

Step Eleven

Prayer for Peace (Twelve Steps and Twelve Traditions, p. 99)

*Lord, make me an instrument of your peace. Where there is hatred, let me bring love.
Where there is offense, let me bring pardon. Where there is discord, let me bring union.
Where there is error, let me bring truth. Where there is doubt, let me bring faith.
Where there is despair, let me bring hope. Where there is darkness, let me bring your light. Where there is sadness, let me bring joy. O Master, let me not seek as much
to be consoled as to console, to be understood as to understand, to be loved as to love,
for it is in giving that one receives, it is in self-forgetting that one finds,
it is in pardoning that one is pardoned, it is in dying that one is raised to eternal life. Amen.*

Eleventh Step Prayer (12-Step Prayer book)

Higher Power, as I understand You, I pray to keep my connection with You open & clear from the confusion of daily life. Through my prayers & meditation I ask especially for freedom from self-will, rationalization, & wishful thinking. I pray for the guidance of correct thought & positive action. Your will Higher Power, not mine, be done. Amen.

We Do Together:

- Finish reading chapter "Into Action."

Daily Work:

- Continue sending gratitude lists, your prayers of choice, et. al.
- Meditate, pray, or focus on the 11th Step Prayer (St. Francis of Assisi) – p. 99 of the 12 x 12.
- Continue the *Twenty-Four Hours a Day* book (in the morning, if possible).
- Continue with spiritual books of your choice *in addition* whatever your religion, or you, decree a Holy or spiritual text, OR expand your spirituality in any way you feel drawn to AND benefits you.

Step Eleven Work:

- Read the *Twelve Steps and Twelve Traditions* chapter on Step Eleven to review together.
- Read the Eleventh Step chapter in *The Steps We Took*.
- Begin increasing if not quantity, the quality of your spiritual work. Explore new ideas or aspects or ways of practicing existing ones. This continues for your lifetime.
- Make a comprehensive list of ways you DO practice/learn/deepen your spirituality, as well as ones you want to TRY in order to IMPROVE your conscious contact with your Higher Power, if applicable.

YOU CAN DO IT ☺

Recovery Resources for Women: www.xyZrecovery.com