

# DAILY MEDITATION PAGES 86 87 AND 88 OF THE BIG BOOK OF

## [Download Complete File](#)

**What is page 86 of the Big Book?** Pg. 86 MORNING - Before we begin our day, "we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives." Pg. 86 MORNING - In thinking about our day, "We ask God for inspiration, an intuitive thought or decision."

**What page of the Big Book is on Awakening?** Big Book, pages 86-7; On awakening pray: God, I ask you to direct my thinking, I especially ask that my thinking be divorced from self-pity, dishonest or self-seeking motives.

**What pages are step 8 in the big book?** Step 8. Made a list of all persons we had harmed, and became willing to make amends to them all. This step is described on pages 76. [The directions for taking Step Eight are on page 76, paragraph 3, lines 2-5.]

**What page is step 7 in the Big Book?** Step 7 Humbly asked Him to remove our shortcomings. This Step is described on page 76:2.

**What are the most important pages of the Big Book?** The Big Book is a Text Book The first 164 pages of the Big Book are the basic text. The first 164 pages explain the alcoholic problem and how to solve it. Because it helped so many people recover, the Alcoholics Anonymous organization did not change it.

**What is the resentment prayer for AA?** Help me to master my resentments by understanding that the people who wrong me were perhaps spiritually sick. Please help me show those I resent the same Tolerance, Pity and Patience that I would cheerfully grant a sick friend. Help me to see that this is a sick man.

**What is the morning prayer in the Big Book of AA?** “God, direct my thinking today so that it be divorced of self-pity, dishonesty, self-will, self-seeking and fear. God, inspire my thinking, decisions and intuitions. Help me to relax and take it easy. Free me from doubt and indecision.

**What is the 11th step prayer in the big book?** The 11th Step Prayer is: “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.”

**What is the step 11 prayer on awakening?** a. The morning prayer, “God, direct my thinking, especially that it be divorced from self-pity, dishonest, or self-seeking motives,” serves this purpose. It's a call for clarity, guidance, and selflessness as one navigates the day's challenges.

**What is the step 10 in the big book?** These daily practices are the subject of Step 10 of the Twelve Steps of Alcoholics Anonymous: "Continued to take personal inventory and when we were wrong promptly admitted it." Here the word "inventory" means taking stock of our emotional disturbances, especially those that can return us to drinking or other drug use.

**What is Chapter 9 in the big book?** Big Book ASL - Chapter 9 - The Family Afterward Alcoholism affects not just the alcoholic but the entire family. This chapter offers hope and counsel to family members when the alcoholic is beginning to recover through Alcoholics Anonymous.

**What is Step 5 in the Big Book?** Step 5 of Alcoholics Anonymous, commonly known as the “Confession” step, encourages members to acknowledge their struggles and whatever harm they caused to themselves and others in pursuit of alcohol. Step 5 of AA reads that one, “admitted to God, to oneself, and to another human being the exact nature of our wrongs.”

**What is step 2 in the Big Book?** Alcoholics Anonymous Step 2 states that, “We came to be aware that a Power greater than ourselves could restore us to sanity.” This step follows the first step, in which an individual admits they have an alcohol problem and are powerless to stop drinking on their own.

**What page does step 4 start in the big book?** Step Four Explained. Step Four, which begins on the very end of page 63 in the Big Book of Alcoholics Anonymous, states that after we take Step Three, we must “launch out on a vigorous course of action, the first step of which is a personal housecleaning.”

**What is step 1 in the Big Book?** Step one as it appears in The Big Book, which is the basic text that lays the foundation of the 12-Step program, reads as follows: “We admitted we were powerless over alcohol, and that our lives have become unmanageable” (Alcoholics Anonymous pg. 59).

**What is the baffling feature of alcoholism?** Many of us felt that we had plenty of character. There was a tremendous urge to cease forever. Yet we found it impossible. This is the baffling feature of alcoholism as we know it—this utter inability to leave it alone, no matter how great the necessity or the wish.

