Prayer and meditation can be difficult to squeeze into our extremely busy schedules. However, for us to correctly work Step 11 and allow for God’s continued healing in our lives, we must make every effort to improve our conscious contact with God through prayer and meditation.

In this exercise, we compose our prayer to God for our needs and for knowledge of His will for us and everyone involved in fulfilling those needs.

Example – We are looking to purchase a new house. We ask God for knowledge of His will in choosing the right house, not only for us, but for our family, friends, and even the seller. God will give us an answer, even if it is “no”. If the seller says “no” or if financing falls through, don’t be upset Understand that this part of God’s will for us and it has been made known to all involved. The same is true if the answer is “yes”.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Date

Dear God,

With love from your grateful child,

Name