

Step 10

Throughout the day

Continue to take Personal Inventory and continue to set right any New mistakes as you go along. You commenced this Way of Living as you cleaned up the past [9th Step]. You have entered the World of the Spirit. You now need to grow in Understanding and Effectiveness and this should continue for your Lifetime.

DIRECTIONS FOR STEP 10 FROM THE BIG BOOK PAGE 84

1. Continue to **WATCH** for *Selfishness, Dishonesty, Resentment and Fear* and when these crop up, we **ASK GOD** at once to remove them. (84:2)
2. We **DISCUSS** them with someone immediately. (84:2)
3. We **MAKE AMENDS** quickly, if we have harmed someone. (84:2)
4. We resolutely **TURN OUR THOUGHTS** to someone we can help. (84:2)

Love and Tolerance is our Code.

Remember:

- We are not cured of alcoholism so we do not let up on our Spiritual Program of action.
- We maintain our Spiritual Condition to receive our daily reprieve from alcoholism.
- Every day we must carry the vision of God's will into all of our activities.
- Think constantly "How can I best serve thee – Thy Will not mine be done."
- We can exercise our will power along this line all we wish. It is the proper use of the will.
- We must go further in action.

A 10TH STEP PRAYER FOR GROWTH AND EFFECTIVENESS:

"God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. God, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today. Amen"

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 where I've fallen short today. I know that because of my shortcomings, 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."

Sit in meditation wait for answers and write what comes. You can take this inspiration into morning meditation tomorrow.

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.”

CONSIDER MY PLANS FOR THE DAY:

In considering our plans for the day or considering any major decisions we have to make in our lives, we “ask God for an intuitive thought or decision” in other words we ask God for the answer. In Bill’s Story, Bill talks about his step 11 practice “I was to test my thinking by the new God-consciousness within. Common sense would thus become uncommon sense. I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure”.

The practice that the early AAs had is called “two-way prayer”. It is a two way process in which one asks God for specific direction on problems he is facing in his life, and then he sits quietly and listens for answers to his questions writing down the answers that come. This process is explained in more detail in the section entitled “How To Listen to God”.

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 Reflections, 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.”

Step 11

Morning Meditation - How to Listen to God by John E. Batterson

An Oxford Group pamphlet/technique used by early A.A. members

These are a few simple suggestions for people who are willing to make an experiment. You can discover for yourself the most important and practical thing any human being can ever learn - how to be in touch with God. All that is needed is the willingness to try it honestly. Every person who has done this consistently and sincerely has found that it really works. Before you begin, look over these fundamental points. They are true and are based on the experience of thousands of people.

1 - God is alive. He always has been and He always will be.

2 - God knows everything.

3 - God can do anything.

4 - God can be everywhere - all at the same time. (These are the important differences between God and us human beings).

5 - God is invisible - we can't see Him or touch Him - but, God is here. He is with you now. He is beside you. He surrounds you.

He fills the room or the whole place where you are right now. He is in you now. He is in your heart.

6 - God cares very much for you. He is interested in you. He has a plan for your life. He has an answer for every need and problem you face.

7 - God will tell you all that you need to know. He will not always tell you all that you want to know.

8 - God will help you do anything that He asks you to do.

9 - Anyone can be in touch with God, anywhere and at any time, if the conditions are obeyed. These are the conditions:

To be quiet and still, To listen, To be honest about every thought that comes, To test the thoughts to be sure that they come from God, and, To obey.

So, with these basic elements as a background, here are specific suggestions on How to Listen to God:

1 - Take Time

Find some place and time where you can be alone, quiet and undisturbed. Most people have found that the early morning is the best time. Have with you some paper and pen or pencil.

2 - Relax

Sit in a comfortable position. Consciously relax all your muscles. Be loose. There is no hurry. There needs to be no strain during these minutes. God cannot get through to us if we are tense and anxious about later responsibilities.