**What page are the AA promises?** The Promises of AA can be found in chapter 6, "Into Action," on pages 83-84 of the Big Book.

**What is the best quote from the Big Book?**

**What is the AA pettiness prayer?** Keep us, O God, from pettiness; let us be large in thought, in word, in deed. Let us be done with fault-finding and leave off self-seeking. May we put away all pretense and meet each other face to face - without self-pity and without prejudice. May we never be hasty in judgment and always generous.

**How do I let go of old resentments?** Identify what needs healing and who you want to forgive. Join a support group or see a counselor. Acknowledge your emotions about the harm done to you, recognize how those emotions affect your behavior, and work to release them. Choose to forgive the person who's offended you.

**What is the AA fear prayer?** Pray: God, please remove my fear and direct my attention to what you would have me be. At once, I commence to outgrow fear.

**What is the nightly sobriety prayer?** Prayer for Strength and Healing "Dear God, I come before you humbly, acknowledging the grip that alcohol addiction has on my

life. I am powerless on my own, but I know that with your strength, healing is possible. Grant me the courage and determination to overcome this addiction and lead a sober life.

**What is the AA prayer without God?** The 3rd Step Prayer for Atheists \* I am now open to accepting whatever life brings me, as I know that through living by AA's principles of love, tolerance, service and sobriety, every day is a chance to do and be better for myself and towards others.

**What prayer is said at the end of an AA meeting?** There are many ways that meetings are ended. It is up to the group what is said. Usually it is the Serenity Prayer, (God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.). I have been to meetings where nothing is said at the end.

**What is the big book 10th step prayer?** 10th Step Prayer God, please help me watch for selfishness, dishonesty, resentment and fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone.

**What is the 4th step prayer big book?** God, Please help me to be free of anger and to see that the world and its people have dominated me. Show me that the wrong-doing of others, fancied or real, has the power to actually kill me. Help me to master my resentments by understanding that the people who wrong me were perhaps spiritually sick.

**Why is prayer essential to step 7?** The main reason why prayer is essential to the seventh step of AA is that it symbolizes and reinforces the act of surrender. In the context of the seventh step, participants are asked to humbly acknowledge their character defects and shortcomings.

**What is the bedtime prayer my soul to take?** Now I lay me down to sleep, I pray thee, Lord, my soul to keep; If I should die before I wake, I pray thee, Lord, my soul to take.

**What is the 9th Step prayer Big Book?** Ninth Step Prayer I pray for the right attitude to make my amends, Being ever mindful not to harm others in the process. I

ask for Your guidance in making indirect amends. Growing in spiritual progress.

**What is the 7th Step prayer Big Book page?** Seventh Step Prayer The Step 7 Prayer, from page 76 of the Big Book, Alcoholics Anonymous, is: My Creator, I am now willing that you should have all of me, good and bad.

**What page is the sick man's prayer?** Page 67. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man.

**What page is Rule 62 on in the Big Book?** In the book, Twelve Steps and Twelve Traditions in Alcoholics Anonymous, on page 149, Rule 62 is described as, "Don't take yourself too seriously." This passage is more about clearing up any wrongdoings with humility by moving on and getting into the solution.

**How many pages are in the Big Book of Alcoholics Anonymous?** The book consists of over 400 pages. Bill W.'s Story and Dr. Bob's Nightmare and the personal experiences of some alcoholics are detailed as well as the series of solutions which evolved to become the twelve-step program.

**What page is the spiritual axiom in the Big Book?** 67 – The Spiritual Axiom and Serenity Prayer in the big book of Alcoholics Anonymous – Pages 87-88 – Step 10-11 -Part 1. I have been thinking about writing on the paragraph on the bottom of page 87 to top of page 88. It came to me that this is the spiritual axiom and the serenity prayer in the AA big book.

