

Step 10 Prayer

Dear god, thank you for my experiences that have shown me that these are not extravagant promises, but are being fulfilled in my life, sometimes quickly, sometimes slowly. Thank you that they are materializing in my life as I work for them, and for giving me the power to do step ten, taking personal inventory and continuing to set right any new mistakes as I go along. Thank you for helping me to grow in understanding and effectiveness, which will continue for the rest of my life. Thank you for helping me to watch for selfishness, dishonesty, resentment and fear, and for removing them at once when they crop up, and for my sponsor with whom I can discuss these things immediately and make amends quickly if I have harmed anyone. Thank you for the people I can help with these beautiful steps and the love and tolerance you have given me as my code of living. Thank you for the promises I am experiencing in Step 10 and for the power you have given me to cease fighting anything anymore, even alcohol, and for the return of my sanity, and for giving me the power to recoil from alcohol as from a hot flame, thank you for giving me the power to automatically react sanely and normally. Thank you for my new attitude towards liquor that I am not fighting it neither avoiding temptation. Thank you god for placing me in a position of neutrality, safe and protected in your care. Thank you for removing the problem entirely and for helping me to live in this experience of being humble and fearless, and for giving me the power to keep consistently in a fit spiritual condition and continuing this spiritual program of action. Thank you god for the daily reprieve you have given me as a result of practising this spiritual program, and for helping me to carry the vision of your will into my daily activities. How can I best serve you? Your will not mine be done. Thank you god for helping me to have these thoughts constantly and to exercise my power constantly along this line, as this is the correct use of the will. Thank you for your strength, inspiration and direction god, you have all knowledge and power. Thank you for the flow of your inspiration and god-consciousness to me and the development of my vital sixth sense. Thank you for giving me the power to go further and to take action, thank you god for every breath I take and all the blessings you give me. Thank you god for showing me clearly in step ten that it is all about my thoughts and how I have no control over them. Thank you for giving me the power to do more action prayer and meditation, and for helping me to be disciplined and alert when praying and for helping me to see that better men and women are using it constantly. Thank you for the valuable suggestions you have outlined in my beautiful book.

Step 11 Meditation, morning and evening.

Morning Prayer – Thank you god for this new day and the 24 hours ahead, and for helping me to consider my plan for the day, and for directing my thinking, divorcing it from self-pity, dishonest or self-seeking motives. Thank you for the brains you have given me and for helping me to employ my mental faculties with assurance, and for placing my thought life on a much higher level and helping me to think clearly in the direction of right motives (2 minutes of reflection)

Thank you god for the inspiration and the intuitive thoughts that you give me in my day when I face indecision and can't determine which course to take. Thank you god for helping me to not struggle, but to relax and take it easy, and for showing me that the right answers come as I apply this. (2 minutes reflection).

Thank you god for the hunch and occasional inspiration that is becoming a working part of my mind. Thank you for helping me when I am not always inspired, and for placing my thinking more and more on a plane of inspiration as time passes and for helping me to come to rely on it. Thank you god for giving me the power during the day to pause when agitated and for giving me the right thought or action when I cannot determine which course to take. Thank you god for taking control and running the show. I humbly ask that your will be done and thank you for protecting me from the dangers of excitement, fear, worry, self-pity or foolish decisions. Thank you for helping me to be more efficient, storing energy so I am not burning it foolishly as I did when I was trying to arrange life to suit myself. Thank you god for showing me that this works, it really does. Thank you for disciplining me in this simple way that has just been outlined, but god, I know this is not all of it. There is action and more action. Faith without works is dead.

Night Prayer – As I retire at night, I thank you god for today and for helping me to constructively review it, showing me where I have been resentful, selfish, dishonest or afraid. Thank you for revealing to me the things I have kept to myself that should be discussed with another person at once. Thank you god for showing me where I have not been kind and loving towards all and for showing me what I could have done better (2 minutes reflection). Thank you god for revealing to me if I have been thinking of myself most of the time, of what I could pack into the stream of life rather than what I could do for others, and thank you for helping me not to drift into worry, remorse or morbid reflection as this would diminish my usefulness to others. Thank you for forgiving me and showing me what corrective measures you would have me take (2 minutes reflection)