

Step 11

Evening Review

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.

AT NIGHT:

We constructively review our day.

1. Was I resentful? Where? _____

2. Was I selfish? Where? _____

3. Was I dishonest? Where? _____

4. Was I afraid? Where? _____

5. Do I owe an apology? To Who? For What? _____

6. Have I kept something to myself which should be discussed with another person at once? What? _____

7. Was I kind (my actions) toward all? _____

8. Was I Loving (my thoughts) toward all? _____

9. What could I have done better? _____

10. (Was I) thinking of myself most of the time? _____

11. (Was I) thinking of what I could do for others? _____

12. (Was I) thinking of what I could pack into the stream of life? _____

After making our review we ask God's forgiveness and inquire what corrective measures should be taken:

"God, please forgive me for my failings today. I know that because of my failings, I was not able to be as effective as I should have been for you. Please forgive me and help me live you will better tomorrow. God, I ask you now to show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. God, show me how to make my relationships right and grant me the humility and strength to do thy will. Amen."

Step 11

Morning Meditation

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.

ON AWAKENING:

On awakening let us think about the 24 hours ahead. We consider our plans for the day. (Make a to-do list). Before we begin we ask God to direct our thinking:

"God please direct my thinking and keep my thoughts divorced from self – pity, dishonest or self-seeking motives. God, 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. God, should I find myself agitated, doubtful or indecisive today, please give me inspiration, help me to have an intuitive thought or a decision about this problem I face. God, help me not to struggle, instead, help me to relax and take it easy. Help me know what I should do and keep me mindful, that you are running the show. God, please show me all through this day, what my next step is to be and please Grace me God, with whatever I need to take care of the problems in my life today. I ask especially God, that you free me from the bondage of self-will, give me knowledge of your will and the Power to carry that out. May I do your will always. Amen."

PLANS FOR THE DAY:

MEDITATION:

"If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. **If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.**"

A great way to start this practice is to buy a meditation book like 24 hours a day, Daily Relections, or 365 Tao, read one page a day and spend 5-10 minutes at first in contemplation of that and of how you might be of maximum service in your day.

THROUGHOUT THE DAY:

"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.' " "If we are not able to determine which course to take, We ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. " (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."