

The 12 daily Prayers, Meditations & Visions

I was taught by old time AA's that:

- The Big Book gives us three major Spiritual tools: **Prayer, Meditation & Vision** and these three instructions are always listed in the text together; And, all three different components should be taken in concert.
 1. Anywhere the Big Book says to "Ask", Bill Wilson is talking about us praying with God.
 2. In conjunction with our Prayer, we think deeply [meditate] upon what it might look like to replace the negative attributes or possess the positive attributes we are asking God to bring into our lives. Often times our mind will bring up instances where we previously failed to practice these Spiritual principles. If it does, we simply think about what we should have done instead in that situation. Our attention is on the positive, not the negative & we are careful not to drift into worry, remorse or morbid reflection. 86:1.
 3. Lastly, we focus upon what would look like if we were to face this type of situation today. We get a "mental movie" in our minds eye [vision] of how we should act today if we were to face an opportunity to practice these Spiritual Principle in our lives. What would God's will be & how would God want us to act, if we were to face this exact same situation TODAY? This 'movie' offers us a new way to respond in the future instead of reacting in our normal, dysfunctional way. Once we have it, we don't have to change it until/unless we screw it up. If we do, we just tweak our last vision to include what we screwed up on and use the new improved vision going forward.

Listed below are the locations of the 12 daily prayers, meditations & visions. They are listed here as a reference to make it easier to find them in the text. The first number listed is the page number. The number after the colon [:] is the paragraph on the page where the tools are located. This sheet is not a substitute for reading the instructions out of the Big Book. As my first sponsor Carl used to say, "Never let anyone read your Big Book for you." We continue to use the Big Book because as our experience broadens, our perception of the meanings of the words changes with our increased experiences. This sheet is just an aid; your real source is the Big Book itself. Also, I have found that the best way to learn to use the prayers & keep from feeling overwhelmed by them is to just add one per week. So, in week one we just do the first one. In week two, we do one & two. Each week add in the next tool and by twelve weeks you'll have them all down!

Lastly, I have found from experience that by doing this in the morning [the way Bill W., Dr. Bob & all the early AA's, Al-Anon's & Oxford Groupers did it], it makes prayer, meditation & vision much easier. I have found that it is easier to think more honestly & clearly when one is not tired, following a good nights sleep. Therefore, I follow the instruction from the original Big Book manuscript which read: "When you awake tomorrow morning, look back over the day before..."

Remember, AA is NOT something we do; it's a way of Life. So, enjoy the process because, there is no destination and, hopefully, we will always be changing for the better as we trudge the road to happy destiny.

Here is a link to a couple of talks covering the 12 & 12 and forgiveness prayer. Feel free to share this within the guidelines of the traditions:

<http://www.mediafire.com/?hk4trpg3b6a0q>

Go with God, Dave Fredrickson aadave1@aol.com

1. 83:1
 - a. **Ask** your Creator to show you the way of patience, tolerance, kindness and love.
 - b. Meditate on what each of these Spiritual Principles looks like [vision] for each of your family members. How will it look for you to show this to each of them today?
2. 84:2
 - a. **Ask** God to help you to WATCH for selfishness, dishonesty, resentment and fear.
 - b. Meditate on what it looks like when I'm being selfish, dishonest, resentful and fearful.
 - c. **Ask** God to remove selfishness, dishonesty, resentment and fear WHEN these crop up.
 - d. Meditate on who you can immediately share this with and on someone you can help.
 - e. Meditate upon & make a vision of what it looks like when I'm being loving and tolerant.
3. 85:1
 - a. **Ask** how you can best serve God today – His will (not yours) be done.
 - b. Mediate on God's Will for your life & make a vision of what it will look like to carry His vision into every area of your life today. [Review the situations you know you'll face today]

4. 85:3 – 86:1

- a. **Ask** god to show you truth; to give you the proper attitude [55:4] and then answer the 12 questions.
 1. Was I Resentful? – Write out 4 column inventory 65:2-67:2 & Forgiveness prayer
 2. Was I Selfish – Identify the underlying fear and use the two part fear tool 68:3
 3. Was I Dishonest? – Make a 9th step to correct this. 76:3 - 80:1
 4. Was I Afraid? – Identify the underlying fear and use the two part fear tool 68:3
 5. Do I owe an apology? – If so, make plans to make that amend today. See 86:2
 6. Have I kept something to myself which should have been discussed with another person AT ONCE? – If so, make plans to make that amend today. See 86:2
 7. Was I kind toward all? – If not, make plans to make that amend today. See 86:2
 8. Was I loving toward all? – If not, make plans to make that amend today. See 86:2
 9. What could we have done better? – Make a vision of what that looks like 85:1
 10. Was I thinking of myself most of the time? – Make a vision of what it looks like for you to be SELFLESS. Carry the vision of our real purpose 77:0 into all your activities. 85:1
 11. Was I thinking of what I could do for others? – If no, create a vision of what this should look like. 85:1 If yes, ensure God gets all credit to avoid Spiritual Pride.
 12. Was I thinking of what I could pack into the stream of life? – Make a vision of wanting what God has for me. If I'm over packing the stream of life, I'm forcing my will and not believing in His Power or depending upon God. Xvi:0
- b. **Ask** for God's forgiveness for the areas in which you failed. 86:1
- c. Meditate on what corrective action should be taken & make a vision to prevent these failings from happening again. Add all these new vision's to God's will for me from prayer #3.

