

SESSION 19

STEP 11 Into Action pp. 85 – 88

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.

We pause...and ask... (87: 3) It works – it really does. (88: 1)

Take Step 11

I ON YOUR OWN: STUDY – What did the Big Book authors say?

- **READ** Read from Chapter 6, Into Action the bottom of page 85 to the end of the chapter. Many read Step 11 in the *I2&I2*.
- **WRITE** Continue to write your daily reflections. Continue to make your Step 9 amends, and to take a Step 10 daily inventory.
- **TALK** Continue to discuss your work with your sponsor and other group members.
 - Heard in a meeting: “Being spiritual is being open minded and looking for the gifts in things.”
 - Heard in a meeting: “I pray to be who I am and all I am (and not somebody different) – to get a better and clearer sense of my place in the universe.”
- **PRACTICE DAILY MEDITATION / PRAYER** Meditation and prayer, like other tools of recovery, are intensely practical. Like all tools, they work better the more we use them. See an optional relaxation practice on p. 14 of this workbook.

II WITH THE GROUP: PRACTICE – What does the Big Book say to me about my practice of Step 11?

We review the three meditation / prayer practices of Step 11, BB pp. 85 - 88.

Points of Focus and Reflection (Consider 85: 3-88: 3)

1.) *Prayer and meditation*

- Step 11 begins with the word *sought* (59: 2), the past tense of “to seek”; how and what am I seeking? Do I have a specific spiritual path?
- What is my understanding of the differences between religion and spirituality? What have I done to explore my own spirituality?
- Do I recognize that a moment of silence is meditation, where I may quiet my mind on a regular basis so that I can gain understanding and knowledge from my higher power – my own *unsuspected inner resource*? (567: 4)
- Heard in a meeting: “Prayer is talking to. Meditation is listening for.”

- [Optional: *‘Thy will not mine, be done.’ ... Just saying it over and over will often enable us to clear a channel choked up with anger, fear, frustration, or misunderstanding, and permit us to return to the surest help of all – our search for God [of our understanding]’s will, not our own, in the moment of stress.* 12&12, 103: 0]

2.) *Conscious contact*

- The Big Book authors speak of the ***Retire at night meditation / prayer*** (86:1): *...Review our day. Were we resentful, selfish, dishonest, or afraid?*
- *Were we thinking of ourselves most of the time? ... After making our review we ask God [of our understanding]’s forgiveness and inquire, what corrective measures should be taken?* (86: 1)
- There also is the ***On awakening meditation / prayer*** (86: 2, 3 - 87: 0, 1, 2): *We ask God [of our understanding] to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.* (86: 2)
- *We ask for freedom from self-will....* (87: 1)
- *Be quick to see where religious people are right.* (87: 2)
- And, there is the ***Through the day meditation / prayer*** (87: 3 - 88: 0): *...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.’* (87: 3 - 88: 0)

3.) *The power to carry that out.*

- Why do we pray only for *knowledge* of God's will for us and *the power to carry that out*? (59: 2)
- How does humility apply to this?

III DAILY PRACTICE OF STEP 11 PRINCIPLES

- How may I clear away my insistence that I want or I need something, and let things be?
- How may I remember that I am not in charge of the world?
- 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?
- How may I pass on to others my inner knowing of creation’s deep wish of well being for me and others?
- How may I make a commitment to the practice of regular meditation and prayer?
- Have I meditated and prayed today?

IV TAKE STEP 11 ON A DAILY BASIS.

We take Step 11 in the first three paragraphs on BB page 86.

We ask God [of our understanding].... (86: 1, 2, 3)

According to the Big Book and under the conditions of this day, we practice Step 11 on a daily basis. Take Step 11 in the manner that you and your group see fit. Some recite the Step or read an 11th Step prayer.