

FEB 01—AA Thought for the Day

When we think about having a drink, we're thinking of the kick we get out of drinking—the pleasure, the escape from boredom, the feeling of self-importance, and the companionship of other drinkers. What we don't think of is the letdown, the hangover, the remorse, the waste of money, and the facing of another day. In other words, when we think about that first drink, we're thinking of all the assets of drinking and none of the liabilities. What has drinking really got that we haven't got in AA? Do I believe that the liabilities of drinking outweigh the assets?

Meditation for the Day

I will start a new life each day. I will put the old mistakes away and start anew each day. God always offers me a fresh start. I will not be burdened or anxious. If God's forgiveness were only for the righteous and those who had not sinned, what would be its need? I believe that God forgives us all of our sins, if we are honestly trying to live today the way He wants us to live. God forgives us much and we should be very grateful.

Prayer for the Day

I pray that my life may not be spoiled by worry and fear and selfishness. I pray that I may have a glad, thankful, and humble heart.

FEB 02—AA Thought for the Day

We got a kick out of the first few drinks, before we got stupefied by alcohol. For a while, the world seemed to look brighter. But how about the letdown, the terrible depression that comes the morning after? In AA, we get a real kick: not a false feeling of exhilaration, but a real feeling of satisfaction with ourselves, self-respect, and a feeling of friendliness toward the world. We got a sort of pleasure from drinking. For a while we thought we were happy. But it's only an illusion. The hangover the next day is the opposite of pleasure. In AA, am I getting real pleasure and serenity and peace?

Meditation for the Day

I will practice love, because lack of love will block the way. I will try to see good in all people—those I like and also those who fret me and go against the grain. They are all children of God. I will try to give love; otherwise, how can I dwell in God's spirit from which nothing unloving can come? I will try to get along with all people, because the more love I give away, the more I will have.

Prayer for the Day

I pray that I may do all I can to love others, in spite of their many faults. I pray that as I love, so will I be loved.

FEB 03—AA Thought for the Day

By drinking, we escaped from boredom for a while. We almost forgot our troubles. But when we sobered up, our troubles were twice as bad. Drinking had only made them worse. In AA we really

escape boredom. Nobody's bored at an AA meeting. We stick around after it's over and we hate to leave. Drinking gave us a temporary feeling of importance. When we're drinking, we kid ourselves into thinking we are somebody. We tell tall stories to build ourselves up. In AA we don't want that kind of self-importance. We have real self-respect and honesty and humility. Have I found something much better and more satisfactory than drinking?

Meditation for the Day

I believe that my faith and God's power can accomplish anything in human relationships. There is no limit to what these two things can do in this field. Only believe, and anything can happen. Saint Paul said, "I can do all things through Him who strengthens me." All walls that divide you from other human beings can fall by your faith and God's power. These are the two essentials. Everyone can be moved by these.

Prayer for the Day

I pray that I may try to strengthen my faith day by day. I pray that I may rely more and more on God's power.

FEB 04—AA Thought for the Day

Treating others to drinks gave us a kind of satisfaction. We liked to say, "Have a drink on me." But we were not really doing the other people a favor. We were only helping them to get drunk, especially if they happened to be alcoholic. In AA we really try to help other alcoholics. We build them up instead of tearing them down. Drinking created a sort of fellowship. But it really was a false fellowship, because it was based on selfishness. We used our drinking companions for our own pleasure. In AA we have real fellowship, based on unselfishness and a desire to help each other. And we make real friends, not fair-weather friends. With sobriety, have I got everything that drinking's got without the headaches?

Meditation for the Day

I know that God cannot teach anyone who is trusting in a crutch. I will throw away the crutch of alcohol and walk in God's power and spirit. God's power will so invigorate me that I shall indeed walk on to victory. There is never any limit to God's power. I will go step by step, one day at a time. God's will shall be revealed to me as I go forward.

Prayer for the Day

I pray that I may have more and more dependence on God. I pray that I may throw away my alcoholic crutch and let God's power take its place.

