

## Week 11

**Step 11: We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.**

*“Let the word of Christ dwell in you richly.” -Colossians 3:16a NIV*

**Principle 7:** Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

There are two lessons that go along with Step 11:

1) One, Relapse: How to prevent relapse:

**R** \_\_\_\_\_

**E** \_\_\_\_\_:

do a heart check by asking ourselves daily if we are:

**H** \_\_\_\_\_

**E** \_\_\_\_\_

**A** \_\_\_\_\_

**R** \_\_\_\_\_

**T** \_\_\_\_\_

**L** \_\_\_\_\_

**A** \_\_\_\_\_

**P** \_\_\_\_\_

**S** \_\_\_\_\_

**E** \_\_\_\_\_

2) The second lesson that goes along with Step 11 is Gratitude: Four areas we need to show gratitude in:

a) First, what am I thankful to \_\_\_\_\_ for?

b) Second, who are \_\_\_\_\_ God has given me?

c) Third, we need to be thankful for our \_\_\_\_\_.

d) Fourth of all, we should be thankful for our \_\_\_\_\_.