

11th STEP

"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.' "(p. 87-8 BB)

God, I'm agitated and doubtful right now. Help me to stop and remember that I've made a decision to let you be my God. Give me the right thoughts and actions. God save me from fear, anger, worry, self-pity or foolish decisions that your will not mine be done. AMEN

Eleventh Step Prayer

Higher Power, as I understand You,
I pray to keep my connection with You
Open & clear from the confusion of daily life.

Through my prayers & meditation I ask especially for
Freedom from self-will, rationalization, & wishful thinking.
I pray for the guidance of correct thought & positive action.
Your will Higher Power, not mine, be done.

The 11th Step Prayers:

A Prayer on Awakening:

"God please direct my thinking and keep my thoughts divorced from self-pity, dishonest or self-seeking motives. Please keep my thought life clear from wrong motives and help me employ my mental faculties, that my thought-life might be placed on a higher plane, the plane of inspiration."

(86:2)

Eleventh 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 than 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.

—Twelve Steps and Twelve Traditions

An 11th Step Nightly Review Prayer:

"God, help me to constructively review my day. Where was I resentful, selfish, dishonest or afraid? Do I owe an apology? Have I kept something to myself which should be discussed with another person at once? Was I kind and loving toward all? What could I have done better? Was I thinking of myself most of the time? Or was I thinking of what I could do for others, of what I could pack into the stream of life? Please forgive me for my harms and wrongs today and let me know corrective measures I should take." (86:2)

Eleventh Step Morning and Nightly Prayers

MORNING PRAYER

God, direct my thinking today so that it is empty 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. Guide me through this day and show me my next step. God, show me what I need to do to take care of any problems. I ask all these things that I may be of maximum service to you and my fellow man. In the spirit of the Steps I pray. AMEN

NIGHT PRAYER

God, forgive me where I have been resentful, selfish, dishonest or afraid today. Help me to not keep anything to myself but to discuss it all openly with another person - show me where I owe an apology and help me make it. Help me to be kind and loving to all people. Use me in the mainstream of life, God. Free me of worry, remorse or morbid (sick) reflections that I may be of usefulness to others.

AMEN

(Both derived from page 86 in the Big Book)