

24 Hours A Day Questions

1. Read July 24 — meditate 10 minutes.
Can I find happiness and contentment returning to food as my God?
2. Read June 12, 13, 14 — repeat the prayer on the 14 until you feel you have let go. Do I believe I can only get well working the program?
3. Read May 20, 21, 22 — meditate on the 20th for 15 minutes.
Am I willing to share my entire life at a meeting?
4. Read January 22 and February 13 — repeat prayer on January 22.
Have I crossed that invisible line from insane eater to sane eater?
5. Read February Sand 20 — meditate 15 minutes on 5.
Can I be and will I be honest when I take a 10th step?
6. Read February 24, 25, 27 — re-read prayer on 27 — meditate 10 minutes on 25.
How does one go about accepting a Higher Power and how will I learn to depend on my Higher Power?
7. Read February 28 and March 4 — 15 minutes on daily meditation.
When will I completely surrender to a power outside of myself? What must I completely do?
8. Read March 14 and 18 — meditate 15 minutes.
Have I stopped worrying about my disease? If so, why?
9. Read September 16, 18, and 19 — repeat meditation on the 18 until you let go. Am I sure that I am accepting the concept of a Higher Power?
10. Read September 20, 21, 22, 23, 24 — 10 minutes meditation on 24.
Can I be honest in my personal inventorS'?
11. Read October 20-27 — 10 minute meditation on 27.
Do I feel that I belong to God, and have I finally put m' overeating in his hands?
12. Read October 30 — 10 minute meditation repeat prayer for 15 minutes.
Have I learned patience? Have I learned to wait for God's time for things to happen to me?

13. Read December 17-20 — meditate 15 minutes on the 18.
Do I have a working faith?
14. Read October 12— meditate 15 minutes.
Have I jumped into program with both feet?
15. Read December 17 — meditate 10 minutes.
Have I made the choice today to let God guide my life?
16. Read December 3 and 4.
Have I learned to think before I react?
17. Read April 12 and 14 — meditate 15 minutes on the 14.
Have I found inner peace?
18. Read October 6 and 12.
Are you sharing the load?
19. Read February 22.
How well am I handling my problems?
20. Read May 13.
Am I willing to stay or be imperfect?
21. Read December 27— repeat prayer 5 times — meditate 10 minutes.
Is OA what I really want? How can I make it mine?
22. Read March 5.
Am I trying too hard to get program?
23. Open 24 Hour a Day at random.
What does what you read mean to you?
24. Read May 2 and 3.
I've got to be me before I can be for anyone else? What do you think of that?

25. Read June 15-30.
Discuss and Reflect on Love Then, and Love Now.
26. Read January 3, 4, 5.
Can I take the world as it is not as it used to be?
27. Read January 1 to 24.
D & A on success is never final. It is a journey not a destination.
28. Read January 2.
D & R on why we have to live one day at a time.
29. Read December 25 to 29.
D & R on the best sermon is a good example.
30. Read July 13, September 8.
D & R on listen to the message, not the messenger.