

## **JAN 01 AA Thought for the Day**

When I came into AA, was I a desperate person? Did I have a soul-sickness? Was I so sick of myself and my way of living that I couldn't stand looking at myself in a mirror? Was I ready for AA? Was I ready to try anything that would help me to get sober and to get over my soulsickness? Should I ever forget the condition I was in?

### **Meditation for the Day**

In the new year, I will live one day at a time. I will make each day one of preparation for better things ahead. I will not dwell on the past or the future, only on the present. I will bury every fear of the future, all thoughts of unkindness and bitterness, all my dislikes, my resentments, my sense of failure, my disappointments in others and in myself, my gloom, and my despondency. I will leave all these things buried and go forward, in this new year, into a new life.

### **Prayer for the Day**

I pray that God will guide me one day at a time in the new year. I pray that for each day, God will supply the wisdom and the strength that I need.

\*\*\*\*\*

## **JAN 02 AA Thought for the Day**

What makes AA work? The first thing is to have a desire for something more than my way of living. Then I must admit I was helpless, that alcohol had taken control, and I couldn't do anything about it. The next thing is to honestly want to quit the old life. Then I must surrender my life to a Higher Power, put my drinking problem in His hands, and leave it there. After these things are done, I should attend meetings regularly for fellowship and sharing. I should also try to help other alcoholics. Am I doing these things?

### **Meditation for the Day**

You are so made that you can only carry the weight of twenty-four hours, no more. If you weigh yourself down with the years behind and the days ahead, your back breaks. God has promised to help with the burdens of this day only. If you are foolish enough to gather again that burden of the past and carry it, then indeed you cannot expect God to help you bear it. So forget that which lies behind you and breathe in the blessing of each new day.

### **Prayer for the Day**

I pray I may realize that, for good or bad, past days have ended. I pray that I may face each new day, the coming twenty-four hours, with hope and courage.

\*\*\*\*\*

## **JAN 03 AA Thought for the Day**

When I came into AA, I learned what an alcoholic was, and then I applied this knowledge to myself to see if I was an alcoholic. When I was convinced that I was an alcoholic, I admitted it openly. Since then, have I been learning to live accordingly? Have I read the book Alcoholics Anonymous? Have I

applied the knowledge gained to myself? Have I admitted openly that I am an alcoholic? Am I ready to admit it at any time when I can be of help?

### **Meditation for the Day**

I will be renewed. I will be remade. In this, I need God's help. His spirit shall flow through me, and in flowing through me, it shall sweep away all the bitter past. I will take heart. The way will open for me. Each day will unfold something good, as long as I am trying to live the way I believe God wants me to live.

### **Prayer for the Day**

I pray that I may be taught, just as a child would be taught. I pray for the strength to not question God's plans, but accept them gladly.

\*\*\*\*\*

### **JAN 04 AA Thought for the Day**

Have I admitted I am an alcoholic? Have I swallowed my pride and admitted I was different from ordinary drinkers? Have I accepted the fact that I must spend the rest of my life without liquor? Have I any more reservations, any idea in the back of my mind that someday I'll be able to drink safely? Am I absolutely honest with myself and with other people? Have I taken an inventory of myself and admitted the wrong I have done? Have I come clean with my friends Have I tried to make it up to them for the way I have treated them?

### **Meditation for the Day**

I will believe that fundamentally all is well. Good things will happen to me. I believe that God cares for me and will provide for me. I will not try to plan ahead. I know that the way will unfold, step by step. I will leave tomorrow's burden to God, because He is the great burden-bearer. He only expects me to carry my one day's share.

### **Prayer for the Day**

I pray that I may not try to carry the burden of the universe on my shoulders. I pray that I may be satisfied to do my share each day.

\*\*\*\*\*

### **JAN 05 AA Thought for the Day**

Have I turned to a Higher Power for help Do I believe that each man or woman I see in AA is a demonstration of the power of God to change a human being from a state of chronic disease into a sober, useful citizen? Do I believe that this Higher Power can keep me from drinking? Am I living one day at a time? Do I ask God to give me the power to stay sober for each twenty-four hours? Do I attend AA meetings regularly?

