

# An 11<sup>th</sup>-Step Quiet Time Guide

This suggested guide is a half-hour practice, divided into segments

*Prayer and love are considered sacred mysteries and the 'set-apart' time should not be entered lightly or carelessly. **Set aside the same, uninterrupted time each day, at least 5 days a week.** "Easy Does It" – start with half an hour each day for at least the first 6 months, then grow to one hour a day.*

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**1. READING MATERIAL (10 minutes):** This helps open the mind to truth, as well as willingness to surrender to, and co-operate with, God's will:

- a.** "Keep it Simple:" –If you are very new and sacred writings are too strong—read, 'Upon waking...' (p 86) in the Big Book every morning, and 'When we retire...' Or read from the Chapter to the Agnostics.
- b.** A holy book or sacred writing of your choice. Only take 'bite-size' pieces at each reading period, and do not select readings that are far beyond your current, spiritual-comprehension level.
- c.** You may select a prayer from your reading... or it might be 'The Lord's Prayer' to start with, or a recitation of your gratitude list.

**2. PRAYER and MEDITATION TIME (10 minutes):**

- a.** The attitude with which you approach God is important (either you are meeting with the Creator and Sovereign Monarch or you are a silly fool). Prayer is an ancient key, and looking at moral behavior, *as much as possible*, is a necessary preparation; perfection is not demanded. Be open, honest, and humble to avoid getting misleading visions or messages.
- b.** Select a **private and quiet area** that allows for you to sit or lay down comfortably, although some people prefer to stand or kneel. **You can create your space** to be inviting and without distractions. You might use incense.
- c.** Whisper or read your chosen prayer a few times. At first, combine your prayers with your breathing and your heartbeat.
- d.** Then relax for the 'receptive prayer' of meditation. Be still and try to become silent inside. Do not try to ignore your breathing but also, do not try to do any breathing exercises. Just observe it and stay in the moment.
- e.** If your thoughts wander, keep giving them over to the Higher Power. Any 'spiritual stirrings' or 'awakenings' may surprise you; just continue praying and stay neutral.

*(The next two can be switched if preferable)*

**3. "EXERCISE" (5 minutes):** Stretching, bending, contracting and then relaxing your muscles, one area at a time.

**4. WRITING (5 minutes):** Keep a journal of your readings and prayers. Jot down strong ideas or images that came to mind, but do not spend time analyzing them—give these impressions to God. Some of these you may choose to discuss with your spiritual advisor.

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*The next part of Step 11 is to maintain 'conscious contact,' pause and pray when upset or doubtful and ask for guidance. **The last part** is to constructively review our day when we're ready to retire at night. "After making our review we ask God's forgiveness and inquire what corrective measures should be taken." Many people review what they are grateful for—today or overall. .*