FEB 05—AA Thought for the Day

One thing we learn in AA is to take a long view of drinking instead of a short view. When we were drinking we thought more about the pleasure or release that a drink would give us than we did about

the consequences that would result from our taking that drink Liquor looks good from the short view. When we look in a liquor store window, we see alcohol dressed up in its best wrappings, with fancy labels and decorations. They look swell. But have I learned that what's inside those beautiful bottles is just plain poison to me?

Meditation for the Day

I believe that life is a school in which I must learn spiritual things. I must trust in God and He will teach me. I must listen to God and He will speak through my mind. I must commune with Him in spite of all opposition and every obstacle. There will be days when I will hear no voice in my mind and when there will come no intimate heart-to-heart communion. But if I persist, and make a life habit of schooling myself in spiritual things, God will reveal Himself to me in many ways.

Prayer for the Day

I pray that I may regularly go to school in things of the spirit. I pray that I may grow spiritually by making a practice of these things.

FEB 06—AA Thought for the Day

On a dark night, the bright lights of the corner tavern look mighty inviting. Inside, there seems to be warmth and good cheer. But we don't stop to think that if we go in there we'll probably end up drunk, with our money spent and an awful hangover. A long mahogany bar in the tropical moonlight looks like a very exciting place. But you should see the place the next morning. The chairs are piled on the tables and the place stinks of stale beer and cigarette stubs. And often we are there, too, trying to cure the shakes by gulping down straight whiskey. Can I look straight through the night before and see the morning after?

Meditation for the Day

God finds, amid the crowd, a few people who follow Him, just to be near Him, just to dwell in His presence. A longing in the Eternal Heart may be satisfied by these few people. I will let God know that I seek just to dwell in His presence, to be near Him, not so much for teaching or a message, as just for Him. It may be that the longing of the human heart to be loved for itself is something caught from the Great Divine Heart.

Prayer for the Day

I pray that I may have a listening ear, so that God may speak to me. I pray that I may have a waiting heart, so that God may come to me.

FEB 07—AA Thought for the Day

A nightclub crowded with men and women all dressed up in evening clothes looks like a very festive place. But you should see the restrooms of that nightclub the next morning. What a mess! People have been sick all over the place, and does it smell! The glamour of the night before is all gone, and

only the stink of the morning after is left. In AA we learn to take a long view of drinking instead of a short view. We learn to think less about the pleasure of the moment and more about the consequences. Has the night before become less important to me and the morning after more important?

Meditation for the Day

Only a few more steps and then God's power shall be seen and known in my life. I am now walking in darkness, surrounded by the limitations of space and time. But even in this darkness, I can have faith and can be a light to guide feet that are afraid. I believe that God's power will break through the darkness and my prayers will pierce even to the ears of God Himself. But only a cry from the heart, a trusting cry, ever pierces that darkness and reaches to the divine ear of God.

Prayer for the Day

I pray that the divine power of God will help my human weakness. I pray that my prayer may reach through the darkness to the ear of God.

FEB 08 —AA Thought for the Day

When the morning sun comes up on a nice bright day and we jump out of bed, we're thankful to God that we feel well and happy instead of sick and disgusted. Serenity and happiness have become much more important to us than the excitement of drinking, which lifts us up for a short while, but lets us way down in the end. Of course, all of us alcoholics had a lot of fun with drinking. We might as well admit it. We can look back on a lot of good times before we became alcoholics. But the time comes for all of us alcoholics when drinking ceases to be fun and becomes trouble. Have I learned that drinking can never again be anything but trouble for me?

Meditation for the Day

I must rely on God. I must trust Him to the limit. I must depend on the Divine Power in all human relationships. I will wait and trust and hope, until God shows me the way. I will wait for guidance on each important decision. I will meet the test of waiting until a thing seems right before I do it. Every work for God must meet this test of time. The guidance will come, if I wait for it.

Prayer for the Day

I pray that I may meet the test of waiting for God's guidance. I pray that I will not go off on my own.