### **Meditation for the Day**

I believe that God's presence brings peace and that peace, like a quiet-flowing river, will cleanse all irritants away. In these quiet times, God will teach me how to rest my nerves. I will not be afraid. I will learn how to relax. When I am relaxed, God's strength will flow into me. I will be at peace.

### **Prayer for the Day**

I pray for that peace which passes all understanding. I pray for that peace which the world can neither give nor take away.

\*\*\*\*\*

### **JAN 06 AA Thought for the Day**

Keeping sober is the most important thing in my life. The most important decision I ever made was my decision to give up drinking. I am convinced that my whole life depends on not taking that first drink. Nothing in the world is as important to me as my own sobriety. Everything I have, my whole life, depends on that one thing. Can I afford ever to forget this, even for one minute?

### **Meditation for the Day**

I will discipline myself. I will do this disciplining now. I will turn out all useless thoughts. I know that the goodness of my life is a necessary foundation for its usefulness. I will welcome this training, for without it God cannot give me His power. I believe that this power is a mighty power when it is used in the right way.

### **Prayer for the Day**

I pray that I may face and accept whatever discipline is necessary. I pray that I may be fit to receive God's power in my life.

\*\*\*\*\*

### **JAN 07 AA Thought for the Day**

When temptation comes, as it does sometimes to all of us, I will say to myself: "No, my whole life depends on not taking that drink and nothing in the world can make me do it." Besides, I have promised my Higher Power that I wouldn't do it. I know that God doesn't want me to drink and I won't break my promise to God. I've given up my right to drink and it's not my decision any longer. Have I made the choice once and for all, so that there's no going back on it?

### **Meditation for the Day**

In silence comes God's meaning to the heart. I cannot judge when it enters the heart. I can only judge by results. God's word is spoken to the secret places of my heart, and in some hour of temptation, I find that word and realize its value for the first time. When I need it, I find it there. "Thy Father, who seeth in secret, shall reward thee openly."

### **Prayer for the Day**

I pray that I may see God's meaning in my life. I pray that I may gladly accept what God has to teach me.

\*\*\*\*\*

## **JAN 08 AA Thought for the Day**

Everyone who comes into AA knows from bitter experience that he or she can't drink. I know that drinking has been the cause of all my major troubles or has made them worse. Now that I have found a way out, I will hang on to AA with both hands. Saint Paul once said that nothing in the world, neither powers nor principalities, life nor death, could separate him from the love of God. Once I have given my drinking problem to God, should anything in the world separate me from my sobriety?

### **Meditation for the Day**

I know that my new life will not be immune from difficulties, but I will have peace even in difficulties. I know that serenity is the result of faithful, trusting acceptance of God's will, even in the midst of difficulties. Saint Paul said: "Our light afflictions, which are but for a moment, work for us a far more exceeding and eternal weight of glory."

### **Prayer for the Day**

I pray that I may welcome difficulties. I pray that they may test my strength and build my character.

\*\*\*\*\*

## **JAN 09 AA Thought for the Day**

When we were drinking, most of us had no real faith in anything. We may have said that we believed in God, but we didn't act as though we did. We never honestly asked God to help us and we never really accepted His help. To us, faith looked like helplessness. But when we came into AA, we began to have faith in God. And we found out that faith gave us the strength we needed to overcome drinking. Have I learned that there is strength in faith?

### **Meditation for the Day**

I will have faith, no matter what may befall me. I will be patient, even in the midst of troubles. I will not fear the strain of life, because I believe that God knows just what I can bear. I will look to the future with confidence. I know that God will not ask me to bear anything that could overcome or destroy me.

### **Prayer for the Day**

I pray that I may put this day in the hands of God. I pray for faith, so that nothing will upset me or weaken my determination to stay sober.

\*\*\*\*\*

## **JAN 10 AA Thought for the Day**

When we were drinking, most of us were full of pride and selfishness. We believed we could handle our own affairs, even though we were making a mess of our lives. We were very stubborn and didn't like to take advice. We resented being told what to do. To us, humility looked like weakness. But when we came into AA, we began to be humble. And we found out that humility gave us the power we needed to over-come drinking. Have I learned that there is power in humility?

