



*Higher Power, please direct my thinking today; I pray that it is divorced from self-pity, dishonest or self-seeking motives*

**Step 10 Nightly Review** (Big Book p86) Was I...

Resentful? \_\_\_\_\_  
\_\_\_\_\_

Do I owe anyone an apology? \_\_\_\_\_  
\_\_\_\_\_

Selfish? \_\_\_\_\_  
\_\_\_\_\_

Was I irritable, restless or discontent? \_\_\_\_\_  
\_\_\_\_\_

Dishonest? \_\_\_\_\_  
\_\_\_\_\_

Was I kind and loving toward all? \_\_\_\_\_  
\_\_\_\_\_

Jealous? \_\_\_\_\_  
\_\_\_\_\_

What did I do for others? \_\_\_\_\_  
\_\_\_\_\_

Afraid? \_\_\_\_\_  
\_\_\_\_\_

What could I have done better? \_\_\_\_\_  
\_\_\_\_\_

Afraid of losing something?  
\_\_\_\_\_

Afraid of not getting what I want?  
\_\_\_\_\_

Afraid of being found out?  
\_\_\_\_\_

**Steps 6-7: Higher Power, 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. I pray for the...**

freedom from \_\_\_\_\_ please replace it with \_\_\_\_\_  
\_\_\_\_\_

freedom from \_\_\_\_\_ please replace it with \_\_\_\_\_  
\_\_\_\_\_

freedom from \_\_\_\_\_ please replace it with \_\_\_\_\_  
\_\_\_\_\_

freedom from \_\_\_\_\_ please replace it with \_\_\_\_\_  
\_\_\_\_\_

freedom from \_\_\_\_\_ please replace it with \_\_\_\_\_  
\_\_\_\_\_

freedom from \_\_\_\_\_ please replace it with \_\_\_\_\_  
\_\_\_\_\_

**St. Theresa's Prayer:**

*May today there be peace within.  
May you trust your highest power  
That you are exactly where you are meant to be.  
May you not forget the infinite possibilities  
That are born of 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 our bones,  
And allow your soul the freedom  
To sing, dance, praise and love.  
It is there for each and every one of you.*

**11th Step Prayer**

*Lord, make me an instrument of Thy peace;  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy.  
O Divine Master, grant that I may not so much  
Seek to be consoled, as to console;  
To be understood, as to understand;  
To be loved, as to love;  
For it is in giving that we receive,  
It is in pardoning that we are pardoned,  
And it is in dying that we are born to eternal life.*

*On awakening, let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.*

*In thinking about our day we may face indecision. We may not be able to determine what course of action to take. Here we ask God for inspiration, and intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as times passes, be more and more on the plane of inspiration. We come to rely on it.*

*We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.*

*If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.*

*As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves, many times each day, "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.*

*It works, it really does.*

*Big Book page 86-87*

