

## The Morning Meditation & Throughout the Day:

1) Say the following prayer ASAP upon waking: “God, please direct my thoughts and actions today, especially divorcing them from self-pitying, dishonest, and self-seeking motives. Lord, please help me employ the mental faculties you have so graciously given me, and place my thought-life on the plane of inspiration” [86:2]

2) Think about the 24 hours ahead – I consider my plans for the day, starting first with last night’s amends. I then ask God what he would have me do today to be a better Spouse, Parent, AA Member, Worker, Child, Friend, Citizen, etc. I conclude by asking the broad question “God what else would you have me do today?” Sit quietly and wait for direction. (Tip: Use a 3 x 5 index card or personal organizer to write down what comes to you in your meditation. Carry it with you throughout the day. As you complete tasks, cross them off. Each time you look at the list contemplate about any non-task oriented items like “be more patient with my son” or “practice the presence of God.”)

<b>God’s Will for Me Today (EXAMPLE)</b>
- Apologize to co-worker for dominating meeting
<del>- Call Aunt in hospital to offer support</del>
- Put down toilet seat for my wife
- Practice the presence of God throughout the day
<del>- Sign up for weekend retreat</del>
- Reach out to Bob Smith
- Be more patient with my son

\*\*\* REMEMBER \*\*\* in thinking about our day we may face indecision. We may be unable to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don’t struggle. We are often surprised how the right answers come after we have tried this for a while.[86:3]

3) Conclude this period of meditation with a prayer [87:1] “God, please show me all through the day what me next step is to be, and give me whatever I need to take care of each task. Lord, please free me from self will, and show me how I may be of service to others. Amen”

4) Other suggestions [87:2]

- Ask friends or wives to join us in Morning Meditation
- Attend to any morning devotions required by our particular faith
- Select and memorize a few set prayers that emphasize these principles
- Read one of the many helpful books available

5) Throughout the day: As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. [87:3] We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” [88:0] It works – It really does. [88:1] We alcoholics are undisciplined. So we let God discipline us in the way we have just outlined. [88:2] But that is not all. There is action and more action. “Faith without works is dead.” [88:3]

**10<sup>th</sup>/ 11<sup>th</sup> Step**

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

The Twelve Nightly Questions [86:1]	Chronology of today's events:
1. How was I resentful? (if so, do 4-column inventory)	
2. How was I selfish (i.e. egotistical, self-seeking)?	
3. How was I dishonest?	
4. How was I afraid?	
5. Do I owe an apology?	<u>Who did I help today?</u>
6. What have I wrongly kept secret?	
7. Was I unkind (i.e. cruel, harsh, unfeeling)?	<u>What did I accomplish today?</u>
8. Was I unloving (i.e. cold, unresponsive, indifferent)?	
9. What could I have done better?	<u>What I am grateful for today?</u>
10. Was I thinking of myself most of the time?	
11. Was I thinking of what I could do for others?	<u>Who needs my prayers today?</u>
12. Was I thinking what I could pack into the stream of life?	

But we are careful not to drift into worry, remorse, or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken

We say a Prayer: "God, please forgive me for my failings today. I know that because of my failings I was not able to be as effective as I could have been for you. Please forgive me and help me live thy will better tomorrow. Father, I ask that you now show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Show me how to make my relationships right, and grant me the humility and strength to do Thy will. Amen."

<u>Reflections on the day</u>