Upon Awakening 11th Step Morning Meditation

Big Book pgs. 86-88

6:30am

Start with a moment of silence to connect with Higher Power

On awakening 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 24 hours ahead, consider your plans for the day…

Take a moment to write down your plans

If you are faced with indecision, pray:

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 any problems. I ask especially for freedom from self-will. Being careful never to pray for my own selfish ends. 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, kindliness and love.

God, what can I do today for the person who is still sick?

Take a moment to write down the people in your life who are still sick and what we might do for them.

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

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.

Now I will read 3 significant prayers that emphasize the principals in the Big Book starting with the 3rd Step Prayer,

God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve

me of the bondage of self, that I may better do Thy will. Take away my difficulties, that

victory over them may bear witness to those I would help of Thy Power, Thy Love, and

Thy Way of life. May I do Thy will always!

Before I read the 7th Step Prayer we can take a moment to write down any character

defects that have been bothering us.

7th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that

you now remove from me every single defect of character which stands in the way of

my usefulness to you and my fellows. Grant me strength, as I go out from here, to do

your bidding.

Prayer of St. Francis (AKA 11th Step Prayer)

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, that 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:

Your will be done.

When agitated or doubtful PAUSE and say:

God, please give me the right thought or action.

Then relax and take it easy!

Thoughts that must go with you constantly:

How can I best serve thee?

Thy will (not mine) be done.

If a person offends you say:

This is an imperfect person like me. How can I be helpful to them? God save me from being angry.

Thy will be done.

Close with 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.