_\_ “In thinking about our day, we may face indecision...*Here we ask God for an inspiration, an intuitive thought or a decision.* We relax and take it easy. We don’t struggle. We are often surprised how the right answer comes after we have tried this for a while.” (p.86)

\_\_\_\_\_ “In other words, we treat sex as we would any other problem. In meditation, *we asked God what we should do about specific matters.*” (p.69)

\_\_\_\_\_ “...we clean house with the family, *asking each morning in meditation that our Creator show us the way of patience, tolerance, kindliness, and love.*” (p.83)

\_\_\_\_\_ “Ask Him in your morning meditation, *what you can do each day for the man who is still sick.*” (p.164)

\_\_\_\_\_ “We usually conclude the period of meditation with a prayer that *we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will,* and are careful to make no requests for ourselves only.” (p.87)

\_\_\_\_\_ We attend to “a definite morning devotion” if required or “sometimes select and memorize a few set prayers which emphasize the principles we have been discussing.” (p.87)

**“AS WE GO THROUGH THE DAY,”**

\_\_\_\_\_ “...we pause, when agitated or doubtful, and *ask for the right thought or action.*” (p.87)

We constantly remind ourselves that we are no longer running the show, humbly saying to ourselves many times each day *‘Thy will be done.’*” (p.87-88)

\_\_\_\_\_ “‘How can I best serve Thee—Thy will (not mine) be done.’ These are thoughts which must go with us constantly.” (p.85)

Date: \_\_\_\_\_

**“WHEN WE RETIRE AT NIGHT,”**

\_\_\_\_\_ “...we constructively review our day.” We are “careful not to drift into worry, remorse or morbid reflection.” (p.86)

\_\_\_\_\_ “Were we resentful, selfish, dishonest or afraid?” (p.86)

\_\_\_\_\_ “Do we owe an apology?” (p.86)

\_\_\_\_\_ “Have we kept something to ourselves which should be discussed with another person at once?” (p.86)

\_\_\_\_\_ “Were we kind and loving toward all?” (p.86)

\_\_\_\_\_ “What could we have done better?” (p.86)

\_\_\_\_\_ “Were we thinking of ourselves most of the time? Or were we thinking of what we could pack into the stream of life?” (p.86)

\_\_\_\_\_ “After making our review we ask God’s forgiveness and *inquire what corrective measures should be taken.*”

Date: \_\_\_\_\_

## SPECIFIC PRAYERS IN THE BIG BOOK

### **3rd Step**

"We asked His protection and care with complete abandon." (p.59)

"Many of us said to our Maker, as we understood Him: 'God I offer myself to Thee—to build with me and to 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!'" (p.63)

### **4th Step**

"We realized that the people that wronged us were perhaps spiritually sick....We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. ... 'God save me from being angry. Thy will be done.'" (p.68)

"We ask Him to remove our fear and direct our attention to what He would have us be." (p.68)

"In this way we tried to shape a sane and sound ideal for our future sex life...We asked God to mold our ideals and help us to live up to them." (p. 69)

"In other words, we treat sex as we would any other problem. In meditation, we asked God what we should do about specific matters." (p.69)

"We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing." (p.70)

### **5th Step**

"We thank God from the bottom of our heart that we know Him better." (p.75)

### **6th Step**

"If we still cling to something we will not let go, we ask God to help us be willing." (p.76)

### **7th Step**

"When ready, we say something like this: 'My Creator, I am now willing that you 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.'" (p.76)

### **8th & 9th Step**

"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes." (p.76)

### **8th & 9th Step (cont.)**

"Reminding ourselves that we have decided to go any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be." (p.79)

"If we have obtained permission, have consulted with others, asked God to help and the drastic step is indicated we must not shrink." (p.80)

"So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindliness, and love." (p.83)

### **10th Step**

"Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them." (p.84)

"Every day is a day when we must carry the vision of God's will into all of our activities. 'How can I best serve Thee—Thy will (not mine) be done.' These are thoughts which must go with us constantly." (p.85)

### **11th Step**

"When we retire at night we constructively review our day.... After making our review we ask God's forgiveness and inquire what corrective measures should be taken." (p.86)

"We consider our plans for the day. Before we begin we ask God to direct our thinking especially asking that it be divorced of self-pity, dishonest or self-seeking motives." (p.86)

"We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision." (p.86)

"We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no requests for ourselves only." (p.87)

"...we pause, when agitated or doubtful, and ask for the right thought or action." (p.87)

We constantly remind ourselves that we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." (p.87)

### **12th Step**

"Ask Him in your morning meditation, what you can do each day for the man who is still sick." (p.164)