

11th Step Morning Prayer

God, as _____ and I think about the 24 hours ahead and consider our plans for the day, we ask you to direct our thinking. We especially ask that our thinking be divorced from self-pity, dishonest and self-seeking motives today. We know that under these conditions we can employ our mental faculties with assurance for after all you did give us brains to use. We know that our thought lives will be placed on a higher plane by clearing our thinking of wrong motives today.

In thinking about our day if we are faced with indecision and cannot determine which course to take, we ask You for inspiration, an intuitive thought or a decision. God please help us to take it easy and not struggle. We know that our thinking will be more and more on the plane of inspiration. Help us to rely on it.

- My plans for the day are...
- (other person shares their plans for the day)

God please show _____ and I all through the day what our next step is to be and give us whatever we need to take care of such problems. _____ and I ask especially for freedom from self-will today. Remind us to pray for ourselves only if others will be helped, never for our own selfish ends.

- God, today I pray for.....
- (Other person prays for.....)

God, as we go through the day, give us the ability to pause when agitated or doubtful and ask You for the right thought or action. Please help us to constantly remind ourselves today that we are no longer running the show, humbly saying to ourselves many times today "Thy will be done." We know that when we do this we are in much less danger of excitement, fear, anger, worry, self-pity or foolish decisions. Please help us to become more efficient and not tire so easily. Discipline us as only You can.

Amen

Unknown