FEB 09—AA Thought for the Day

In the past, we kept right on drinking in spite of all the trouble we got into. We were foolish enough to believe that drinking could still be fun in spite of everything that happened to us. When we came into AA, we found a lot of people who, like ourselves, had had fun with drinking, but who now admitted that liquor had become nothing but trouble for them. And when we found that this thing had happened to a lot of other people besides ourselves, we realized that perhaps we weren't such odd ducks after

all. Have I learned to admit that for me drinking has ceased to be fun and has become nothing but trouble?

Meditation for the Day

The lifeline, the line of rescue, is the line from the soul to God. On one end of the lifeline is our faith, and on the other end is God's power. It can be a strong line, and no soul can be overwhelmed who is linked to God by it. I will trust in this lifeline and never be afraid. God will save me from doing wrong and from the cares and troubles of life. I will look to God for help and trust Him for aid when I am emotionally upset.

Prayer for the Day

I pray that no lack of trust or fearfulness will make me disloyal to God. I pray that I may keep a strong hold on the lifeline of faith.

FEB 10—AA Thought for the Day

Since I realized that I had become an alcoholic and could never have any more fun with liquor and since I knew that from then on liquor would always get me into trouble, common sense told me that the only thing left for me was a life of sobriety. But I learned another thing in AA, the most important thing anyone can ever learn: that I could call on a Higher Power to help me keep away from liquor; that I could work with that Divine Principle in the universe; and that God would help me to live a sober, useful, happy life. So now I no longer care about the fact that I can never have any more fun with drinking. Have I learned that I am much happier without it?

Meditation for the Day

Like a tree, I must be pruned of a lot of dead branches before I will be ready to bear good fruit. Think of changed people as trees that have been stripped of their old branches, pruned, cut, and bare. But through the dark, seemingly dead branches flows silently, secretly, the new sap, until with the sun of spring comes new life. There are new leaves, buds, blossoms, and fruit, many times better because of the pruning. I am in the hands of a Master Gardener, who makes no mistakes in His pruning.

Prayer for the Day

I pray that I may cut away the dead branches of my life. I pray that I may not mind the pruning, since it helps me to bear good fruit later.

FEB 11—AA Thought for the Day

If we're going to stay sober, we've got to learn to want something else more than we want to drink. When we first came into AA, we couldn't imagine wanting anything else so much or more than drinking. So we had to stop drinking on faith that someday we really would want something else more than drinking. But after we've been in AA for a while, we learn that a sober life can really be enjoyed. We learn how nice it is to get along well with our family, how nice it is to do our work well—whether at home or outside—how nice it is to try to help others. Have I found that when I keep sober, everything goes well for me?

Meditation for the Day

There is almost no work in life so hard as waiting. And yet God wants me to wait. All motion is more easy than calm waiting, and yet I must wait until God shows me His will. So many people have marred their work and hindered the growth of their spiritual lives by too much activity. If I wait patiently, preparing myself always, I will be some day at the place where I would be. And much toil and activity could not have accomplished the journey so soon.

Prayer for the Day

I pray that I may wait patiently. I pray that I may trust God and keep preparing myself for a better life.

FEB 12—AA Thought for the Day

As we look back on all those troubles we used to have when we were drinking—the hospitals, the jails—we wonder how we could have wanted that kind of a life. As we look back on it now, we see our drinking life as it really was and we're glad we're out of it. So after a few months in AA, we find that we can honestly say that we want something else more than drinking. We've learned by experience that a sober life is really enjoyable and we wouldn't go back to the old drunken way of living for anything in the world. Do I want to keep sober a lot more than I want to get drunk?

Meditation for the Day

My spiritual life depends on an inner consciousness of God. I must be led in all things by my consciousness of God, and I must trust Him in all things. My consciousness of God will always bring peace to me. I will have no fear, because a good future lies before me as long as I keep my consciousness of God. If in every single happening, event, and plan I am conscious of God, then no matter what happens, I will be safe in God's hands.

Prayer for the Day

I pray that I may always have this consciousness of God. I pray for a new and better life through this God consciousness.

