

Daily Prayer & Meditation Practice 6-16-2021

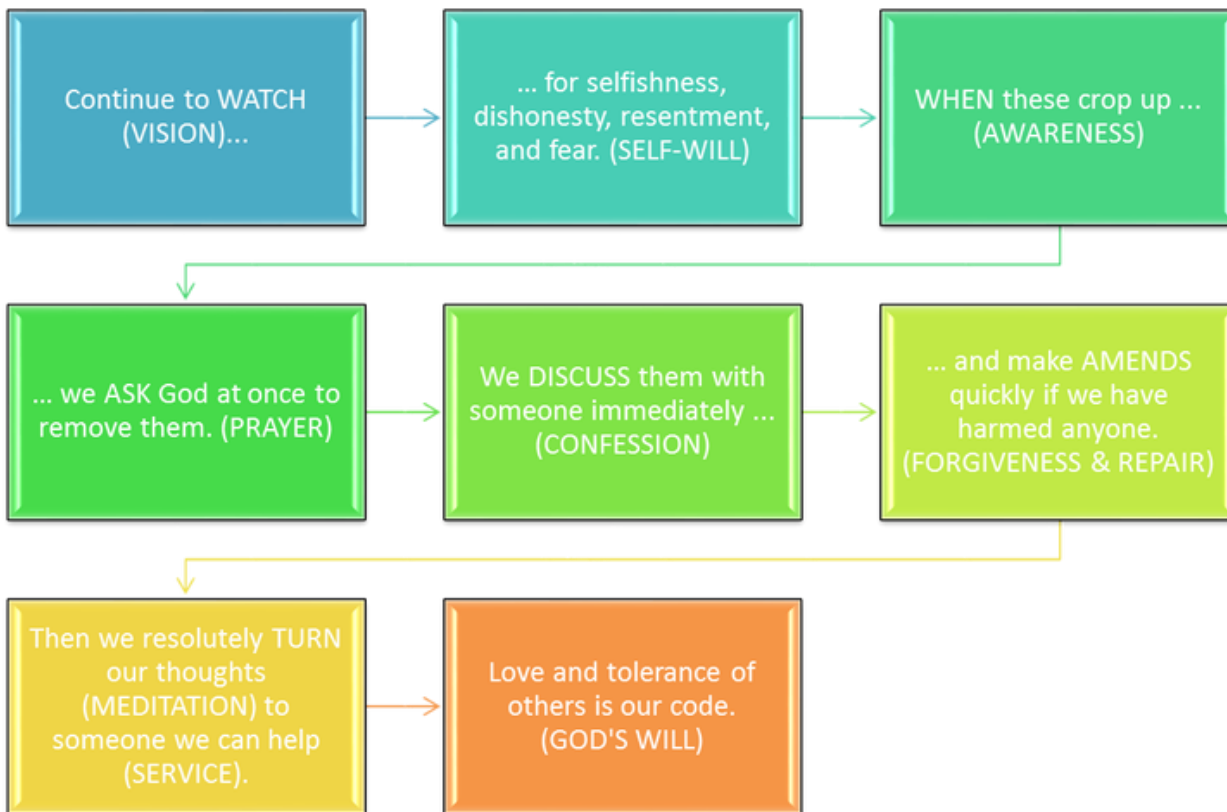
God, please set aside everything I think I know about You, everything I think I know about myself, everything I think I know about others, and everything I think I know about my recovery, so I may have an open mind and a new experience with these things and come to know You better. Please help me see the Truth.

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!

Today is a new day for me and, with God, it can be a day of abstinence. I know that I am powerless over (say what it is, i.e., my problems & behaviors). My life can become unmanageable again. Only God, a Power greater than myself can restore me to sanity. With God I can handle anything, and things which I think impossible, are possible. God, please help me to know Your will for me today, and give me the willingness to carry it out. Today I humbly turn my will and my life over to Your care.

Third Step Prayer: “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.” (AA BB: 63)



Inventory can be written or shared verbally:

“God, please show me during the last 24 hours....”

Was I in a place of neutrality around my problems and behaviors?

Was I resentful?

Was I selfish?

Was I self-seeking?

Was I dishonest?

Was I afraid?

Was I prideful (thinking I was better than or less than others)?

Was I jealous?

Was I envious?

Was I lazy?

Did I do anything that I feel guilty or ashamed about?

Did I treat others the way I would want to be treated?

Did I silently grant forgiveness when I felt hurt, as I would want to be forgiven by others?

Do I owe an amends?

If so, am I willing to make amends for the harms that I have done?

What should I have done instead?

Am I willing to trust and rely on God?

Am I willing to believe that God is everything and that He has the Power to solve all my problems?

Am I willing to have God removed the defects of character? (Be specific.)

Identify assets to strive for i.e., humility, trust, intimacy, honest, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc.

God, I pray that You now remove from me every single defect of character that stands in the way of my usefulness to others. Today, I pray for freedom from my XXXX behavior and ask that it be replaced with XXXX.

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.

What am I grateful for?

Spend a moment in quiet contemplation and turn your thoughts to someone you can help. “Love and service is our code.”

What can I do for others today? How can I be of service?

God, as I consider my plans for the day, please direct my thinking. I especially ask for Your guidance to separate me from reacting from motives which are dishonest, self-seeking or full of self-pity. In order to be most useful for others, let me be careful not to drift into worry, remorse or morbid self-reflection.

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.

Today, I ask forgiveness from:

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, 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, 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.

Prayers Throughout 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.

Shira's version: God, I pray that You discipline me by having me follow Your program. I pray to always remember that "faith without works is dead." I humbly pray to continue to walk on this path of spiritual growth one day at a time, and to practice the principles of this way of life in all my words and actions. I need You, the fellowship, and the program every hour of every day. This is a better way to live.

Two Way Prayer Time/Written Guidance followed by sharing.

Tenth Step Thinking

