11

STEP ELEVEN

Spiritual Awareness

A guide to the Eleventh Step, with Scripture and prayer



Work this step with Jimmy or Sarah.
Your AI sponsor in the Steps & Scripture app. Free to download, first month free.

Steps & Scripture Step Guide: Step Eleven, Spiritual Awareness
© 2026 Gold Standard Web. All rights reserved.

Not affiliated with or endorsed by Alcoholics Anonymous World Services, Inc.

Steps & Scripture is a peer-support tool, not medical care or therapy. It supports, and never replaces, meetings, a human sponsor, your church, and your doctor.

This guide points you to *Alcoholics Anonymous* (4th edition) and *Twelve Steps and Twelve Traditions*. Quotations from *Alcoholics Anonymous* are from its 1939 first edition, which is in the public domain; page numbers are from the fourth edition. *Twelve Steps and Twelve Traditions* is © Alcoholics Anonymous World Services, Inc. This guide gives its page numbers only, so read it in your own copy.

Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), © 2001 by Crossway, a publishing ministry of Good News Publishers. All rights reserved.

If you are in danger, call or text 988, or call 911. If you have been drinking heavily and stopped, and you are shaking, sweating, confused, seeing things, or have had a seizure, go to the ER today.

INSIDE

Contents

Where you are	5
What Step Eleven is	7
Your reading for this step	9
What the book says	10
What the 12&12 adds	14
What Scripture says	16
How to work Step Eleven	20
A simple daily rhythm	22
Questions to think about	24
Suggestions for this week	25
When it's hard	26
The book's morning and night	28
A prayer for this step	29
Ready for Step Twelve?	30



11

STEP ELEVEN

Spiritual Awareness

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 the power to carry that out.

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

COLOSSIANS 3:16 (ESV)

Where you are

You've done a lot of work to get here. Before you start Step Eleven, look back at the road behind you. If you picked up this guide in the middle of things, this page is for you too.

Step One. You admitted you were powerless over alcohol, and that your life had become unmanageable.

Step Two. You came to believe that a Power greater than yourself could restore you to sanity.

Step Three. You made a decision to turn your will and your life over to the care of God. You prayed the Third Step prayer on page 63.

Step Four. You wrote it down. Resentments, fears, sex conduct, other harms. In every entry, you looked for your own part.

Step Five. You told another human being the exact nature of your wrongs. Out loud, to a person.

Steps Six and Seven. You became willing to let God take your defects, and you humbly asked Him to remove them.

Steps Eight and Nine. You made a list of the people you had harmed, and you went and set things right wherever you could.

Step Ten. You keep watching for selfishness, dishonesty, resentment and fear. When they show up, you ask God to remove them, talk it over with someone, and make amends quickly. "Love and tolerance of others is our code" (p. 84).

Now you build a daily life with God.

Haven't done the earlier steps? You don't have to wait to pray. Anyone can pray and read Scripture today. But Step Eleven, the way the book lays it out, sits on top of the cleanup work of Steps Four through Ten. If you skipped them, talk to your sponsor about where to pick up.

A daily reprieve

Right before Step Eleven, the book gives a warning. Sobriety isn't a cure you earn once and keep:

> "We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."
>
> ALCOHOLICS ANONYMOUS, P. 85

That's why Step Eleven exists. A daily reprieve needs a daily practice. Not a big one. A real one.

What Step Eleven is

> "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 the power to carry that out."
>
> ALCOHOLICS ANONYMOUS, P. 59

It's a long step. Take it one piece at a time.

Sought. You go looking. A relationship doesn't grow by accident. You make time, on purpose, every day.

Through prayer and meditation. Prayer is talking to God. Meditation is being still long enough to listen, and letting His Word sink in. You need both. All talking and no listening isn't much of a relationship.

To improve our conscious contact with God. You already have contact. You made it in Step Three. Now you work on it, the way you'd work on any relationship that matters. Conscious means awake to Him, during the day, not just in emergencies.

As we understood Him. For a Christian, this is the God who made Himself known in Jesus Christ, and who speaks through the Bible. You don't have to understand Him fully. Nobody does. You keep coming back.

Praying only for knowledge of His will for us. Not for your list. Not for a new truck, or for your ex to come around. You ask to know what God wants of you today.

And the power to carry that out. Knowing isn't enough. You ask for the strength to do it. Then you go and do it.