FEB 13—AA Thought for the Day

Sometimes we can't help thinking: why can't we ever drink again? We know it's because we're alcoholics, but why did we have to get that way? The answer is that at some time in our drinking careers, we passed what is called our "tolerance point." When we passed this point, we passed from a condition in which we could tolerate alcohol to a condition in which we could not tolerate it at all. After that, if we took one drink, we would sooner or later end up drunk. When I think of liquor now, do I think of it as something that I can never tolerate again?

Meditation for the Day

In a race, it is when the goal is in sight that heart and nerves and muscles and courage are strained almost to the breaking point. So with us. The goal of the spiritual life is in sight. All we need is the final

effort. The saddest records are made by people who ran well, with brave, stout hearts, until within sight of the goal and then some weakness or self-indulgence held them back. They never knew how near the goal they were or how near they were to victory.

Prayer for the Day

I pray that I may press on until the goal is reached. I pray that I may not give up in the final stretch.

FEB 14—AA Thought for the Day

After that first drink, we had a single-track mind. It was like a railroad train. The first drink started it off and it kept going on the single track until it got to the end of the line, drunkenness. We alcoholics knew this was the inevitable result when we took the first drink, but still we couldn't keep away from liquor. Our willpower was gone. We had become helpless and hopeless before the power of alcohol. It's not the second drink or the tenth drink that does the damage. It's the first drink. Will I ever take that first drink again?

Meditation for the Day

I must keep a time apart with God every day. Gradually I will be transformed mentally and spiritually. It is not the praying so much as just being in God's presence. The strengthening and curative powers of this I cannot understand, because such knowledge is beyond human understanding, but I can experience them. The poor, sick world would be cured if every day each soul waited before God for the inspiration to live right. My greatest spiritual growth occurs in this time apart with God.

Prayer for the Day

I pray that I may faithfully keep a quiet time apart with God. I pray that I may grow spiritually each day.

FEB 15—AA Thought for the Day

If alcoholism were just a physical allergy, like asthma or hay fever, it would be easy for us, by taking a skin test with alcohol, to find out whether or not we're alcoholics. But alcoholism is not just a physical allergy. It's also a mental allergy or obsession. After we've become alcoholics, we can still tolerate alcohol physically for quite a while, although we suffer a little more after each binge and each time it takes a little longer to get over the hangovers. Do I realize that since I have become an alcoholic, I cannot tolerate alcohol at all?

Meditation for the Day

The world doesn't need super men or women, but supernatural people. People who will turn the self out of their lives and let Divine Power work through them. Let inspiration take the place of aspiration. Seek to grow spiritually rather than to acquire fame and riches. Our chief ambition should be to be used by God. The Divine Force is sufficient for all the spiritual work in the world. God only needs the instruments for His use. His instruments can remake the world.

Prayer for the Day

I pray that I may be an instrument of the Divine Power. I pray that I may do my share in remaking the world.

FEB 16—AA Thought for the Day

One drink started a train of thought that became an obsession, and from then on, we couldn't stop drinking. We developed a mental compulsion to keep drinking until we got good and drunk. People generally make two mistakes about alcoholism. One mistake is that it can be cured by physical treatment only. The other mistake is that it can be cured by willpower only. Most alcoholics have tried both of these ways and have found that they don't work. But we members of AA have found a way to arrest alcoholism. Have I gotten over my obsession by following the AA program?

Meditation for the Day

I will try to be unruffled, no matter what happens. I will keep my emotions in check, although others about me are letting theirs go. I will keep calm in the face of disturbance, keep that deep, inner calm through all the experiences of the day. In the rush of work and worry, the deep, inner silence is necessary to keep me on an even keel. I must learn to take the calm with me into the most hurried days.

Prayer for the Day

I pray that I may be still and commune with God. I pray that I may learn patience, humility, and peace.

FEB 17—AA Thought for the Day

Alcohol is poison to the alcoholic. Poison is not too strong a word, because alcoholism leads eventually to the death of the alcoholic. It may be a quick death or a slow death. When we go by liquor stores and see various kinds of alcohol all dressed up in fancy packages to make it look attractive, we should always make it a point to say to ourselves so we'll never forget it: "That stuff 's all poison to me." And it is. Alcohol poisoned our lives for a long time. Do I know that since I'm an alcoholic all liquor is poison to me?

