

Step Eleven

August 7

“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.”

For those who persist in prayer, The Steps afford wisdom that could never be achieved without conscious contact with something greater than ourselves. By the time we reach this step, most of us enjoy a personal relationship with our Higher Power. We've reestablished a desire to know and to do His Will. Prayer is how we speak to our Higher Power, while in meditation we listen for the answer we seek.

As we work through self-examination with our Higher Power, we become aware of new perspectives, suggestions, and a grace that replaces the darkness and despair we came from when we walked into recovery. Step Eleven is the departure from drinking and thinking behaviors. Here we exchange fear for faith and bring faith to life through action. We use prayer and meditation often throughout our day to bring emotional balance in all things.

Pages 86, 87 and 88 of the Big Book of *Alcoholics Anonymous* give us a blue-print of actions to take beginning at night and again upon awakening. We learn how to live with focus and intention within our 24-hours. This is the backbone of a conscious contact.

Conscious contact with our Higher Power strengthens our reliance on intuitive messages of faith that bridge the gap to knowing the next right course to take. Failure to exercise our faith with the same ease we use our muscles invites a fall from grace, plunging us back into the abyss of our delusions, closer to the insanity of our addictions.

We work this step, strengthening our spiritual connection, one day at a time. Practice moves us toward the illumination of a Higher Power, one who has never left us; remembering we were the ones who turned our backs on that light. We have come to trust and rely upon the light of the spirit.

TODAY'S MEDITATION

Dear God, I drop to my knees in a humble prayer of thanks. As you prepare me to receive, I know more will be revealed.

"...Prayer does not demand that we interrupt our work, but that we continue working as if it were a prayer. It is not necessary to always be in meditation, nor to consciously experience the sensation that we are talking to God, no matter how nice that would be. What matters is being with Him, living in Him, in His will." — Mother Theresa