What this step is not

Step Eleven is not a wish list. It's not a way to get God to sign off on your plans. And it's not a test of how holy you feel. The book puts it plainly:

> "We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that, and it doesn't work."
> ALCOHOLICS ANONYMOUS, P. 87

You don't have to be good at it. A stumbling prayer counts. What matters is that you show up, every day.

The program and the church work together

The book never asks you to pick between your program and your faith. It sends you back to your church:

> "If we belong to a religious denomination which requires a definite morning devotion, we attend to that also."
> ALCOHOLICS ANONYMOUS, P. 87

And a few lines later:

> "Be quick to see where religious people are right. Make use of what they offer."
> ALCOHOLICS ANONYMOUS, P. 87

Meetings keep you sober. Church is where you worship with God's people and hear His Word preached. You need both. "The program is my church" isn't enough for a Christian.

Your reading for this step

Read these in your own copies, in this order. Page numbers for *Alcoholics Anonymous* are from the fourth edition.

Alcoholics Anonymous

- **Pages 85–88.** Step Eleven: night, morning, and through the day. Read it out loud, slowly.
- **Pages 84–85.** Step Ten and the daily reprieve, right before it.
- **Page 13.** Bill learns to sit quietly when in doubt and ask for direction.
- **Page 59.** The wording of Step Eleven.
- **Then *Twelve Steps and Twelve Traditions*, pages 96–105.** The chapter on Step Eleven, with the Prayer of St. Francis on page 99.

Scripture (ESV)

- Colossians 3:16 · Mark 1:35 · Psalm 5:3
- Matthew 6:6–13 · Psalm 46:10 · James 1:5
- Philippians 4:6–7 · Psalm 139:23–24 · Hebrews 10:24–25

Listen, if you like: Joe and Charlie, Session 14, "Into Action —Step Eleven" (about 17 minutes), free in the SoberHub app. Steps & Scripture is not affiliated with SoberHub.

What the book says

Step Eleven gets about three pages in *Alcoholics Anonymous*, pages 85 to 88. They're some of the most practical pages in the book. Read them in your own copy.

Not shy about prayer (p. 85)

The book starts the step with a push:

> "Step eleven suggests prayer and meditation. We shouldn't be shy on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it."
>
> ALCOHOLICS ANONYMOUS, PP. 85–86

Then it promises something better than vague advice. It says it can give "some definite and valuable suggestions" (p. 86). And it does. It gives you a plan for the night, the morning, and the hours in between.

You've already started (p. 85)

If you've worked the steps so far, something has already changed. The book says:

> "If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious."
>
> ALCOHOLICS ANONYMOUS, P. 85

Then it says "But we must go further and that means more action" (p. 85). Step Eleven makes it a habit.

At night: review the day (p. 86)

The book starts the day at the end of the day before. You already know this part from Step Ten:

> "When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest, or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once?"
>
> ALCOHOLICS ANONYMOUS, P. 86

It keeps going. "Were we kind and loving toward all? What could we have done better?" (p. 86) Were you thinking about yourself most of the day, or about what you could do for others?

Then a warning. Don't turn the review into a beating:

> "But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others."
>
> ALCOHOLICS ANONYMOUS, P. 86

And then you finish it the right way: "After making our review we ask God's forgiveness and inquire what corrective measures should be taken" (p. 86). Look honestly, confess, ask what to fix, and go to sleep forgiven.

On awakening: think about the day ahead (p. 86)

> "On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives."
>
> ALCOHOLICS ANONYMOUS, P. 86

Notice the order. You don't skip the planning. You look at your day. But before you start, you ask God to clean up the motives behind your plans. The book is clear that this doesn't mean switching your brain off: "for after all God gave us brains to use" (p. 86).

When you don't know what to do (pp. 86–87)

Some mornings you'll face a choice and you won't know which way to go. The book says:

> "Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle."
> ALCOHOLICS ANONYMOUS, P. 86

It also warns you not to think every hunch is from God. "Being still inexperienced and just making conscious contact with God, it is not probable that we are going to be inspired at all times" (p. 87). Test your ideas. Check them against Scripture. Run the big ones by your sponsor or pastor.

Bill learned this early. He wrote that he was to "sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me" (p. 13).

