

Sponsor/Sponsee Eleventh Step Worksheet

◆ *We 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 power to carry that out.* ◆

Here in the Eleventh Step all the work we put into the Steps seems to all come together. As we learned to live the previous Ten Steps we have been practicing prayer and meditation even though we may not be aware of it.

Our starting point here will be to consciously improve prayer and meditation to the God of our understanding. The program of NA is not about telling you how to pray and meditate. That is a technique that is developed by yourself in relation to your Higher Power and the way you feel comfortable. However, many addicts keep asking how do I pray? How do I meditate? The following are ways some addicts pray and meditate. These examples are here only to give you some place to start and develop your own way. You will know which way is right for you by the way you feel. The feeling of serenity and no stress will tell you that you have made conscious contact. One of the following may fit your needs or you may develop your own. Remember, it is a God of your understanding and a conscious contact you can relate too. Here are some examples of how different addicts pray.

Simply telling a Higher Power thank you and feeling gratitude for all the things that enriched my life. An attitude of gratitude. Another addict may simply feel comfortable getting on his knees and saying thanks and asking for things he needs such as strength, courage, etc. Another addict's form of prayer may be simply getting in a sitting or lying position, totally relaxed and giving thanks and asking for their needs. Another addict may simply pray by walking, getting in touch with nature and giving thanks and asking.

Here are some examples of how some addicts meditate:

1. Lying or sitting and getting a feeling of serenity and just bathing in it.
2. Walking and feeling serene by getting in touch with the nature around us.
3. Sitting and looking at a picture of a beautiful scene or seeing the scene in your mind and getting serene and at peace.

There is no set way. It is a personal decision between you and your Higher Power. Prayer is the asking part. Meditation is necessary. Let me give you an example why. If you had a friend who did the talking all the time and never took time to here you, eventually he/she would no longer be your friend. Prayer is the talking and meditation is the listening.

◆ Only for the knowledge of his will and power to carry that out. ◆ Is the next part of the Step? As we practice these principles in our life, the core of our disease, self-centeredness, will become arrested and we will begin to act in a more mature and responsible way in all of our affairs. An awareness of this begins to become known to

ourselves and we discover that God's will for us is to practice these steps in our lives and we gain this power through prayer and meditation.

On a separate piece of paper answer the following questions and return to your sponsor:

1. What is prayer?
2. What is meditation?
3. Why is prayer and meditation necessary?
4. Is there any certain ways to pray or meditate?

Spiritual Principle: Power (source of...)