

12 daily Prayers & 12 daily Meditations

I was taught by old time AA's that:

The Big Book gives us three major Spiritual tools: Prayer, Meditation & Vision and these three instructions are always listed in the text together; all three different components taken in concert. Anywhere the Big Book says to "Ask", Bill Wilson is talking about us praying with God.

In conjunction with our Prayer, we think deeply [meditate] upon what it might look like to replace the negative attributes or possess the positive attributes we are asking God to bring into our lives. Often times our mind will bring up instances where we previously failed to practice these Spiritual principles.

If it does, we simply think about what we should have done instead in that situation. Our attention is on the positive, not the negative & we are careful not to drift into worry, remorse or morbid reflection. 86:1.

Lastly, we focus upon what would look like if we were to face this type of situation today. We get a "mental movie" in our minds eye [vision] of how we should act today if we were face an opportunity to practice these Spiritual Principle in our lives. What would God's will be & how would God want us to act, if we were to face this same situation TODAY?

Listed below are the locations of the 12 daily prayers, meditations & visions offered in our program from the Big Book.

They are listed here as a reference to make it easier to find them in the text. The first number listed is the page number.

The number after the colon [:] is the paragraph on the page where the subject is located.

This sheet is not a substitute for reading the instructions out of the Big Book. As my first sponsor Carl used to say, "Never let anyone read your Big Book for you." We continue to use the Big Book because as our experience broadens, our perception of the meanings of the words changes with our increased experiences. This sheet is just an aid; your real source is the Big Book itself.

Lastly, I have found from experience that by doing this in the morning [the way Bill W., Dr. Bob & all the early AA's, Al-Anon's & Oxford Groupers did it], it makes prayer, meditation & vision much easier.

I have found that it is easier to think more honestly & clearly when one is not tired, following a good nights sleep. Therefore, I follow the instruction from the original Big Book manuscript which read: "When you awake tomorrow morning, look back over the day before."

Remember, this AA is NOT something we do; it's a way of Life. So, enjoy the process because, there is no destination and, hopefully, we will always be changing for the better as we trudge the road to happy destiny.

1. 83:1 – 9th Step Prayer

- a. Ask your Creator to show you the way of patience, tolerance, kindness and love.
- b. Meditate on what each of these Spiritual Principles looks like [vision] for each of your family members. How will it look for you to show this to each of them today?

2. 84:2 -10th Step Watch Prayer

- a. Ask God to help you to WATCH for selfishness, dishonesty, resentment and fear.
- b. Meditate on what it looks like when I'm being selfish, dishonest, resentful and fearful.
- c. Ask God to remove selfishness, dishonesty, resentment and fear WHEN these crop up.
- d. Meditate on who you might immediately share this with and see yourself quickly making amends.
- e. Meditate on what it looks like [vision] to change your thoughts toward someone you can help.
- f. Meditate upon & make a vision of what it looks like when I'm being loving and tolerant.

3. 85:1 - The Service Prayer

- a. Ask God to help you better serve Him and to help keep Him in your thoughts throughout the day.
- b. Mediate on God's Will for your life & make a vision of what it will look like to carry His vision into your entire life today.

4. 85:3 – 86:1 - The Daily Review

a. Ask God to show you truth; to give you the proper attitude [55:4] and then answer the 12 questions.

1. Was I Resentful? – Write out 4 column inventory 65:2-67:2 & Forgiveness prayer

2. Was I Selfish – Identify the underlying fear and use the two part fear tool 68:3

3. Was I Dishonest? – Make a 9 th step to correct this. 76:3 - 80:1

4. Was I Afraid? – Identify the underlying fear and use the two part fear tool 68:3

5. Do I owe an apology? – If so, make plans to make that amend today. See 86:2

6. Have I kept something to myself which should have been discussed with another person AT ONCE? – If so, make plans to make that amend today. See 86:2

7. Was I kind toward all? – If not, make plans to make that amend today. See 86:2

8. Was I loving toward all? – If not, make plans to make that amend today. See 86:2

9. What could we have done better? – Make a vision of what that looks like 85:1

10. Was I thinking of myself most of the time? – Make a vision of what it looks like for you to be SELFLESS. Carry the vision of our real purpose 77:0 into all your activities. 85:1

11. Was I thinking of what I could do for others? – If no, create a vision of what this should look like. 85:1 If yes, ensure God gets all credit to avoid Spiritual Pride.

12. Was I thinking of what I could pack into the stream of life? – Make a vision of wanting what God has for me. If I'm over packing the stream of life, I'm forcing my will and not believing in His Power or depending upon God. Xvi:0

b. Ask for God's forgiveness for the areas in which you failed. 86:1

c. Meditate on what corrective action should be taken & make a vision to prevent these failings from happening again. Add all these new vision's to God's will for me from prayer #3.

5. 86:2 -The 24 Hours Ahead Prayer

- a. Ask God to direct our thinking & divorce it from self-pity, dishonest, self-seeking & wrong motives.
- b. Meditate on 24 hours ahead and our plans for the day. Meditate upon what self-pity, dishonest, self-seeking & wrong motives looks like in you. Add in what you think God's will for you is today.
- c. Make a vision to clean-up the mess from the 12 questions above. See yourself making the amends.