Meditation for the Day

I must somehow find the means of coming nearer to God. That is what really matters. I must somehow seek the true bread of life, which is communion with Him. I must grasp for the truth at the center of all worship. This central truth is all that matters. All forms of worship have this communion with God as their purpose and goal.

Prayer for the Day

I pray that I may meet God in quiet communion. pray that I may partake of the soul-food that God has provided for me.

FEB 18—AA Thought for the Day

After I became an alcoholic, alcohol poisoned my love for my family and friends, it poisoned my ambition, it poisoned my self-respect. It poisoned my whole life, until I met AA. My life is happier now than it has been for a long time. I don't want to commit suicide. So with the help of God and AA, I'm not going to take any more of that alcoholic poison into my system. And I'm going to keep training my mind never even to think of liquor again in any way except as a poison. Do I believe that liquor will poison my life if I ever touch it again?

Meditation for the Day

I will link up my frail nature with the limitless Divine Power. I will link my life with the Divine Force for Good in the world. It is not the passionate appeal that gains Divine attention as much as the quiet placing of the difficulty and worry in the Divine Hands. So I will trust God like a child who places its tangled skein of wool in the hands of a loving parent to unravel. We please God more by our unquestioning confidence than by imploring Him for help.

Prayer for the Day

I pray that I may put all my difficulties in God's hands and leave them there. I pray that I may fully trust God to take care of them.

FEB 19—AA Thought for the Day

Many things we do in AA are in preparation for that crucial moment when, walking down the street on a nice sunshiny day, we see a nice cool cocktail lounge and the idea of having a drink pops into our minds. If we've trained our minds so that we're well-prepared for that crucial moment, we won't take that first drink. In other words, if we've done our AA homework well, we won't slip when temptation comes. In preparation for that crucial moment when I'll be tempted, will I keep in mind the fact that liquor is my enemy?

Meditation for the Day

How many of the world's prayers have gone unanswered because those who prayed did not endure to the end? They thought it was too late, that they must act for themselves, that God was not going to guide them. "He that endureth to the end, the same shall be saved." Can I endure to the very end? If so, I shall be saved. I will try to endure with courage. If I endure, God will unlock those secret spiritual treasures that are hidden from those who do not endure to the end.

Prayer for the Day

I pray that I may follow God's guidance, so that spiritual success shall be mine. I pray that I may never doubt the power of God and so take things into my own hands.

FEB 20—AA Thought for the Day

Liquor used to be my friend. I used to have a lot of fun drinking. Practically all the fun I had was connected with drinking. But the time came when liquor became my enemy. I don't know just when

liquor turned against me and became my enemy, but I know it happened, because I began to get into trouble. And since I realize that liquor is now my enemy, my main business is keeping sober. Making a living or keeping house is no longer my main business. It's secondary to the business of keeping sober. Do I realize that my main business is keeping sober?

Meditation for the Day

I can depend on God to supply me with all the power I need to face any situation, provided that I will sincerely believe in that power and honestly ask for it, at the same time making all my life conform to what I believe God wants me to be. I can come to God as a business manager would come to the owner of the business, knowing that to lay the matter before Him means immediate cooperation, providing the matter has merit.

Prayer for the Day

I pray that I may believe that God is ready and willing to supply me with all that I need. I pray that I may ask only for faith and strength to meet any situation.

FEB 21—AA Thought for the Day

I go to the AA meetings because it helps me in my business of keeping sober. And I try to help other alcoholics when I can, because that's part of my business of keeping sober. I also have a partner in this business and that's God. I pray to Him every day to help me to keep sober. As long as I keep in mind that liquor can never be my friend again, but is now my deadly enemy, and as long as I remember that my main business is keeping sober and that it's the most important thing in my life, I believe I'll be prepared for that crucial moment when the idea of having a drink pops into my mind. When that idea comes, will I be able to resist it and not take that drink?

