

Step 11 *“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”*

Set Aside prayer: “God, please enable me to set aside everything I think I know for an open mind and a new experience. Help me see the truth about seeking through prayer and meditation to improve my conscious contact with You, and to pray only for the knowledge of Your Will for me and the power to carry that out.”

Principle	Theme	Action	Defect	Result
Awareness of God/Spirituality	Learn & do God’s will	Prayer and Meditation	Self-will	Faith, Freedom, Balance, Belonging

Purpose	Process	Experience	Result	Promise
Improve conscious contact with God	Begin a consistent daily prayer and meditation practice	Taking responsibility for the effort, the results are up to God and are none of our business.	Improve conscious contact; a gradual change in the way we think, feel, and behave	Inspiration (intuition) will become a working part of the mind. We come to rely upon it. God will discipline us in this simple way. We will sense the flow of the Spirit in us. We will develop a vital sixth sense.

Big Book: Chapter 6, Into Action.
 From: Page 85, line 28 Thru: Page 88.
 Appendix II, Spiritual Experience, page 569
 12&12: Step 11

Prayer:

"Show me the vision of your will, God."
 "How can I best serve thee?"
 "Thy will (not mine) be done!"
 "Let these thoughts go with me constantly."

When I am doubtful or between activities, I ask for the vision of how God would have me be in the present or upcoming situation. I ask God for the thoughts, words, and actions which will lead me to this state of being.

"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 (see above)

Prayer of St Francis of Assisi -"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." (p. 99 12&12)

Process:

Step 11 suggests prayer (talking to God) and meditation (listening to God). Are you willing?

1. We pray each night - - *every night* - - a prayer of thanks.
2. We pray each morning - - *every morning* - - for help and guidance.
3. When we are lonely, confused, uncertain - - *we pray*.

Most of us find it well to - -

1. Choose, for each day, a "quiet time" to meditate on the program, on our progress in it.
2. Keep conscious contact with **God** and pray to make that contact closer.
3. Pray that our will be laid aside and that God's will direct us.
4. Pray for calmness - - quiet - - relaxation - - rest.
5. Pray for strength and courage to enable us to do today's work today.
6. Pray for forgiveness for yesterday's errors.
7. Ask for **hope** for better things tomorrow.

Pray for what we feel we need. We will not get what we *want* - - we will get what we **need**, what is good for us.

Principle: Awareness. (Seeking wisdom and God's will for us) (Spirituality)

Step Eleven Questions

Understanding Step 11:

Using a dictionary, define the meaning of the words of Step Eleven "We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out." Then after each dictionary definition write your own definition in your own words. What you learn about the difference between what you thought it meant and the dictionary says it means?

What is the purpose of Step 11?

Spirituality and Religion:

Step 11 begins with the word sought, the past tense of "to seek."

What am I seeking?

How will I find what I am looking for?

What does spirituality mean?

What does religion mean?

What are the similarities and differences between religion and spirituality?

Do I have a specific spiritual path?

Has program enhanced my spirituality and practice of my faith? If so, how?

Does my spiritual path enhance or complement my recovery? If so, how?

Prayer and Meditation

What does prayer mean to me?

What does meditation mean to me?

What do we seek through prayer...and what do we achieve in mediation?

Is there any specific way to pray and meditate?

What methods of prayer and meditation have I tried?

If I have been praying and meditating consistently for some time, in what ways have I seen changes in myself as a result of these spiritual practices?

What does the quote, "There is a direct linkage among constructive self-examination, meditation, and prayer" mean to me?

What do the 11th step prayers mean to me?

Conscious Contact with God as we understand Him:

What does it mean "to improve our conscious contact with God?"

How are prayer and meditation connected to attaining conscious contact with God?

How will improving my conscious contact with the God of my understanding assist my recovery and growth along spiritual lines?

When do I notice the presence of my Higher Power? How do I feel during those moments of conscious contact with God?

What is my understanding of God? How has it changed or grown since working the steps?

God's Will

What is God's will?

How do I know what is God's will for me?

How does aligning ourselves with God's will for us bring us emotional sobriety and serenity?

How does "knowledge of His will for us" translate into finding direction and purpose in my life?

What are some situations I can identify from my own life where I acted on self-will? What were the results?

What are some situations I can identify from my own life where I tried to align my will with God's will? What were the results?

How does God's will for us becomes our own true will for ourselves through prayer and meditation?

Have I so far been given what I need? What have I received?

What is my experience when I pray only for knowledge of God's will for me?

How is Step 11 connected to Step 3?

OUR WILL INTERACTS WITH GOD'S WILL	
In Step 3	In Step 11
We give up our directions	We receive God's directions
We turn our will and our lives over to God as we understand Him	We receive God's will in our lives, and the power to carry it out from God as we understand Him.

How can I know God's Will for me?

Use the 4 Absolutes: ABSOLUTE LOVE, ABSOLUTE HONESTY, ABSOLUTE UNSELFISHNESS AND ABSOLUTE PURITY

When I am examining my thoughts, words, and actions:

Did I acting out of Love?

Am I being honest?

Am I acting unselfishly?

Are my motives pure?

When I am doubtful or between activities, I ask for the vision of how God would have me be in the present or upcoming situation. I ask god for the thoughts, words and actions which will lead me to this state of being.

4 ABSOLUTES of the OXFORD GROUP and the A.A. FOUR STANDARDS

4 ABSOLUTES	A.A. 4 STANDARDS
Honest	Dishonest
Purity	Resentment
Loving	Fear
Unselfish	Selfish

GUIDANCE FROM GOD	GUIDANCE FROM SELF
Honest	Dishonest
Pure	Resentful
Loving	Fearful
Unselfish	Selfish

4th Step Standards – Big Book, page 67, paragraph 2, lines 3-4

10th Step Standards – Big Book, page 84, paragraph 2, lines 8-9

The Power to Carry That Out

Have I discovered that I do receive guidance in my life when I stop making demands upon God?

How does this step and admitting my powerlessness enable me to make good decisions, change my actions and recover?

How does humility apply to this?

Is it easy to slip back?

What can I do to ensure continued growth and recovery?

What are some things that stop God's power from working in my life?

Spiritual Principles: commitment, humility, courage and faith

How do I show my commitment to working the 11th step and to my recovery?

How does Step 11 prepare me to carry the message of program to others?

How may I pass on to others my inner knowing of my Creator's deep wish of well being for me and others?

How do the actions of sacrificing our time for recovery, working with others and connecting with our HP help us to change?

How may I have the faith and courage to seek the knowledge, the will and the power to live my life in a way that brings serenity and peace of mind?

Final Questions:

Are you seeking to improve your conscious contact with god by following a regular program of daily meditation and prayer, in the morning, during the day and in the evening?

Do you pray only for knowledge of God's will for you and the power to carry that out?

Are you committed to working this step?

References: Please forgive any omissions!

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