## **Meditation for the Day**

I will come to God in faith and He will give me a new way of life. This new way of life will alter my whole existence, the words I speak, the influence I have. They will spring from the life within me. I see how important is the work of a person who has this new way of life. The words and the example of such a person can have a wide influence for good in the world.

## **Prayer for the Day**

I pray that I may learn the principles of the good life. I pray that I may meditate upon them and work at them, because they are eternal.

\*\*\*\*\*

## **JAN 11 AA Thought for the Day**

When we were drinking most of us never thought of helping others. We liked to buy drinks for people, because that made us feel like big shots. But we only used others for our own pleasure. To really go out and try to help somebody who needed help never occurred to us. To us, helping others looked like a sucker's game. But when we came into AA, we began to try to help others. And we found out that helping others made us happy and also helped us to stay sober. Have I learned that there is happiness in helping others?

## **Meditation for the Day**

I will pray only for strength and that God's will be done. I will use God's unlimited store of strength for my needs. I will seek God's will for me. I will strive for consciousness of God's presence, for He is the light of the world. I have become a pilgrim, who needs only marching orders and strength and guidance for this day.

## **Prayer for the Day**

I pray that I may seek God's guidance day by day. I pray that I may strive to abide in God's presence.

\*\*\*\*\*

## **JAN 12 AA Thought for the Day**

The longer we're in AA, the more natural this way of life seems. Our old drinking lives were a very unnatural way of living. Our present sober lives are the most natural way we could possibly live. During the early years of our drinking, our lives weren't so different from the lives of a lot of other people. But as we gradually became problem drinkers, our lives became more and more unnatural. Do I realize now that the things I did were far from natural?

## **Meditation for the Day**

I will say thank you to God for everything, even the seeming trials and worries. I will strive to be grateful and humble. My whole attitude toward my Higher Power will be one of gratitude. I will be glad for the things I have received. I will pass on what God reveals to me. I believe that more truths will flow in, as I go along in the new way of life.

## Prayer for the Day

I pray that I may be grateful for the things I have received and do not deserve. I pray that this gratitude will make me truly humble.

\*\*\*\*\*

## JAN 13 AA Thought for the Day

When we were drinking, we were living an unnatural life physically and mentally. We were punishing our bodies by loading them with alcohol. We didn't eat enough and we ate the wrong things. We didn't get enough sleep or the right kind of rest. We were ruining ourselves physically. We had an obsession, and we couldn't imagine life without alcohol. We kept imagining all kinds of crazy things about ourselves and about other people. We were ruining ourselves mentally. Since I came into AA, am I getting better physically and mentally?

## Meditation for the Day

I believe that my life is being refined like gold in a crucible. Gold only stays in the crucible until it is refined. I will never despair or be despondent. I now have friends who long for me to conquer my addiction. If I should err or fail, it would cause pain and disappointment to them. I will keep trying to live a better life.

## Prayer for the Day

I pray that I may always call on God's strength, while the gold of my life is being refined. I pray that I may see it through, with God's help.

\*\*\*\*\*

## JAN 14 AA Thought for the Day

When we first came into AA, a sober life seemed strange. We wondered what life could possibly be like without ever taking a drink. At first, a sober life seemed unnatural. But the longer we're in AA, the more natural this way of life seems. And now we know that the life we're living in AA—the sobriety, the fellowship, the faith in God, and the trying to help each other— is the most natural way we could possibly live. Do I believe it's the way God wants me to live?

## Meditation for the Day

I will learn to overcome myself, because every blow to selfishness is used to shape the real, eternal, unperishable me. As I overcome myself, I gain that power which God releases in my soul. And I will be victorious. It is not the difficulties of life that I have to conquer so much as my own selfishness.

## Prayer for the Day

I pray that I may obey God and walk with Him and listen to Him. I pray that I may strive to overcome my own selfishness.

