

STEP 11

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. [Spiritual awareness I continue to grow daily.]

“**On awakening** let us think about the twenty-four hours ahead.

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)

To seek

“Prayer
and
meditation”
(85: 3)

“In thinking about **our day**; we relax and take it easy (86: 3);
...pause & ...ask (87: 3); we let God (88: 2); ‘Thy will be done’ ” (88: 0)

“When we **retire at night** - Were we resentful, selfish, dishonest or afraid? What could we have done better?” (86:1)

“It works - it really does” (88: 1)