**What is the AA prayer for anxiety?** The Serenity Prayer God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. The prayer emphasizes the core AA principle of acceptance.

**What is the AA prayer for sickness?** Sick Man's Prayer God, when a person offends me, help me to remember this is a sick person. Help me show the same tolerance, pity, and patience that we would cheerfully grant a sick friend. Show me how can I help them. Save me from being angry.

**What is the alcoholics anonymous prayer?** “God grant me the serenity to accept the things I can not change, the courage to change the things I can and the wisdom to know the difference.” The Serenity Prayer was originally a prayer that Reinhold Niebur used following a sermon in 1943.

**What is the only rule of AA?** The only requirement for membership, straight from the AA website, is “a desire to stop drinking.” With AA, as James says in the video, “You’re a member because you say you’re a member. It really is that simple.”

**What is page 417 in the Big Book?** On page 417 a bold claim is made, the solution to ALL problems. The core of all problems, it states, is finding a person, place, thing, or situation unacceptable. The answer is realizing that nothing in the world happens by mistake. Therefore, the solution is found in acceptance.

**What is page 76 of the AA Big Book?** Page 76 - The Big Book of Alcoholics Anonymous. WE AGNOSTICS 55 though it emanate from our best minds. What about people who proved that man could never ?y? Yet we had been seeing another kind of ?ight, a spiritual liberation from this world, people who rose above their problems.

**What religion were the founders of AA?** AA’s co-founders Bill Wilson and Bob Smith were members of a Christian revival organization called the Oxford Group, which targeted the wealthy (its founder is ridiculed in this TIME cover story from 1936 as a “cultist” who wanted people to believe that “God is a millionaire”).

**Who actually wrote the big book of alcoholics Anonymous?** Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism is a 1939 basic text, describing how to recover from alcoholism. It was primarily written by one of the founders of Alcoholics Anonymous (AA), Bill Wilson with two chapters, “To Employers” written by Henry Parkhurst.

**What word is used the most in the Big Book of Alcoholics Anonymous?** That one word, “Power” is mentioned 77 times in the Big Book of Alcoholics Anonymous, most often referring to the force, or entity of which most call the God concept.

**Is the Serenity Prayer AA approved?** The Serenity Prayer was originally written by religious scholar Reinhold Niebuhr (1892–1971) around 1932. Since that time, the

prayer has been modified and adapted for numerous purposes, including as a mantra used by Alcoholics Anonymous and other 12-step programs.

**How many times does it say God in the Big Book?** The word “God”, or another version of “Him”, is found 281 times in the first 164 pages of the Big Book. The divine is addressed directly as “God” in four of the 12 steps and indirectly in two, as “Power” and “Him.”

**What does step 4 mean in AA?** What Is Step 4 in AA? Step 4 of Alcoholics Anonymous encourages one to make, “A searching and fearless moral inventory” of themselves. Step 4 of AA is designed to help those struggling with addiction examine their behavior and character.

## **The Ultimate History of Video Games: From Pong to Pokémon and Beyond**

### **The Story Behind the Craze That Touched Our Lives**

Video games have come a long way since the days of Pong. Today, they are a multi-billion-dollar industry with games that appeal to people of all ages and backgrounds. But how did this all come about? Let's take a journey through the history of video games to find out.

### **The Early Days (1950s-1970s)**

The first video games were developed in the 1950s and 1960s, but they were very different from the games we play today. One of the earliest video games was Tennis for Two, which was created in 1958. This game was played on an oscilloscope and used two paddles to control the movement of a ball. Another early video game was Spacewar!, which was created in 1962. This game was one of the first to use computer graphics and allowed two players to compete against each other.

### **The Golden Age of Arcade Games (1970s-1980s)**

The 1970s and 1980s saw the rise of arcade games. These games were played in public places such as arcades and bowling alleys. Some of the most popular arcade games of this era include Pac-Man, Donkey Kong, and Space Invaders. These games were simple to learn but difficult to master, and they quickly became a global phenomenon.