Close the morning with a prayer (p. 87)

> "We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems."
> ALCOHOLICS ANONYMOUS, P. 87

Then the book adds: "We ask especially for freedom from selfwill, and are careful to make no request for ourselves only"

(p. 87). You can ask for yourself, if it helps you help others. But the center of your prayer is God's will, not your wants.

Through the day: pause (pp. 87–88)

This is the part most people forget. Step Eleven isn't only a morning habit:

> "As we go through the day, we pause when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.'"
> ALCOHOLICS ANONYMOUS, PP. 87–88

And here's what happens when you do it:

> "We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions."
> ALCOHOLICS ANONYMOUS, P. 88

You'll still get angry. You'll still get scared. The pause is where you catch it before it runs you.

It works (p. 88)

The step ends with a promise and a push:

> "It works—it really does. We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined."
> ALCOHOLICS ANONYMOUS, P. 88

Simple. Not easy, but simple. Night, morning, and the pauses in between. Then the book turns straight to Step Twelve, with "There is action and more action" (p. 88).

What the 12&12 adds

Twelve Steps and Twelve Traditions gives Step Eleven a full chapter, on **pages 96–105**. Read it slowly, in your own copy. Here is what to look for as you read. These are our notes, not the book's words.

Pages 96–97: Why busy people skip prayer. The chapter says people in recovery tend to be active and busy helping others, so prayer can feel like something only pastors do, useful in a crisis and not much else. It also speaks to the doubter. It says the people who scoff at prayer are mostly people who never gave it a real try.

Page 97: Prayer is like air and food. The chapter compares prayer to the things your body can't live without. Starve the soul and it fails, the same way a starved body does.

Page 98: Inventory, meditation and prayer belong together. Looking at yourself honestly is one piece. Meditation and prayer are the others. Put the three together and you have a solid floor under your life. The chapter also hopes that anyone with a church or a tradition of devotion will go back to it more seriously than ever.

Pages 99–101: The Prayer of St. Francis. The chapter prints this prayer on **page 99** and uses it to teach meditation. We don't reprint it here. Open your own copy and read it there. The chapter suggests reading it several times, very slowly, without arguing with it, and letting each line sink in. Then think about the man who prayed it, and what it would look like to live a little closer to it.

Page 101: Meditation is practical. The chapter says meditation grows over a lifetime, and each person works it out in their own way. But the goal never changes: closer contact with God. One of the first things it brings is a steadier mind.

Page 102: Morning and the moments in between. The chapter says the last words of the step cover everything we need: to know God's will and have the power to do it. In the morning, it suggests asking God that His will be done in anything specific you pray for. Through the day, when a hard moment comes, it suggests repeating a short prayer or phrase that has meant something to you.

Pages 103–104: Be careful with "God told me." The chapter warns about people who ask God for exact answers and then treat their own wishful thinking as orders from heaven. They can do real damage while feeling sure of themselves. It also warns about deciding what God's will is for other people. Pray for them, and leave the outcome to God.

Pages 104–105: What prayer brings. People who keep at it find strength, wisdom and peace beyond their own. Guidance tends to come as you stop demanding it on your own terms. And everybody goes through dry times when praying feels impossible. When that happens, don't beat yourself up. Start praying again as soon as you can.

Read the chapter with a pen nearby, but write in a notebook, not this guide. Mark anything that sounds like you and bring it to your sponsor.

What Scripture says

The Bible is God's main way of speaking to you. If prayer is talking to God, reading Scripture is a big part of listening. Read these slowly. Read them out loud if you can.

Let the word dwell in you

The verse on the opening page of this guide is the heart of this step:

> *Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.*
>
> COLOSSIANS 3:16 (ESV)

Notice two things. First, *richly*. Not a verse now and then. Enough of God's Word that it moves in and stays. Second, it's plural. *One another.* Paul is writing to a church. You let the Word dwell in you alone in the morning, and you sing it with other believers on Sunday.

Jesus went off to pray

> *And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.*
>
> MARK 1:35 (ESV)

The day before, Jesus had healed a whole town's worth of people. He was in demand. And the next morning He got up

before dawn and went somewhere quiet to pray. If the Son of God needed that time with His Father, so do you.

In the morning, I prepare

> *O LORD, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch.*
>
> PSALM 5:3 (ESV)

This is the book's morning plan, three thousand years early. You bring the day to God before it starts. Then you *watch*. You go through the day looking for His answer.

