

Daily Prayer & Meditation Practice ES&F 4-11-2021

Pray for others: God, please bless and help

Serenity Prayer: God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Thy will not mine be done!

Abstinence Plan for the Day (Optional)

Suggested prayer: A Prayer for Inner Peace: Please help me to clear my mind and emotions of negativity and drama. Please uplift my thoughts to the level of true spiritual understanding, compassion and divine wisdom.

Suggested prayer: Who am I and what am I doing? I am powerless over (say what it is, i.e., my problems & behaviors) and my life was unmanageable until I came to believe that a Power greater than myself could restore me to sanity. To that end, my job today is to trust God, clean house and help others. Today I humbly turn my will and my life over to the care and protection of my Higher Power.

3rd Step Prayer: God, I offer myself to Thee to build with me and 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!

7th Step Prayer: God, I am now willing that you should have all of me, good and bad. I pray that You now remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Grant me strength as I go from here to do your bidding. Amen.

Gratitude List: What am I grateful for today? List 5 gratitudes.

Reading for Today: (Optional) Read the AA Big Book on a daily basis.

When you want to know why you have a problem, read pages 60-62. Personalize it by adding your name instead.

When you want to know some of the things you can do about them on a daily basis, read [pages 84-88](#).

(This is a link to a PDF of Into Action from the AA Big Book Original Manuscript with page references to the AA Big Book 4th edition)

Writing for Today: [today I read from _____]
(Optional)

Inventory: God, please show me during the last 24 hours:

1. Was I resentful, selfish, dishonest or afraid?
2. Do I owe an apology?
3. Have I kept something to myself which should be discussed with another person at once?
4. Was I kind and loving toward all?
5. What could I have done better?
6. Was I thinking of myself most of the time?
7. Or was I thinking of what I could do for others, of what I could pack into the stream of life?

God, please let me be careful not to drift into worry, remorse or morbid reflections, for that would diminish my usefulness to others.

God, please forgive me for any wrong. Please show me what to do to make amends and what corrective measures to take so that I do not repeat these same wrongs in the future.

God, as I consider my plans for the day, please clear my thinking of wrong motives. I especially ask that my thinking be divorced from self-pity, dishonest or self-seeking motives.

God, I have a problem [say what it is]. I do not know which course to take. Please grant me an inspiration, an intuitive thought or a decision. God, please help me.

God, I pray that you show me all through the day what my next step is to be, that You give me whatever I need to take care of every situation. I ask especially for freedom from self-will.

God, please show me what I can do each day for those who are still sick.

God, I pray to be careful to make no request for myself only. I pray to remember that I may ask for myself, if what I ask for will also help others.

God, all things are possible to You; therefore, if it be Thy will and if what I am asking for will also help others, please grant [say your request at this time]. Nevertheless, Thy will not mine be done in this as in all things. Amen.

What to Do as You Go Through the Day: (Choose 1 or 2)

God, please remove my selfishness and all its manifestations such as: dishonesty, resentment and fear. Let me quickly talk to someone so that I can see whether I have harmed anyone. If I have, please guide me to make my amends quickly.

God, please help me to resolutely turn my thoughts to someone I can help. Let me use love and tolerance of others as my code.

God, I pray that I not let up on this spiritual program of action. Always let me remember that I am not cured of my problems or behaviors. Never let me forget that my recovery is contingent upon the maintenance of my fit spiritual condition.

God, I pray to carry the vision of Your will into all my activities every day. "How can I best serve Thee – Thy will (not mine) be done." I pray that these thoughts go with me constantly.

God, I pray that You grant me the grace to be still whenever I am agitated or doubtful; that You give me the right thought or action. I pray to constantly remember that I am no longer running the show. I pray to humbly say to myself, many times each day, "Thy will be done."

God, I pray that You discipline me by having me follow Your program. I pray to always remember that "faith without works is dead;" that I need to carry the message of hope, sanity and recovery to all those who still suffer and to practice these principles in all my affairs.

Service & Plan of Action: {Optional}

Peace: it does not mean to be in a place where there is no trouble, noise, or hard work. It means to be in the midst of all those things and still be calm in your heart." (author unknown)

St. Theresa's Prayer: May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born in faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be content knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us. Amen

FREEDOM FROM BONDAGE PRAYER

God, I take this time to become quiet and pray for _____. I pray for _____ to have all that I wish for myself: good health, a loving family, protection over (his/her) loved ones, peaceful moments and the inner knowing that (he/she) is good and enough. I pray that you help me change my thinking about _____, and become more grateful to (him/her) for coming into my life as a teacher, to help me grow closer to You, God, and thus enlarge my spiritual life.

Please help me to remember that:

Just like me, _____ is seeking some happiness for (his/her) life.

Just like me, _____ is trying to avoid suffering in (his/her) life.

Just like me, _____ has known sadness, loneliness and despair.

Just like me, _____ is seeking to fulfill (his/her) needs.

Just like me, _____ is learning about life.

G-d, please bless _____ with peace, good health, security and prosperity.

G-d, bless _____ change me.