

PART I

SESSION 1 THROUGH SESSION 7 STEPS 1 – 2 – 3 FOCUS MEDITATIONS / PRAYERS

3RD STEP MEDITATION / PRAYER

God [of our understanding], I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always. (63: 2)

7TH STEP MEDITATION / PRAYER

*My Creator, I am now willing that you should have all of me, good and bad.
I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. (76: 2)*

11TH STEP MEDITATION / PRAYER

*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)
Thy will be done. (88: 0)*

SERENITY PRAYER

*God grant us the serenity to accept the things we cannot change,
Courage to change the things we can,
And wisdom to know the difference. (12&12, p. 125: 2)*

ONE GROUP MEMBER'S DAILY DISCIPLINES:

- **Upon awakening, I read *Daily Reflections* (for example) and mediate / pray on practices to stay sober.**
- **Call my sponsor, contact another member of fellowship.**
- **Read from the Big Book.**
- **Concentrate on one of the Steps.**
- **Attend a meeting.**
- **Complete a daily inventory. (Step 1; Step 4; Step 10)**
- **Meditation and prayer.**

ONE GROUP MEMBER'S FOCUS-CENTERING PRACTICE

- 1. I sit comfortably with my eyes closed.**
- 2. Pay attention to my breathing, and repeat a word or phrase or prayer silently to myself as I exhale.**
- 3. When I notice my mind wandering (It will!) just notice it and passively bring my attention back to my breathing.**

Practice for approximately 20 minutes every day (or at least 3-4 times per week).