\*\*\*\*\*

## **JAN 15 AA Thought for the Day**

The AA program is a way of life. It's a way of living and we have to learn to live the program if we're going to stay sober. The Twelve Steps in the book are like guideposts. They point the direction in which we have to go. But all members of the group have to find their own best way to live the program. We don't all do it exactly alike. Whether by quiet time in the morning, meetings, working with others, or spreading the word, we have to learn to live the program. Has the AA way become my regular, natural way of living?

### **Meditation for the Day**

I will relax and not get tense. I will have no fear, because everything will work out in the end. I will learn soul-balance and poise in a vacillating, changing world. I will claim God's power and use it because if I do not use it, it will be withdrawn. As long as I get back to God and replenish my strength after each task, no work can be too much.

### **Prayer for the Day**

I pray that I may relax and that God's strength will be given to me. I pray that I may subject my will to God's will and be free from all tenseness.

\*\*\*\*\*

## **JAN 16 AA Thought for the Day**

The AA program is more a way of building a new life than just a way of getting over drinking, because in AA we don't just stop drinking. We did that plenty of times in the old days when we "went on the wagon." And, of course, we always started to drink again, because we were only waiting for the time when we could fall off. Once we've gotten sober through the AA program, we start going uphill. In our drinking days, we were going downhill, getting worse and worse. We either go down or up. Am I going up-hill, getting better and better?

### **Meditation for the Day**

I will try to obey God's will day in and day out, in the wilderness plains as well as on the mountaintops of experience. It is in the daily strivings that perseverance counts. I believe that God is Lord of little things, the Divine Controller of little happenings. I will persevere in this new way of life. I know that nothing in the day is too small to be part of God's scheme.

### **Prayer for the Day**

I pray that the little stones I put into the mosaic of my life may make a worthwhile pattern. I pray that I may persevere and so find harmony and beauty.

\*\*\*\*\*

## **JAN 17 AA Thought for the Day**

It doesn't do much good to come to meetings only once in a while and sit around, hoping to get something out of the program. That's all right at first, but it won't help us very long. Sooner or later we have to get into action by coming to meetings regularly, by giving a personal witness of our

experience with alcohol, and by trying to help other alcoholics. Building a new life takes all the energy that we used to spend on drinking. Am I spending at least as much time and effort on the new life that I'm trying to build in AA?

### **Meditation for the Day**

With God's help, I will build a protective screen around myself which will keep out all evil thoughts. I will fashion it out of my attitude toward God and my attitude toward other people. When one worrying or impatient thought enters my mind, I will put it out at once. I know that love and trust are the solvents for the worry and frets of life. I will use them to form a protective screen around me.

### **Prayer for the Day**

I pray that frets and impatience and worry may not corrode my protective screen against all evil thoughts. I pray that I may banish all these from my life.

\*\*\*\*\*

### **JAN 18 AA Thought for the Day**

The new life can't be built in a day. We have to take the program slowly, a little at a time. Our subconscious minds have to be re-educated. We have to learn to think differently. We have to get used to sober thinking instead of alcoholic thinking. Anyone who tries it knows that the old alcoholic thinking is apt to come back on us when we least expect it. Building a new life is a slow process, but it can be done if we really follow the AA program. Am I building a new life on the foundation of sobriety?

### **Meditation for the Day**

I will pray daily for faith, for it is God's gift. On faith alone depends the answer to my prayers. God gives it to me in response to my prayers, because it is a necessary weapon for me to possess for the overcoming of all adverse conditions and the accomplishment of all good in my life. Therefore, I will work at strengthening my faith.

### **Prayer for the Day**

I pray that I may so think and live as to feed my faith in God. I pray that my faith may grow because with faith God's power becomes available to me.

\*\*\*\*\*

### **JAN 19 AA Thought for the Day**

On the foundation of sobriety, we can build a life of honesty, unselfishness, faith in God, and love of our fellow human beings. We'll never fully reach these goals, but the adventure of building that kind of a life is so much better than the merry-go-round of our old drinking life that there's no comparison. We come into AA to get sober, but if we stay long enough we learn a new way of living. We become honest with ourselves and with other people. We learn to think more about others and less about ourselves. And we learn to rely on the constant help of a Higher Power. Am I living the way of honesty, unselfishness, and faith?

