



## LESSON TEN

### STEP ELEVEN

*Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*

Prayer and meditation are the principal means we in the program use for an improved conscious contact with our Higher Power. Many members of AA are easily distracted and lose sight of priorities. Often prayer is used only in an emergency.

Just as our bodies suffer with the deprivation of food and water, so our minds and emotions suffer with the deprivation of prayer and meditation.

Memorized prayer can be helpful, but what we are after here is personal conversation with our Higher Power.

The Big Book uses the phrase “quiet time” rather than the word *meditation*. It is beneficial to set aside time during the day, usually in the morning, when we eliminate all distractions and concentrate and enjoy the sense of well-being shared with our Higher Power.

God’s will for us, at any given moment, is that we experience and enjoy our full potential every day of our lives. It is then that we are in sync with God. In brief, God wants one thing only—that we be happy.

It is said that we are never burdened beyond our strength, that God will always give us the strength to cope. This Step tells us that God wants even more for us. What appears as a burden to us is only because of our tunnel vision. What we are being offered is an opportunity to grow, to expand our capacity for happiness.

Prayer and meditation is another discipline requiring commitment and consistent practice. Once established as a habit, it reaps great reward.

**KEY IDEA 1**

We know this Step is needed, because of the past experiences of AA members who forgot they have not been *cured* of alcoholism.

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

What's the difference between *recovered* and *cured*?

**KEY IDEA 2**

Complacency obscures the knowledge that our recovery from alcoholism was granted by a *Power greater than ourselves*.

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

Alcoholism is a progressive disease in all aspects—physical, mental, emotional, and spiritual.

**KEY IDEA 3**

In reality we are on a “daily reprieve,” and our reprieves are “contingent on the maintenance of our spiritual condition.”

**HARDCOVER**

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

What are the consequences of returning to a life lived on self-will?

**KEY IDEA 4**

A sure way of increasing this help and improving our contact with God is through simple prayers of sincere gratitude.

**HARDCOVER**

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

Consider prayer in the context of conversation with our Higher Power.

Prayer is the means of thinking things through with your Higher Power.



**KEY IDEA 5**

Relaxation of mind and body and surrender of our will to God are necessary before prayer and meditation are truly satisfying.

**HARDCOVER**

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

It is important to remember the slogan: HALT—hungry, angry, lonely, tired.

**KEY IDEA 6**

It is simple. Try it.

**HARDCOVER**

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

Talk the group through a meditation. What are some of the ways to relax and meditate?

**KEY IDEA 7**

What is God's will? How am I to know it from my own will?

**HARDCOVER****PAPERBACK**

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

If we can stay in the moment we will intuitively know what the very next thing to do is and that is all that is important. Listening for God's will for us is an ongoing practice throughout our recovery.

**KEY IDEA 8**

Therefore, we deduce that our understanding of God's will *starts with surrender of our wills to Him and with charitable, loving acts of service to others.*

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

In what ways does alcoholism produce negative, paranoid, and self-sabotaging thinking? Make a list of some examples.

**KEY IDEA 9**

Our efforts in this direction, aided by faith and prayer for guidance, will bring us near to God.

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

Just as the disease is progressive, so recovery is progressive. We also remember to take time and examine the progress we have made. Often we don't give ourselves the credit we deserve.

**KEY IDEA 10**

*We are, to the best of our ability, gaining a knowledge of God's will by the practice of faith, honesty, and unselfish service.*

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

Having a spiritual advisor—an objective individual who can guide us on a spiritual path—is all important.

**KEY IDEA 11**

They cannot be earned by merely asking. They must be earned by honest endeavor.

**HARDCOVER**

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

Easy does it—but do it.

**KEY IDEA 12**

It is not wise to pray for power selfishly or with resentment, envy, or self-pity in our hearts.

**HARDCOVER**

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

Our Higher Power will help us do it, but our Higher Power will not do it for us without some work on our part.



**KEY IDEA 13**

God releases power to those whose lives are channels for His will.

**HARDCOVER**

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

We forget about ourselves in our attempts to be of service and help others.

**KEY IDEA 14**

*The power to carry out God's will must come from the inspiration and energy that are found in the emotion, love—love that embraces God and humankind.*

**HARDCOVER**

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**SUGGESTION FOR SELF-STUDY OR GROUP DISCUSSION**

Even though we may not “feel” love or gratitude at every given moment, that does not necessarily mean that it is not there.