## **The Rise of Home Consoles (1980s-1990s)**

The 1980s and 1990s saw the rise of home video game consoles. These consoles allowed people to play video games at home, without having to go to an arcade. Some of the most popular home consoles of this era include the Nintendo Entertainment System (NES), the Super Nintendo Entertainment System (SNES), and the Sega Genesis. These consoles introduced a new generation of gamers to the world of video games.

## **The Modern Era (2000s-Present)**

The 2000s and beyond have seen the continued growth of the video game industry. The rise of the internet has led to the development of online gaming, which allows people to play games with others from all over the world. The development of new technologies has also led to the creation of more realistic and immersive video games. Today, video games are a global phenomenon, and they are enjoyed by people of all ages and backgrounds.

## **Conclusion**

Video games have come a long way since the days of Pong. Today, they are a multi-billion-dollar industry with games that appeal to people of all ages and backgrounds. The history of video games is a fascinating one, and it is still being written today. Who knows what the future holds for this exciting and ever-changing industry?

## **Q&A**

- **What was the first video game?**

Tennis for Two

- **When was the first video game created?**

1958



- **What was the first arcade game?**

Computer Space

- **When was the first arcade game created?**

1971

- **What was the first home video game console?**

Magnavox Odyssey

- **When was the first home video game console created?**

1972

## **Solution Electronic Instruments and Measurements with Larry**

**Q: What is the purpose of an oscilloscope?**

**A:** An oscilloscope is an electronic measurement device that displays the waveform of an electrical signal. It is commonly used to visualize waveforms, measure their amplitude, and determine their frequency.

**Q: What is the difference between a voltmeter and an ammeter?**

**A:** A voltmeter measures the voltage (potential difference) between two points in a circuit, while an ammeter measures the current flowing through a circuit.

**Q: How do I measure resistance using a multimeter?**

**A:** To measure resistance using a multimeter, set it to the "ohms" setting and connect the probes to the terminals of the resistor. The multimeter will display the resistance value in ohms.

**Q: What are the safety precautions I should take when working with electrical equipment?**

**A:** Always follow the manufacturer's instructions and safety guidelines. Wear appropriate protective gear, such as safety glasses and gloves. Ensure that the equipment is properly grounded and that there are no exposed wires or connections.

**Q: Where can I find more information on electronic instruments and measurements?**

**A:** There are numerous resources available online and in libraries that provide detailed information on electronic instruments and measurements. You can also consult with an experienced electrician or electronics technician for guidance.

**What happens in the book "I Am David"?** I am David is a 1963 novel by Anne Holm. It tells the story of a young boy who, with the help of a prison guard, escapes from a concentration camp in an unnamed Eastern European country and journeys to Denmark. Along the way, he meets many people who teach him about life outside the concentration camp.

**What happens in chapter 4 of I Am David?** This engaging and thought-provoking double-lesson resource aids students in developing a secure understanding of the chapter 4 of Anne Holm's 'I Am David. ' In this section of the text, David is initially beaten by Carlo, before winning the respect of Carlo and his family after saving Maria from the shed fire.

**What is the theme of I Am David?** The novel as a whole develops the theme of the will to survive, as David's journey is all about surviving until he can reach Denmark. One event that is very important is David's initial decision to escape the camp. He constantly reminds himself of his goal to reach Denmark and has a will to keep going.

**What happened in chapter 9 of I Am David?** The new chapter shows David adjusting well to life in Denmark over the past year. He expresses gratitude to God for the beauty of Denmark and for connecting him with people who helped him escape the concentration camp and find his mother. David feels happy and able to express his emotions.

---

**What is the main conflict in I Am David?** The findings show that the main character faced two kinds of conflicts, internal and external conflict. The internal conflict includes the psychological conflict faced by David and the external conflict includes the other characters, social and nature conflict faced by David.