6. 86:3 -The Inspiration Prayer

- a. Ask God for inspiration, an intuitive thought or decision about any indecision we may face.
- b. Meditate upon the indecision as we relax & take it easy. Quiet your mind, listen & see what comes
- c. When something comes, make it into a vision and add the vision to your plans for your day.

7. 87:1 -Throughout the Day Prayer

- a. Ask to be shown all throughout the day what your next step is to be & for whatever you'll need.
- b. Meditate upon any problems you may face & make a vision of possible answers. See it resolve easily.

8. 87:1 -Freedom Prayer

- a. Ask for freedom from self-will and for help to avoid all selfish requests.
- b. Meditate upon how others can be helped by our actions. Make a vision of helping others.

9. 87:2 -The select Prayers

a. Ask a select set of morning prayers [3rd step 63:2 - 7th Step 76:2 - St. Francis 12/12 99:3]

b. Meditate upon the meaning of each word in those Prayers. Use them to make a vision for yourself.

10. 87:3 -The Right Action Prayer

a. Ask God to help you pause, relax and take it easy if agitation or doubt creeps into our day.

b. Ask Him for a calm right thought or action in those situations

c. Meditate upon how we are working for God today and NOT running the show. That what you want doesn't matter. You don't get a vote because you work for God today.

d. Make a vision of being calm & peaceful when all hell breaks loose in your life.

11. 88:0 – The Many Times Prayer

a. Ask God to help you to remember to say many time today "I am no longer running the show today – Your will, not mine be done."

b. Meditate on what you may face today where you'll definitely need God to take the lead & guide you. Imagine God leading you.

c. Make a vision of what it looks like for you to be calm; free from fear, anger, worry and self-pity & full of energy

12. 164:2 - The Sick & Suffering Prayer

- a. Ask God how to help the man who's still sick & for Him to help you to constantly think of others (20:0)
- b. Meditate upon how you can help them & meditate if your own house is in order & on your needed Spiritual work
- c. See yourself correcting anything necessary to get your relationship with God right & your own house in order! See yourself as a warrior for God making the world a better place because you are in it and you are Spiritually sober.

Forgiveness Prayer 66:4 – 67:1

These instructions direct us to ASK a prayer which has 12 parts to it. We do this by taking the individual pieces of the prayer into MEDITATION and make a VISION for ourselves of what it would look like in our lives if our feelings for this person were to change.

We ask the prayer until God softens our heart and we let ourselves out of our own self-constructed emotional prisons. By insisting upon vengeance against this person, we attempt to keep them in our emotional prison.

The problem with this is that we are also in our self-constructed prison in order to guard them from ever getting out until our vengeance quota has been met. We end up causing ourselves to suffer their penalty all the while; they are blissfully unaware that we have them in our emotional prison.

The only one who suffers is us and because of our distorted motives, we have actually chained our emotions to the very thing that we hate. Therefore, when we

have finally been given the gift of desperation to seek an end to our own suffering, we ask this forgiveness prayer. We trade our emotional prison for our own emotional freedom and we leave vengeance up to God.

We ASKED GOD to help us SHOW them the same:

1. Tolerance – We put up with their behavior even when we don't like it.
2. Pity – a tender or sometimes slightly contemptuous sorrow or empathy.
3. Patience – endurance under difficult circumstances, which can mean persevering in the face of delay or provocation without acting on annoyance/anger in a negative way.
4. Cheerfully – having a happy disposition; in good spirits; it means we need a positive attitude.
5. Friend – We give friends forgiveness & grace.
6. Helpful – being of use or service to God.
7. God save me from being Angry – one's psychological interpretation of having been offended, wronged or denied and a tendency to undo that by retaliation.
8. Thy will be done – We agree to do the will of God; no matter the consequence to our Ego.
9. Retaliation – to take revenge with a harmful action against a person or group in response to a grievance, be it real or perceived.
10. Argument – an oral disagreement; verbal opposition; contention; altercation.
11. Kindly – a sympathetic attitude toward others, and a willingness to do good
12. Tolerant View – To be tolerant or patient in the face of provocation. Marked by forbearance or endurance. To view them as sick, not as bad and to try to see them as God sees them; with compassion.

Ask your Creator to show you the way of patience, tolerance, kindness and love.

Ask God to help you to WATCH for selfishness, dishonesty, resentment and fear.

Ask God to remove selfishness, dishonesty, resentment and fear WHEN these crop up.

Ask God to help you better serve Him and to help keep Him in your thoughts throughout the day.

Ask God to show you truth; to give you the proper attitude [55:4] and then answer the 12 questions.

Ask for God's forgiveness for the areas in which you failed. 86:1

Ask God to direct our thinking & divorce it from self-pity, dishonest, self-seeking & wrong motives.

Ask God for inspiration, an intuitive thought or decision about any indecision we may face.

Ask to be shown all throughout the day what your next step is to be & for whatever you'll need.

Ask for freedom from self-will and for help to avoid all selfish requests.

Ask a select set of morning prayers [3rd step 63:2 - 7th Step 76:2 - St. Francis 12/12 99:3]

Ask God to help you pause, relax and take it easy if agitation or doubt creeps into our day.

Ask God to help you to remember to say many times today "I am no longer running the show today – Your will, not mine be done."

Ask God how to help the man who's still sick & for Him to help you to constantly think of others (20:0)