

UPON AWAKENING:

Step 11 Prayers and Meditations

Begin with a two minute silent meditation.

Big Book pages 86-87:

On awakening, we pray: *God, I ask you to direct my thinking. I especially ask that my thoughts be full of gratitude, honesty, and thoughtfulness of others.*

Think about the twenty-four hours ahead. Consider your plans for the day. Let's take a moment to write them down. If faced with indecision, pray:

God, I ask you for inspiration, an intuitive thought, or a decision.

After considering your plans for the day, pray: *God, I pray that I be shown all through the day what my next step is to be. I pray that I be given whatever I need to take care of such problems. I ask especially for freedom from self-will. I ask that I be given strength only if others will be helped.*

Also say the following prayers: *My creator, I ask that you show me the way of patience, tolerance, kindness and love. (Page 83) God, what can I do today for the person who is still sick? (Page 164) Take a moment to write down the names of people who are still sick and what you can do for them.*

Also take a moment to write down any resentments you want to be free of.

Pray: *God, I ask that everything I want for myself, but especially authentic awareness of your presence within, be given to _____.* I ask for their health, prosperity, and happiness. (page 552)

Now we will recite a few prayers which emphasize the principles in the Big Book.

The third step prayer on page 63.

Before I pray the seventh step prayer, let's write down any character defects we are currently struggling with. (page 76)

The eleventh step prayer or the St. Francis prayer from page 99 of the 12x12.

Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—That where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.

As you go through the day, constantly remind yourself: *I am no longer running the show.* Say to yourself many times each day: *Thy will be done.* When agitated or doubtful, pause and pray: *God, please give me the right thought or action. Then relax and take it easy.* (Pages 87-88)

Thoughts which must go with you constantly: *How can I best serve thee? Thy will (not mine) be done.* (Page 85)

If a person offends you, pray: *This is an imperfect person, like me. How can I be helpful to them? God save me from being angry. **THY WILL BE DONE.*** (Page 67)

Now we will close our meeting with the Serenity Prayer.