

## THE RISKS AND REWARDS OF PRAYER IN 12-STEP RECOVERY

### A “Threads of Recovery” Workshop: July 1 through July 29, 2022

(All cites from Alcoholics Anonymous, Fourth Edition, unless otherwise noted.)

#### Session Three: July 15, 2022: The Prayers in Steps Ten and Eleven. “CONTINUING”

“... though perhaps he came to scoff, he may remain to pray.” (**Surrender**) (p. xxxii)

“... we asked God ...” (**Seeking**) (throughout Alcoholics Anonymous)

“[Prayer] works, if we have the proper attitude and work at it.” (**Continuing**) (p. 86)

*It is my experience that the daily “watching, praying and meditating” (pausing) of Step Ten and Step Eleven, my **continuing**, begins here as I continue my Step Nine amends:*

*“Yes, there is a long period of reconstruction ahead. We must take the lead ... asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love ... the spiritual life is not a theory. **We have to live it.**”* (p. 83)

#### The “Continuing” Prayers in Steps Ten and Eleven.

**Step Ten prayers:** God, “remove” from me my “selfishness, dishonesty, resentment, and fear”—as I “watch” for them—“at once”, as they “crop up”.” (p. 84)

“How can I best serve Thee—Thy will (not mine) be done.” (p. 85)

**The Risk:** I must continue to accept limitations on my self-will. **My self-will opposes this.**

**The Reward:** “... a daily reprieve [from my “self-will run riot”] contingent on the maintenance of [my] spiritual condition.” p. 85)

*I **continue to watch** throughout my day for the “cropping up” of my shortcomings. I ask God to remove them “at once”. I **continue to stop** separating myself from God, myself and others.*

**Step Eleven Prayers:** When we retire at night, we pray: “God, forgive me for my resentful, selfish, dishonest or fearful thoughts and actions today. Help me see what corrective measures I need to take.” (p. 86)

On awakening, we pray:

“God, please direct my thinking away from self-pity, dishonest or self-seeking motives.”

“God, please grant me an inspiration, an intuitive thought or a decision. Please help me relax—take it easy—not struggle.” (p. 86)

“God, please show me all through the day what my next step is to be. Grant me freedom from self-will. Help me help others.” (p. 87)

“As we go through the day, we pause, when agitated or doubtful, and ask [God] for the right thought or action.” (See Step 10!) (p. 87)

“Thy will be done.” (p. 88)

**The Risk:** I must continue to seek, and accept, God’s limitation, direction and guidance instead of that of my self-will. **My self-will opposes this.**

**The Reward:** “We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions ... we let God discipline us in this simple way.” (p. 88)

*I **continue to seek** ever-closer “conscious contact” with God as I enlarge my spiritual life.*