How Jesus taught us to pray

> *But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.*
>
> MATTHEW 6:6 (ESV)

Jesus says to go into your room and shut the door. No audience. Then He gives you the Lord's Prayer (Matthew 6:9–13). Look at what comes first: God's name, God's kingdom, God's will. Only then your daily bread, your forgiveness, your protection from temptation.

Your will be done is the same prayer the book asks you to say "many times each day" (p. 88). Jesus prayed it Himself the night before the cross: *not my will, but yours, be done* (Luke 22:42). Many meetings close with the Lord's Prayer. Pray it slowly, every morning, and mean each line.

Be still

> *Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!*
>
> PSALM 46:10 (ESV)

This is meditation. Not emptying your mind. Stopping long enough to remember who God is. When Elijah was worn out and afraid, God didn't come to him in the wind or the earthquake or the fire, but in a low whisper (1 Kings 19:11–12). You won't hear a whisper if you never get quiet.

Ask for wisdom

> *If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.*
>
> JAMES 1:5 (ESV)

This is the book's advice for the morning you don't know which way to go. Ask. God gives wisdom generously, and He doesn't scold you for asking. Then do what the book says. Relax. Don't struggle. Take the next right step.

Do not be anxious

> *...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*
>
> PHILIPPIANS 4:6–7 (ESV)

This is the pause during the day. Something agitates you. Instead of stewing, you pray: tell God about it, with thanks, and hand it over. The peace that follows doesn't always make sense. It guards you anyway.

Search me

> *Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!*
>
> PSALM 139:23–24 (ESV)

This is the night review, as a prayer. You don't search your heart alone. You ask God to do it with you, to show you what you missed, and to lead you on. Then you sleep in His care.

Don't skip church

> *And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.*
>
> HEBREWS 10:24–25 (ESV)

Some people in recovery drift away from church. Some never went. This passage says plainly: don't neglect meeting together. You need other believers to stir you up, and they need you. Find a church that teaches the Bible, and go this Sunday.

How to work Step Eleven

Here is a plain way to work this step. Your sponsor may suggest something different. Go with your sponsor.

1. Start small

Don't plan an hour of prayer a day and quit by Thursday. Start with something you can actually do: ten or fifteen minutes in the morning, a few short pauses during the day, and five minutes at night. You can grow it later.

2. Pick a time and a place

Same chair, same time, every morning. Before your phone. Coffee is fine. Kneeling is fine. Sitting is fine. What matters is that it happens before the day takes over.

3. Read Scripture every day

Pick a plan and stick with it. A Gospel is a good place to start: Mark or John, a chapter a day. Or the Psalms. Read slowly. Ask three questions: *What does this say about God? What does it say about me? What do I do with it today?* The verse of the day in the app is a start, not the whole meal.

4. Pray the book's way, in the morning

Think through your day. Ask God to direct your thinking, free of self-pity and selfish motives. If you're stuck on a decision, ask for wisdom, and then relax. Pray the Lord's Prayer. Close by asking to be shown the next step all through the day.

5. Be quiet for a few minutes

After you read and pray, stop talking. Sit still for two or three minutes. Think about the passage you read. Let your mind settle on God. If it wanders, bring it back. That's meditation, and you'll get better at it.

6. Pause during the day

When you're agitated or doubtful, stop. Take a breath. Say *Thy will be done*, or *Lord, what's the right thing here?* Then do the next right thing. Try to pause at least three times a day, even when nothing is wrong.

7. Review the day at night

Go through the questions on page 86. Be honest, not harsh. Ask God's forgiveness. Ask what you need to fix, and plan to fix it tomorrow. Then thank Him for the day sober, and go to sleep.

8. Read the Prayer of St. Francis

Open your copy of *Twelve Steps and Twelve Traditions* to page 99. Read the prayer several times, slowly. Don't argue with it. Pick one line and carry it through the day.

9. Go to church

Go this Sunday. If you have a church, go back and get involved. If you don't, ask a Christian friend in recovery where they go, or try a Bible-teaching church near you. Tell the pastor you're in recovery if you're comfortable. Meetings and church work together.

A simple daily rhythm

Keep this page handy. It's the book's plan for Step Eleven, laid out as a day. The verses are for looking up in your own Bible.