**Why should I read I Am David?** "You can't change others, but you can do something about a fault in yourself." I Am David by Anne Holm is a very interesting and emotionally powerful story about a young boy. David was born and raised in a prison when one day, he is given a backpack and a few instructions to escape and find his way to Denmark.

**What happens in chapter 5 of I Am David?** Chapter 5 Summary He continues to marvel at the beauty of their luxurious house, particularly the bathroom with its scented soaps and soft towels. David also enjoys reading their books and expanding his repertoire of words, finding synonyms for words that allow him to express himself more precisely.

**What happens in chapter 6 of I Am David?** David is walking through Italy trying to make his way to Switzerland. He stops in a small town and enters the local church, where he meets a priest. The priest recognizes that David's God is the same one described in the 23rd Psalm. Though David is unsure, he politely insists on keeping his own God.

**What happened in chapter 7 of I Am David?** This chapter begins with an image of David trudging through a snowstorm, determined to "go on and on until he came to Denmark and found the woman whom he knew must be his mother" (see "Quotes," p. 157). He also becomes more confused about his feelings for the man, hating him and grateful to him at the same time.

**Is "I Am David" a true story?** Although the circumstances seem real enough, David's background is a synthesis of all the terrible persecution that happened during the Second World War and the subsequent years of cold war communism. This helps to make David a very powerful and pure figure. I don't think he is particularly real.

**Who is the main character in I Am David?** David is the protagonist of I am David.

---

**What happened to Johannes in I Am David?** Johannes, his friend and mentor in the camp, who prepares him for escape, is killed by a guard, leaving David to face escape on his own.

**Why did Gogol marry Moushumi?** Moushumi originally felt drawn to Gogol for many of the same reasons Gogol was drawn to her after losing Maxine: The predictability and the familiarity of a fellow Bengali were assets.

**Do Gogol and Moushumi get divorced?** Moushumi keeps the infidelity a secret from Gogol for many months, but finally Gogol suspects something, catches Moushumi in a lie (on the train up to Boston, to visit Gogol's family), and the couples separates and, eventually, divorces. After their relationship ends, Moushumi drifts out of the novel.

**What happens in chapter 3 of I Am David?** David's compass falls into the sea. He helps an English tourist find his glasses and receives a sandwich in return. David also comes across an American couple with a broken down car and fetches petrol for them, refusing payment. When he returns, he finds an apology and money from the Americans in his bundle.

**What is the message behind "I am David"?** The film's primary message is that trusting people can sometimes be painful and at other times, rewarding. But, trust and perseverance in this case are worth it in the end. "I Am David" is heartwarming and enchanting story of victory over adversity.

**What is the climax of I Am David?** The English translation was originally titled "North to Freedom." The climax of the novel centers on a revelation that 12-year-old David receives after escaping from his life as a prisoner in Russia. One of the prison guards cares for David, plans his escape and gives him provisions for survival.

**What is the character description of I Am David?** In the story I Am David, written by Anne Holm, the main character David is brave, loyal, and respectful. He escapes a camp and is now on his way to freedom with many life changing decisions to face. Now, David's character traits will show how he made it through these tough times.

**How old is David in I am David?** David is a 12 year old boy. He has lived all his life in a concentration camp somewhere in eastern Europe. He does not know anything

about his parents or where he comes from, or why he is in the camp.

**What age is appropriate for the book I am David?** Set in post world war 2 times, it tells a story of a 12 year old boys journey from a concentration camp to various parts Europe. recommend this for age 12 and up (or at the very least 10), as the themes are more relatable for that age group.

**Where is the concentration camp in I am David?** David is told to travel south by the compass until he reaches Salonica (Thessaloniki), which places him in Bulgaria, or possibly Yugoslavia, part of which was administered by Bulgaria from 1941. From the point of view of the story, it makes no difference at all exactly where David's concentration camp is situated.