### **Meditation for the Day**



I believe that God had already seen my heart's needs before I cried to Him, before I was conscious of those needs myself. I believe that God was already preparing the answer. God does not have to be petitioned with sighs and tears and much speaking. He has already anticipated my every want and need. I will try to see this, as His plans unfold in my life.

### **Prayer for the Day**

I pray that I may understand my real wants and needs. I pray that my understanding of those needs and wants may help to bring the answer to them.

\*\*\*\*\*

### **JAN 20 AA Thought for the Day**

In AA we're all through with lying, hangovers, remorse, and wasting money. When we were drinking, we were only half alive. Now that we're trying to live decent, honest, unselfish lives, we're really alive. Life has a new meaning for us, so that we can really enjoy it. We feel that we're some use in the world. We're on the right side of the fence, instead of on the wrong side. We can look the world in the face instead of hiding in alleys. We come into AA to get sober and if we stay long enough, we learn a new way of living. Am I convinced that no matter how much fun I got out of drinking, that life never was as good as the life I can build in AA?

### **Meditation for the Day**

I want to be at one with the Divine Spirit of the universe. I will set my deepest affections on things spiritual not on things material. As we think, so we are. So I will think of and desire that which will help, not hinder, my spiritual growth. I will try to be at one with God. No human aspiration can reach higher than this.

### **Prayer for the Day**

I pray that I may think love, and love will surround me. I pray that I may think health, and health will come to me.

\*\*\*\*\*

### **JAN 21 AA Thought for the Day**

To grasp the AA program, we have to think things out. Saint Paul said: "They are transformed by the renewing of their minds." We have to learn to think straight. We have to change from alcoholic thinking to sober thinking. We must build up a new way of looking at things. Before we came into AA, we wanted an artificial life of excitement and everything that goes with drinking. That kind of a life looked normal to us then. But as we look back now, that life looks the exact opposite of normal. In fact, it looks most abnormal. We must re-educate our minds. Am I changing from an abnormal thinker to a normal thinker?

### **Meditation for the Day**

I will take the most crowded day without fear. I believe that God is with me and controlling all. I will let confidence be the motif running through the crowded day. I will not get worried, because I know that

God is my helper. Underneath are the everlasting arms. I will rest in them, even though the day be full of things crowding in on me.

### **Prayer for the Day**

I pray that I may be calm and let nothing upset me. I pray that I may not let material things control me and choke out spiritual things.

\*\*\*\*\*

### **JAN 22 AA Thought for the Day**

In the beginning, you want to get sober, but you're helpless, so you turn to a Power greater than yourself and by trusting in that Power, you get the strength to stop drinking. From then on, you want to keep sober, and that's a matter of reeducating your mind. After a while, you get so that you really enjoy simple, healthy, normal living. You really get a kick out of life without the artificial stimulus of alcohol. All you have to do is to look around at the members of any AA group and you will see how their outlook has changed. Is my outlook on life changing?

### **Meditation for the Day**

I will never forget to say thank you to God, even on the grayest days. My attitude will be one of humility and gratitude. Saying thank you to God is a daily practice that is absolutely necessary. If a day is not one of thankfulness, the practice has to be repeated until it becomes so. Gratitude is a necessity for those who seek to live a better life.

### **Prayer for the Day**

I pray that gratitude will bring humility. I pray that humility will bring me to live a better life.

\*\*\*\*\*

### **JAN 23 AA Thought for the Day**

Alcoholics are people whose drinking got them into a "blind alley." They haven't been able to learn anything from their drinking experiences. They are always making the same mistakes and suffering the same consequences over and over again. They refuse to admit they're alcoholic. They still think they can handle the stuff. They won't swallow their pride and admit that they're different from ordinary drinkers. They won't face the fact that they must spend the rest of their lives without liquor. They can't visualize life without ever taking a drink. Am I out of this blind alley?

### **Meditation for the Day**

I believe that God has all power. It is His to give and His to withhold. But He will not withhold it from the person who dwells near Him. It is breathed in by the person who lives in God's presence. I will learn to live in God's presence and then I will have those things which I desire of Him: strength, power, and joy. God's power is available to all who need it and are willing to accept it.