3 - Tune In

Open your heart to God. Either silently or aloud, just say to God in a natural way that you would like to find His plan for your life - you want His answer to the problem or situation that you are facing just now. Be definite and specific in your request.

4 - Listen

Just be still, quiet, relaxed and open. Let your mind go "loose." Let God do the talking. Thoughts, ideas and impressions will begin to come into your mind and heart. Be alert and aware and open to every one.

5 - Write!

Here is the important key to the whole process. Write down everything that comes into your mind. Everything. Writing is simply a means of recording so that you can remember later. Don't sort out or edit your thoughts at this point.

Don't say to yourself:

"This thought isn't important; This is just an ordinary thought; This can't be guidance; This isn't nice; This can't be from God; This is just me thinking..., etc."

Write down everything that passes through your mind:

Names of people,

Things to do,

Things to say,

Things that are wrong and need to be made right.

*Write down **everything**:* Good thoughts - bad thoughts, Comfortable thoughts - uncomfortable thoughts, "Holy" thoughts - "unholy" thoughts, Sensible thoughts - "crazy" thoughts

Be honest! Write down everything! A thought comes quickly, and it escapes even more quickly unless it is captured and put down.

6 - Test

When the flow of thoughts slows down, stop. Take a good look at what you have written. Not every thought we have comes from God. So we need to test our thoughts. Here is where the written record helps us to be able to look at them.

- a) Are these thoughts completely honest, pure, unselfish and loving?
- b) Are these thoughts in line with our duties to our family - to our country?
- c) Are these thoughts in line with our understanding of the teachings found in our spiritual literature?

7 - Check

When in doubt and when it is important, what does another person who is living two-way prayer think about this thought or action? More light comes in through two windows than one. Someone else who also wants God's plan for our lives may help us to see more clearly.

Talk over together what you have written. Many people do this. They tell each other what guidance has come. This is the secret of unity. There are always three sides to every question - your side, my side, and the right side. Guidance shows us which is the right side - not who is right, but what is right.

8 - Obey

Carry out the thoughts that have come. You will only be sure of guidance as you go through with it. A rudder will not guide a boat until the boat is moving. As you obey, very often the results will convince you that you are on the right track.

9 - Blocks?

"What if I don't seem to get any definite thought?" God's guidance is as freely available as the air we breathe. If I am not receiving thoughts when I listen, the fault is not God's.

Usually it is because there is something I will not do:

Something wrong in my life that I will not face and make right

A habit or indulgence I will not give up

A person I will not forgive

A wrong relationship in my life I will not give up

A restitution I will not make

Something God has already told me to do that I will not obey

Check these points and be honest. Then try listening again.

10 - Mistakes

"Supposing I make a mistake and do something in the name of God that isn't right?" Of course we make mistakes. We are humans with many faults. However, God will always honor our sincerity.

He will work around and through every honest mistake we make. He will help us make it right. But, remember this!

Sometimes when we do obey God, someone else may not like it or agree with it. So when there is opposition, it doesn't always mean you have made a mistake. It can mean that the other person doesn't want to know or to do what is right.

"Supposing I fail to do something that I have been told and the opportunity to do it passes?" There is only one thing to do.

Put it right with God. Tell Him you're sorry. Ask Him to forgive you, then accept His forgiveness and begin again. God is our Father - He is not an impersonal computer. He understands us far better than we do.

11 - Results?

We never know what swimming is like until we get down into the water and try. We will never know what this is like until we sincerely try it.

Every person who has tried this honestly finds that a wisdom, not their own, comes into their minds and that a Power greater than human power begins to operate in their lives. It is an endless adventure.

There is a way of life, for everyone, everywhere. Anyone can be in touch with the living God, anywhere, anytime, if we fulfill His conditions. When man listens, God speaks. When man obeys, God acts. When God acts, men change.

This is the law of prayer. God's plan for this world goes forward through the lives of ordinary people who are willing to be governed by Him.