Meditation for the Day

I will be more afraid of spirit-unrest, of souldisturbance, of any ruffling of the mind, than of earthquake or fire. When I feel the calm of my spirit has been broken by emotional upset, then I must steal away alone with God, until my heart sings and all is strong and calm again. Uncalm times are the only times when evil can find an entrance. I will beware of unguarded spots of unrest. I will try to keep calm, no matter what turmoil surrounds me.

Prayer for the Day

I pray that no emotional upsets will hinder God's power in my life. I pray that I may keep a calm spirit and a steady heart.

FEB 22—AA Thought for the Day

Now we can take an inventory of the good things that have come to us through AA. To begin with, we're sober today. That's the biggest asset on any alcoholic's books. Sobriety to us is like goodwill in business. Everything else depends on that. Most of us have jobs which we owe to our sobriety. We know we couldn't hold these jobs if we were drinking, so our jobs depend on our sobriety. Most of us have families, which we either had lost or might have lost, if we hadn't stopped drinking. We have

friends in AA, real friends who are always ready to help us. Do I realize that my job, my family, and my real friends are dependent upon my sobriety?

Meditation for the Day

I must trust God to the best of my ability. This lesson has to be learned. My doubts and fears continually drive me back into the wilderness. Doubts lead me astray, because I am not trusting God. I must trust God's love. It will never fail me, but I must learn not to fail it by my doubts and fears. We all have much to learn in turning out fear by faith. All our doubts arrest God's work through us. I must not doubt. I must believe in God and continually work at strengthening my faith.

Prayer for the Day

I pray that I may live the way God wants me to live. I pray that I may get into that stream of goodness in the world.

FEB 23—AA Thought for the Day

Besides our jobs, our families, our friends, and our sobriety, we have something else that many of us found through AA. That's faith in a Power greater than ourselves, to which we can turn for help: faith in that Divine Principle in the universe which we call God and which is on our side as long as we do the right thing. There have been many days in the past when, if we had taken an inventory, we'd have found ourselves very much in the red, without sobriety, and therefore without jobs, families, friends, or faith in God. We now have these things because we're sober. Do I make one resolution every day of my life— to stay sober?

Meditation for the Day

Love the busy life. It is a joy-filled life. Take your fill of joy in the spring. Live outdoors whenever possible. Sun and air are nature's great healing forces. That inward joy changes poisoned blood into a pure, healthy, life-giving flow. But never forget that the real healing of the spirit comes from within, from the close, loving contact of your spirit with God's spirit. Keep in close communion with God's spirit day by day.

Prayer for the Day

I pray that I may learn to live the abundant life. I pray that I may enjoy a close contact with God this day and be glad in it.

FEB 24—AA Thought for the Day

When we came to our first AA meeting, we looked up at the wall at the end of the room and saw the sign: "But for the grace of God." We knew right then and there that we would have to call on the grace of God in order to get sober and get over our soul-sickness. We heard speakers tell how they had come to depend on a Power greater than themselves. That made sense to us and we made up our minds to try it. Am I depending on the grace of God to help me stay sober?

Meditation for the Day

Share your love, your joy, your happiness, your time, your food, your money gladly with all. Give out all the love you can with a glad, free heart and hand. Do all you can for others and back will come countless stores of blessings. Sharing draws others to you. Take all who come as sent by God and give them a royal welcome. You may never see the results of your sharing. Today they may not need you, but tomorrow may bring results from the sharing you did today.

Prayer for the Day

I pray that I may make each visitor desire to return. I pray that I may never make anyone feel repulsed or unwanted.

FEB 25—AA Thought for the Day

Some people find it hard to believe in a Power greater than themselves. But not to believe in such a Power forces us to atheism. It has been said that atheism is blind faith in the strange proposition that this universe originated in a cipher and aimlessly rushes nowhere. That's practically impossible to believe. I think we all can agree that alcohol is a power greater than ourselves. It certainly was in my case. I was helpless before the power of alcohol. Do I remember the things that happened to me because of the power of alcohol?

Meditation for the Day

The spiritual and moral will eventually overcome the material and unmoral. That is the purpose and destiny of the human race. Gradually the spiritual is overcoming the material in our minds. Gradually the moral is overcoming the unmoral. Faith, fellowship, and service are cures for most of the ills of the world. There is nothing in the field of personal relationships that they cannot do.