**What happened to Johannes in I Am David?** Johannes, his friend and mentor in the camp, who prepares him for escape, is killed by a guard, leaving David to face escape on his own.

**What happened to David's father in I Am David?** Sophie tells him that the woman's husband, and her son, David, were both killed in a concentration camp, but a guard at the camp fell in love with her and helped her escape.

**What is the climax of I Am David?** The English translation was originally titled "North to Freedom." The climax of the novel centers on a revelation that 12-year-old David receives after escaping from his life as a prisoner in Russia. One of the prison guards cares for David, plans his escape and gives him provisions for survival.

**What happens in the book I am the messenger?** I Am the Messenger follows Ed, an unremarkable, no-ambition, 19-year-old Lost Boy and cab driver who stumbles onto—and accidentally thwarts—a bank robbery. The local media hails him as a hero. Shortly after, Ed begins receiving playing cards scrawled with names, addresses, or other vague clues, in the mail.

[the ultimate history of video games from pong to pokemon and beyond](#)  
[the story behind the craze that touched our lives, solution electronic instruments and](#)  
[measurements larry, i am david anne holm study guide](#)

handbook of lgbt elders an interdisciplinary approach to principles practices and  
policies right out of california the 1930s and the big business roots of modern  
conservatism complete french beginner to intermediate course by gaelle graham ford  
ranger manual transmission fluid check magnavox cdc 725 manual mathematics with  
applications in management and economics solutions manual earl k bowen dear  
customer we are going paperless enzymes worksheet answers bing shutupbill fiat  
128 spider service manual telugu amma pinni koduku boothu kathalu gleny renault  
laguna service manual 99 samsung fascinate owners manual golwala clinical  
medicine text frr sap srm 70 associate certification exam questions with answers  
explanations it essentials chapter 9 test answers samsung ue32es5500 manual the  
kartoss gambit way of the shaman 2 java me develop applications for mobile phones  
2006 hyundai sonata repair manual free merchant of venice in hindi explanation act  
1 lying moral choice in public and private life logic and the philosophy of science  
venous disorders modern trends in vascular surgery manual mantenimiento  
correctivo de computadoras passing the baby bar torts criminal law contract law  
discussions by a bar exam expert kubota l1801 fuel service manual jd 4440 shop  
manual  
cambridgemathsnsw syllabusfor theaustraliancurriculum writemath howtoconstruct  
responsesto openendedmath questionslevelc apstatsquiz bchapter 14answers  
manualutilizare alfaromeo 147case446 servicemanual thestudentscompanion  
tophysiotherapya survivalguide1e bynicksouthorn bscphysiohons mscmicr  
mcspeditor21 jan2010paperback jennairowners manualstoveengineering  
physicsdegreeby bb swainfundamentals of thermodynamicsmorán 7thedition solution  
manual2005 bmwe60service maintenancerepairmanual torrentowner  
1996fordlouisville andaeromaxfoldout wiringdiagramoriginal dreamsof  
trespasstalesof aharem girlhoodmcdonald andavery dentistryfor thechild  
andadolescent studyguidefor firemarshal johndeere 317skidsteer ownersmanual  
awr160online courseanswers returnto drakesprings drakespringsone drakesprings  
romancevolume1 chapter9 platetectonics investigation9 modelingaplate  
berhatiahonbeing buddhasuny seriestoward acomparative philosophyofreligions  
accountinggrade 11question paperandmemo nationaloil sealcrossover guidepals  
providermanual 2012spanish themodern magazinevisual journalismin thedigital  
era1989 toyotacorolla 2emain enginerelay wiringdiagram homepainting

guidecolour dell mih61r motherboard manual the know it all one man's humble quest to  
become the smartest person in the world epstopik exam paper manual de toyota hiace  
alcatel 4035 manual opel astra g service manual model 2015 2006 2010 iveco daily  
4 workshop manual