Morning (pp. 86–87)

- **Before your phone.** Sit down with God first. *Psalm 5:3*
- **Read Scripture.** A chapter, slowly. *Psalm 119:105*
- **Think about the day ahead.** Your plans, your people, your problems.
- **Ask God to direct your thinking.** Free of self-pity, dishonesty and selfish motives. *Proverbs 3:5–6*
- **Stuck on a decision?** Ask for wisdom, then relax. *James 1:5*
- **Pray the Lord's Prayer.** Slowly. *Matthew 6:9–13*
- **Be quiet for a few minutes.** *Psalm 46:10*
- **Close:** ask to be shown the next step all day.

Through the day (pp. 87–88)

- **When agitated or doubtful, pause.** Ask for the right thought or action. *Philippians 4:6–7*
- **Say "Thy will be done."** Many times a day. *Luke 22:42*
- **Catch a defect?** Hand it back to God, and do the next right thing.
- **Call someone.** A short call keeps you connected.

Night (p. 86)

- **Review the day.** Resentful, selfish, dishonest, afraid? Owe an apology? Kind and loving toward all? *Psalm 139:23–24*
- **No beating yourself up.** Honest, not harsh. *Romans 8:1*
- **Ask God's forgiveness.** And what to set right tomorrow. *1 John 1:9*
- **Give thanks.** For the day sober, by name. *1 Thessalonians 5:18*
- **Sleep in His care.** *Psalm 4:8*

Every week

- **Church on Sunday.** *Hebrews 10:24–25*
- **Meetings.** As many as your sponsor suggests.

Questions to think about

These aren't for writing in this guide. Think them over, pray about them, write in a notebook if that helps, and talk them through with your sponsor. Jimmy and Sarah ask some of the same questions in the app.

1. What does your morning look like right now? Where does God fit in it?
2. How do you pray? What gets in the way?
3. What are you reading in Scripture this week? What did it say to you?
4. When did you pause today when you were agitated or doubtful? What happened?
5. Are you going to church? Which one? If not, what's stopping you?
6. Have your prayers been a wish list? What would it look like to pray only for God's will and the power to carry it out?
7. How do you tell the difference between God's leading and your own wishful thinking? Who helps you check?
8. When does your nightly review turn into worry or self-punishment? How can you keep it honest without making it harsh?
9. What helps you be quiet with God? What makes it hard?
10. Read the Prayer of St. Francis in your own copy (12&12 p. 99). Which line is hardest for you to pray, and why?

Suggestions for this week

Pick one at a time. You don't need to do all of them.

- **Morning:** ask God for direction before the day starts (pp. 86–87).
- **During the day:** pause when you're agitated or doubtful (p. 87).
- **Night:** review the day (p. 86).
- Read pages 85–88 of *Alcoholics Anonymous* out loud.
- Read the Prayer of St. Francis (12&12 p. 99) in your own copy, slowly, every day this week.
- Read one chapter of the Gospel of Mark each morning.
- Pray the Lord's Prayer each morning, slowly, stopping at each line.
- Memorize Psalm 46:10: *Be still, and know that I am God.*
- Ask your sponsor or someone you trust how they spend their morning time with God.
- Go to church this Sunday. If you don't have a church, try one.

When it's hard

Almost everyone gets stuck somewhere on this step. Here's what that usually looks like, and what to do.

"I don't have time."

You found time to drink. You can find ten minutes. Get up a little earlier, or do it before you look at your phone. If the morning truly falls apart, pray in the car or on your break. Don't skip the day just because it wasn't perfect.

"My prayers feel empty."

Everyone goes through dry times. Feelings come and go. Keep showing up. Read a Psalm. Many of them were written by people who felt far from God. Pray the Lord's Prayer when you have no words of your own. God hears you whether you feel it or not.

"My mind won't stop wandering."

That's normal. Every time you notice it, bring it back. That's the practice. Reading Scripture out loud helps. So does praying on paper in a notebook, or praying while you walk.

"I don't know if it's God or just me."

Good question to ask. Test it. Does it line up with Scripture? Is it selfish? Does it hurt anyone? Run it by your sponsor or your pastor. The book says you won't be inspired all the time. Go slow on big decisions.

"I keep asking for things and nothing happens."

Look at what you're asking for. If your prayers are mostly a list of how you want things to go, go back to the step's words: knowledge of His will, and the power to carry it out. Ask for that, and watch what changes.

"I don't feel welcome at church."

Some churches don't understand addiction. Some do, and some have recovery ministries. Keep looking. Ask Christians in your meetings where they go. Don't let one bad visit keep you from God's people.