Prayer for the Day

I pray that I may do my share in making a better world. I pray that I may be part of the cure for the ills of the world.

FEB 26—AA Thought for the Day

When we came into AA, we came to believe in a Power greater than ourselves. We came to believe in that Divine Principle in the universe, which we call God, to whom we can turn for help. Each morning we have a quiet time. We ask God for the power to stay sober for the next twenty-four hours. And each night we thank Him for helping us to keep sober that day. 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 drunkard to a sober person?

Meditation for the Day

I should pray for faith as a thirsty person prays for water in a desert. Do I know what it means to feel sure that God will never fail me? Am I sure of this as I am sure that I still breathe? I should pray daily and most diligently that my faith may increase. There is nothing lacking in my life because, really, all I

need is mine, only I lack the faith to know it. I am like a rich person's child who sits in rags when all around me are stores of all I could desire.

Prayer for the Day

I pray for the realization that God has everything I need. I pray that I may know that His power is always available.

FEB 27—AA Thought for the Day

When we came into AA, the first thing we did was to admit that we couldn't do anything about our drinking. We admitted that alcohol had us licked and that we were helpless against it. We never could decide whether or not to take a drink. We always took the drink. And since we couldn't do anything about it ourselves, we put our whole drinking problem into the hands of God. We turned the whole thing over to that Power greater than ourselves. And we have nothing more to do about it, except to trust God to take care of the problem for us. Have I done this honestly and fully?

Meditation for the Day

This is the time for my spirit to touch the spirit of God. I know that the feeling of the spirit-touch is more important than all the sensations of material things. I must seek a silence of spirit-touching with God. Just a moment's contact and all the fever of life leaves me. Then I am well, whole, calm, and able to rise and minister to others. God's touch is a potent healer. I must feel that touch and sense God's presence.

Prayer for the Day

I pray that the fever of resentment, worry, and fear may melt into nothingness. I pray that health, joy, peace, and serenity may take its place.

FEB 28—AA Thought for the Day

We should be free from alcohol for good. It's out of our hands and in the hands of God, so we don't need to worry about it or even think about it anymore. But if we haven't done this honestly and fully, the chances are that it will become our problem again. Since we don't trust God to take care of the problem for us, we reach out and take the problem back to ourselves. Then it's our problem again and we're in the same old mess we were in before. We're helpless again and we drink. Do I trust God to take care of the problem for me?

Meditation for the Day

No work is of value without preparation. Every spiritual work must have behind it much spiritual preparation. Cut short times of prayer and times of spiritual preparation and many hours of work may be profitless. From the point of view of God, one poor tool working all the time, but doing bad work because of lack of preparation, is of small value compared with the sharp, keen, perfect instrument working for only a short time, but that turns out perfect work because of long hours of spiritual preparation.

Prayer for the Day

I pray that I may spend more time alone with God. I pray that I may get more strength and joy from such times, so that they will add much to my work.

FEB 29—AA Thought for the Day

Getting sober was a long and painful journey, but we can truthfully say it was worth it. We know now that all we've been through has led us to AA and was part of our spiritual journey. We found in AA what we had been vainly seeking in the bottle. We've learned that our journey goes on as we continue to deal with our shortcomings and the human problems everybody must face. And when we reach a crossroads or a roadblock, we know that our Higher Power will come to our aid in making the right choices and surmounting all obstacles. Do I turn to my Higher Power to sustain me as I continue the spiritual journey that brought me to AA?

Meditation for the Day

As I continue on my spiritual journey, I will seek and follow Divine Guidance and know there is always a place prepared for me. Nothing but my own pride and fear can keep me from my dwelling place with God. I need not strain or struggle to obtain that which God wants me to have. My only responsibility is to accept God's guidance and follow the highest principles in all my affairs.

Prayer for the Day

I pray that I'll continue to seek guidance as my spiritual journey continues today. I pray to trust that I am always doing the right thing and am in the right place when my Higher Power is leading me.