### **Prayer for the Day**

I pray that I may get myself out of the way, so that God's power may flow in. I pray that I may surrender myself to that power.

\*\*\*\*\*

## **JAN 24 AA Thought for the Day**

Alcoholics who are living in a blind alley refuse to be really honest with themselves or with other people. They're running away from life and won't face things as they are. They won't give up their resentments. They're too sensitive and too easily hurt. They refuse to try to be unselfish. They still want everything for themselves. And no matter how many disastrous experiences they have had with drinking, they still do it over and over again. There's only one way to get out of that blind-alley way of living and that's to change your thinking. Have I changed my thinking?

## **Meditation for the Day**

I know that the vision and power that I receive from God are limitless, as far as spiritual things are concerned. But in temporal and material things, I must submit to limitations. I know that I cannot see the road ahead. I must go just one step at a time, because God does not grant me a longer view. I am in uncharted waters, limited by my temporal and spatial life, but unlimited in my spiritual life.

## **Prayer for the Day**

I pray that, in spite of my material limitations, I may follow God's way. I pray I may learn that trying to do His will is perfect freedom.

\*\*\*\*\*

## **JAN 25 AA Thought for the Day**

We used to depend on drinking for a lot of things. We depended on drinking to help us enjoy things. It gave us a "kick." It broke down our shyness and helped us to have a "good time." We depended on drinking to help us when we felt low physically. If we had a toothache or just a hangover, we felt better after a few drinks. We depended on drinking to help us when we felt low mentally. If we'd had a tough day at work or if we'd had a fight with our loved one or if things just seemed against us, we felt better under the influence of alcohol. For us alcoholics, it got so that we depended on drinking for almost everything. Have I gotten over that dependence on drinking?

## **Meditation for the Day**

I believe that complete surrender of my life to God is the foundation of serenity. God has prepared for us many mansions. I do not look upon that promise as referring only to the after-life. I do not look upon this life as something to be struggled through, in order to get the rewards of the next life. I believe that the Kingdom of God is within us, and we can enjoy "eternal life" here and now.

## **Prayer for the Day**

I pray that I may try to do God's will. I pray that such understanding, insight, and vision shall be mine and shall make my life eternal, here and now.

\*\*\*\*\*

## **JAN 26 AA Thought for the Day**

As we became alcoholics, the bad effects of drinking came more and more to outweigh the good effects. But the strange part of it is that, no matter what drinking did to us—loss of our health, our jobs, our money, and our homes—we still stuck to it and depended on it. Our dependence on drinking became an obsession. In AA, we find a new outlook on life. We learn how to change from alcoholic thinking to sober thinking. And we find out that we can no longer depend on drinking for anything. We depend on a Higher Power instead. Have I entirely given up dependence on drinking?

### **Meditation for the Day**

I will try to keep my life calm and unruffled. This is my great task, to find peace and acquire serenity. I must not harbor disturbing thoughts. No matter what fears, worries, and resentments I may have, I must try to think of constructive things until calmness comes. Only when I am calm can I act as a channel for God's spirit.

### **Prayer for the Day**

I pray that I may build up instead of tear down. I pray that I may be constructive and not destructive.

\*\*\*\*\*

## **JAN 27 AA Thought for the Day**

Alcoholics carry an awful load around with them. What a load lying puts on your shoulders! Drinking makes liars out of all of us alcoholics. In order to get the liquor we want, we have to lie all the time. We have to lie about where we've been and what we've been doing. When you are lying you are only half alive, because of the fear of being found out. When you come into AA, and get honest with yourself and with other people, that terrible load of lying falls off your shoulders. Have I gotten rid of that load of lying?

### **Meditation for the Day**

I believe that in the spiritual world, as in the material world, there is no empty space. As fears and worries and resentments depart my life, the things of the spirit come in to take their places. Calm comes after a storm. As soon as I am rid of fears and hate and selfishness, God's love and peace and calm can come in.

### **Prayer for the Day**

I pray that I may rid myself of all fears and resentments, so that peace and serenity may take their place. I pray that I may sweep my life clean of evil, so that good may come in.