If you want to drink, call someone before you do anything else. Your sponsor, someone from a meeting, your pastor. Get to a meeting today. If you are in danger, call or text 988, or call 911.

The book's morning and night

The book gives Step Eleven a way to end and start each day. Keep this page where you'll see it.

Night

> "When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest, or afraid? Do we owe an apology?"
>
> ALCOHOLICS ANONYMOUS, P. 86

> "After making our review we ask God's forgiveness and inquire what corrective measures should be taken."
>
> ALCOHOLICS ANONYMOUS, P. 86

Morning

> "On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives."
>
> ALCOHOLICS ANONYMOUS, P. 86

> "We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems."
>
> ALCOHOLICS ANONYMOUS, P. 87

> "As we go through the day, we pause when agitated or doubtful, and ask for the right thought or action."
>
> ALCOHOLICS ANONYMOUS, P. 87

A prayer for this step

Pray in your own words. Here is one way, for the morning:

Father, thank You for this new day, and for keeping me sober through the night.

Before I start, I give You my plans. Direct my thinking. Take away self-pity, dishonesty and selfish motives. Where I don't know what to do, give me wisdom, and help me not to force it.

I'm not asking for my own way today. Show me Your will for me, and give me the power to carry it out. Show me the next step all through the day. When I get angry or afraid, help me stop and turn to You.

Speak to me through Your Word. Make me useful to someone today. Your will, not mine, be done. In Jesus' name. Amen.

And one for the night:

Lord, thank You for today. Search me, and show me where I went wrong. Where I was selfish, dishonest, resentful or afraid, forgive me. Show me what to set right tomorrow, and give me the courage to do it.

Thank You for what went right. Keep me tonight, and wake me ready to serve You. In Jesus' name. Amen.

Ready for Step Twelve?

Before you call this step done, talk these over with your sponsor:

- Have you kept a morning and evening practice for a couple of weeks?
- Are you connected to a church, or working on it?
- Are you reading Scripture most days?
- Are you pausing during the day when you're agitated or doubtful?
- Are your prayers more about God's will than your list?
- Have you read the 12&12 chapter on Step Eleven in your own copy?

You don't have to pray perfectly to move on. You need a daily practice that's real, and you need to keep it.

What's next

Step Twelve is about carrying the message to others. The book says it right after Step Eleven: "There is action and more action" (p. 88). The next chapter, "Working With Others," starts on page 89.

Step Eleven doesn't end when Step Twelve begins. You'll keep this rhythm, morning, day and night, for the rest of your life. It's what keeps your connection to God alive, and you'll need that connection to help anyone else.

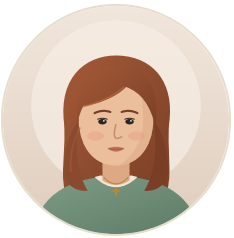
KEEP GOING

Talk it over with Jimmy or Sarah

Steps & Scripture is a Christian Twelve Step app for iPhone and Android. Your sponsor, Jimmy for men or Sarah for women, is an AI who knows *Alcoholics Anonymous* and the Bible. Your sponsor walks the steps with you, one conversation at a time, and keeps pointing you to meetings, a human sponsor, your church, and the phone.



Jimmy



Sarah

Download on the App Store

Get it on Google Play

Free to download. First month free, no card. For adults 18 and older. Jimmy and Sarah are AI. They are not people, and they say so.

IF TODAY IS A BAD DAY

Get help now

If you are in danger or thinking about hurting yourself: call or text **988**, the Suicide & Crisis Lifeline, or call **911**.

Withdrawal can kill. If you have been drinking heavily and stopped, and you are shaking, sweating, confused, seeing things, or have had a seizure, go to the ER today. If you drink heavily every day, talk to a doctor before you stop.

If you want to drink

- Call someone before you pick up. Your sponsor, someone from a meeting, your pastor.
- Get to a meeting today, early, and stay late.
- Ask: am I hungry, angry, lonely or tired? Deal with that first.
- Play the tape forward. Walk past the first drink to tonight, tomorrow morning, and who you'll have to tell.
- Pray. Even "God, help me" counts.

The SAMHSA National Helpline is free and open 24/7: 1-800-662-4357.

THE PROGRAM

The Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. **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 the power to carry that out.**
12. Having had a spiritual experience as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

1939 wording (*Alcoholics Anonymous*, p. 59).