5. 86:2

- a. **Ask** God to direct our thinking.
- b. Meditate on 24 hours ahead and our plans for the day. Make a vision, IE: The clean-up from the 12 questions above, then add in what ever else you think God's will for your life is today.

6. 86:2

- a. **Ask** God to divorce our thinking from self-pity, dishonest, self-seeking & wrong motives.
- b. Meditate upon what self-pity, dishonest, self-seeking & wrong motives looks like in you.

7. 86:3

- a. **Ask** God for inspiration, an intuitive thought or decision.
- b. Meditate upon any indecision, relax & take it easy, quiet your mind & listen. When something comes, make it into a vision and add the vision to your plans for your day.

8. 87:1

- a. **Ask** to be shown all throughout the day what your next step is to be.
- b. Meditate upon any problems you may face & be mindful [vision]of possible answers.

9. 87:1

- a. **Ask** for freedom from self-will.
- b. Meditate upon how others can be helped by our actions. Make a vision of helping others.

10. 87:2

- a. **Ask** a select set of morning prayers -[IE: 3rd step 63:2, 7th Step 76:2, St. Francis 12/12 99:3]
- b. Meditate upon the meaning of each of the words in those Prayers. Make a vision for yourself.

11. 87:3

- a. Ask God to pause for the right thought or action should agitation or doubt creep into our day.
- b. Meditate upon how we are working for God today and NOT running the show. Make a vision.

12. 164:2

- a. **Ask** God to show you how to help the man who's still sick. Who should you reach out to today?
- b. Meditate upon how you can help them & meditate upon your own house being in order.
- c. Correct anything necessary to get your relationship with God right & your own house in order!

Forgiveness Prayer 66:4 – 67:1

These instructions direct us to ASK a prayer which has 12 parts to it. We do this by taking the individual pieces of the prayer into MEDITATION and make a VISION for ourselves of what it would look like in our lives if our feelings for this person were to change. We ask the prayer until God softens our heart and we let ourselves out of our own self-constructed emotional prisons. By insisting upon vengeance against this person, we attempt to keep them in our emotional prison. The problem with this is that we are also in our self-constructed prison in order to guard them from ever getting out until our vengeance quota has been met. We end up causing ourselves to suffer their penalty all the while; they are blissfully unaware that we have them in our emotional prison. The only one who suffers is us and because of our distorted motives, we have actually chained our emotions to the very thing that we hate. Therefore, when we have finally been given the gift of desperation to seek an end to our own suffering, we ask this forgiveness prayer. We trade our emotional prison for our own emotional freedom and we leave vengeance up to God.

We ASKED GOD to help us SHOW them the same:

1. **Tolerance** – We put up with their behavior even when we don't like it.
2. **Pity** – a tender or sometimes slightly contemptuous sorrow or [empathy](#).
3. **Patience** – endurance under difficult circumstances, which can mean persevering in the face of delay or provocation without acting on annoyance/anger in a negative way.
4. **Cheerfully** – having a happy disposition; in good spirits; it means we need a positive attitude.
5. **Friend** – We give friends forgiveness & grace.
6. **Helpful** – being of use or service to God.
7. **God save me from being Angry** – one's psychological interpretation of having been offended, wronged or denied and a tendency to undo that by retaliation.
8. **Thy will be done** – We agree to do the will of God; no matter the consequence to our Ego.
9. **Retaliation** – to take [revenge](#) with a harmful action against a person or group in response to a grievance, be it real or perceived.
10. **Argument** – an oral disagreement; verbal opposition; contention; altercation.
11. **Kindly** – a sympathetic attitude toward others, and a willingness to do good
12. **Tolerant View** – To be tolerant or patient in the face of provocation. Marked by forbearance or endurance. To view them as sick, not as bad and to try to see them as God sees them; with compassion.

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