\*\*\*\*\*

## **JAN 28 AA Thought for the Day**

What a load hangovers put on your shoulders! What terrible physical punishment we've all been through. The pounding headaches and jumpy nerves, the shakes and the jitters, the hot and cold sweats! When you come into AA and stop drinking, that terrible load of hangovers falls off your shoulders. What a load remorse puts on your shoulders! That terrible mental punishment we've all

been through. Ashamed of the things you've said and done. Afraid to face people because of what they might think of you. Afraid of the consequences of what you did when you were drunk. What an awful beating the mind takes! When you come into AA, that terrible load of remorse falls off your shoulders. Have I gotten rid of these loads of hangovers and remorse?

### **Meditation for the Day**

When you seek to follow the way of the spirit, it frequently means a complete reversal of the way of the world that you had previously followed. But it is a reversal that leads to happiness and peace. Do the aims and ambitions that a person usually strives for bring peace? Do the world's awards bring heart-rest and happiness? Or do they turn to ashes in the mouth?

### **Prayer for the Day**

I pray that I may not be weary, disillusioned, or disappointed. I pray that I may not put my trust in the ways of the world, but in the way of the spirit.

\*\*\*\*\*

### **JAN 29 AA Thought for the Day**

What a load wasting money puts on your shoulders! They say that members of AA have paid the highest initiation fee of any club members in the world, because we've wasted so much money on liquor. We'll never be able to figure out how much it was. We not only wasted our own money, but also the money we should have spent on our families. When you come into AA, that terrible load of wasted money falls off your shoulders. We alcoholics were getting round-shouldered from carrying all those loads that drinking put on our shoulders. But when we come into AA, we get a wonderful feeling of release and freedom. Can I throw back my shoulders and look the whole world in the face again?

### **Meditation for the Day**

I believe that the future is in the hands of God. He knows better than I what the future holds for me. I am not at the mercy of fate or buffeted about by life. I am being led in a very definite way, as I try to rebuild my life. I am the builder, but God is the architect. It is mine to build as best I can, under His guidance.

### **Prayer for the Day**

I pray that I may depend on God, since He has planned my life. I pray that I may live my life as I believe God wants me to live it.

\*\*\*\*\*

### **JAN 30 AA Thought for the Day**

A drinking life isn't a happy life. Drinking cuts you off from other people and from God. One of the worst things about drinking is the loneliness. And one of the best things about AA is the fellowship. Drinking cuts you off from other people, at least from the people who really matter to you—your family, your co-workers, and your real friends. No matter how much you love them, you build up a

wall between you and them by your drinking. You're cut off from any real companionship with them. As a result, you're terribly lonely. Have I gotten rid of my loneliness?

### **Meditation for the Day**

I will sometimes go aside into a quiet place of retreat with God. In that place, I will find restoration and healing and power. I will plan quiet times now and then, times when I will commune with God and rise rested and refreshed to carry on the work that God has given me to do. I know that God will never give me a load greater than I can bear. It is in serenity and peace that all true success lies.

### **Prayer for the Day**

I pray that I may strengthen my inner life, so that I may find serenity. I pray that my soul may be restored in quietness and peace.

\*\*\*\*\*

### **JAN 31 AA Thought for the Day**

Drinking cuts you off from God. No matter how you were brought up, no matter what your religion is, no matter if you say you believe in God, nevertheless you build up a wall between you and God by drinking. You know you're not living the way God wants you to. As a result, you have that terrible remorse. When you come into AA, you begin to get right with other people and with God. A sober life is a happy life, because by giving up drinking, we've gotten rid of our loneliness and remorse. Do I have real fellowship with other people and with God?

### **Meditation for the Day**

I believe that all sacrifice and all suffering are of value to me. When I am in pain, I am being tested. Can I trust God, no matter how low I feel? Can I say, "Thy will be done," no matter how much I am defeated? If I can, my faith is real and practical. It works in bad times as well as in good times. The Divine Will is working in a way that is beyond my finite mind to understand, but I can still trust in it.

### **Prayer for the Day**

I pray that I may take my suffering in stride. I pray that I may accept pain and defeat as part of God's plan for my spiritual growth.

\*\*\*\*\*