

APR 01—AA Thought for the Day

Since I've been in AA, have I made a start toward becoming more honest? Do I no longer have to lie to my loved ones? Do I try to have meals on time, and do I try to earn what I make at work? Am I trying to be honest? Have I faced myself as I really am and have I admitted to myself that I'm no good by myself, but have to rely on God to help me do the right thing? Am I beginning to find out what it means to be alive and to face the world honestly and without fear?

Meditation for the Day

God is all around us. His spirit pervades the universe. And yet we often do not let His spirit in. We try to get along without His help and we make a mess of our lives. We can do nothing of any value without God's help. All our human relationships depend on this. When we let God's spirit rule our lives, we learn how to get along with others and how to help them.

Prayer for the Day

I pray that I may let God run my life. I pray that I will never again make a mess of my life through trying to run it myself.

APR 02—AA Thought for the Day

Since I've been in AA, have I made a start toward becoming more loving to my family and friends? Do I visit my parents? Am I more appreciative of my spouse than I was before? Am I grateful to my family for having put up with me? Have I found real understanding with my children? Do I feel that the friends I've found in AA are real friends? Do I believe that they are always ready to help me, and do I want to help them if I can? Do I really care now about other people?

Meditation for the Day

Not what you do so much as what you are, that is the miracle-working power. You can be a force for good, with the help of God. God is here to help you and to bless you, here to keep company with you. You can be a worker with God. Changed by God's grace, you shed one garment of the spirit for a better one. In time, you throw that one aside for a yet finer one. And so from character to character, you are gradually transformed.

Prayer for the Day

I pray that I may accept every challenge. I pray that each acceptance of a challenge may make me grow into a better person.

APR 03—AA Thought for the Day

When I was drinking, I was absolutely selfish. I thought of myself first, last, and always. The universe revolved around me. When I woke up in the morning with a hangover, my only thought was how terrible I felt and what I could do to make myself feel better. And the only thing I could think of was

more liquor. To quit was impossible. I couldn't see beyond myself and my own need for another drink. Can I now look out and beyond my own selfishness?

Meditation for the Day

Remember that the first quality of greatness is service. In a way, God is the greatest servant of all, because He is always waiting for us to call on Him to help us in all good endeavors. His strength is always available to us, but we must ask it of Him through our own free will. It is a free gift, but we must sincerely seek it. A life of service is the finest life we can live. We are here on earth to serve others. That is the beginning and the end of our real worth.

Prayer for the Day

I pray that I may cooperate with God in all good things. I pray that I may serve God and others and so lead a useful and happy life.

APR 04—AA Thought for the Day

When I came into AA, I found men and women who had been through the same things I had been through. But now they were thinking more about how they could help others than they were about themselves. They were a lot more unselfish than I ever was. By coming to meetings and associating with them, I began to think a little less about myself and a little more about other people. I also learned that I didn't have to depend on myself alone to get out of the mess I was in. I could get a greater strength than my own. Am I now depending less on myself and more on God?

Meditation for the Day

You cannot help others unless you understand the person you are trying to help. To understand the problems and temptations of others, you must have been through them yourself. You must do all you can to understand others. You must study their backgrounds, their likes and dislikes, their reactions and their prejudices. When you see their weaknesses, do not confront the person with them. Share your own weaknesses, sins, and temptations and let other people find their own convictions.

Prayer for the Day

I pray that I may serve as a channel for God's power to come into the lives of others. I pray that I may try to understand them.

APR 05—AA Thought for the Day

People often ask what makes the AA program work. One of the answers is that AA works because it gets people away from themselves as the center of the universe. And it teaches them to rely more on the fellowship of others and on strength from God. Forgetting ourselves in fellowship, prayer, and working with others is what makes the AA program work. Are these things keeping me sober?

Meditation for the Day

God is the great interpreter of one human personality to another. Even personalities who are the nearest together have much in their natures that remains a sealed book to each other. And only as God enters and controls their lives are the mysteries of each revealed to the other. Each personality is so different. God alone understands perfectly the language of each and can interpret between the two. Here we find the miracles of change and the true interpretation of life.

Prayer for the Day

I pray that I may be in the right relationship to God. I pray that God will interpret to me the personalities of other people so that I can understand them and help them.

APR 06—AA Thought for the Day

All alcoholics have personality problems. They drink to escape from life, to counteract feelings of loneliness or inferiority, or because of some emotional conflict within them that means they cannot adjust themselves to life. Alcoholics cannot stop drinking unless they find a way to solve their personality problems. That's why going on the wagon doesn't solve anything. That's why taking the pledge usually doesn't work. Was my personality problem ever solved by going on the wagon or taking the pledge?

Meditation for the Day

God illuminates your life with the warmth of His spirit. You must open up like a flower to this divine illumination. Loosen your hold on earth, its cares, and its worries. Unclasp your hold on material things, relax your grip, and the tide of peace and serenity will flow in. Relinquish every material thing and receive it back again from God. Do not hold on to earth's treasures so firmly that your hands are too occupied to clasp God's hands as He holds them out to you in love.

Prayer for the Day

I pray that I may be open to receive God's blessing. I pray that I may be willing to relinquish my hold on material things and receive them back from God.

APR 07—AA Thought for the Day

In AA alcoholics find a way to solve their personality problems. They do this by recovering three things. First, they recover their personal integrity. They pull themselves together. They get honest with themselves and with other people. They face themselves and their problems honestly, instead of running away. They take a personal inventory of themselves to see where they really stand. Then they face the facts instead of making excuses for themselves. Have I recovered my integrity?

Meditation for the Day

When trouble comes, do not say: "Why should this happen to me?" Leave yourself out of the picture. Think of other people and their troubles and you will forget about your own. Gradually get away from yourself and you will know the consolation of unselfish service to others. After a while, it will not

matter so much what happens to you. It is not so important anymore, except as your experience can be used to help others who are in the same kind of trouble.

Prayer for the Day

I pray that I may become more unselfish. I pray that I may not be thrown off track by letting the old selfishness creep back into my life.

APR 08—AA Thought for the Day

Second, alcoholics recover their faith in a Power greater than themselves. They admit that they're helpless by themselves and they call on their Higher Power for help. They surrender their lives to God, as they understand Him. They put their drinking problem in God's hands and leave it there. They recover their faith in a Higher Power that can help them. Have I recovered my faith?

Meditation for the Day

You must make a stand for God. Believers in God are considered by some as peculiar people. You must even be willing to be deemed a fool for the sake of your faith. You must be ready to stand aside and let the fashions and customs of the world go by if it means that God's plans are thereby forwarded. Be known by the marks that distinguish a believer in God. These are honesty, purity, unselfishness, love, gratitude, and humility.

Prayer for the Day

I pray that I may be ready to profess my belief in God before others. I pray that I may not be turned aside by the skepticism and cynicism of unbelievers.

APR 09—AA Thought for the Day

Third, alcoholics recover their proper relationship with other people. They think less about themselves and more about others. They try to help other alcoholics. They make new friends so that they're no longer lonely. They try to live a life of service instead of selfishness. All their relationships with other people are improved. They solve their personality problems by recovering their personal integrity, their faith in a Higher Power, and their way of fellowship and service to others. Is my drinking problem solved as long as my personality problem is solved?

Meditation for the Day

All that depresses you, all that you fear, is really powerless to harm you. These things are but phantoms. So arise from earth's bonds—from depression, distrust, fear, and all that hinders your new life. Arise to beauty, joy, peace, and work inspired by love. Arise from death to life. You do not even need to fear death. All past sins are forgiven if you live and love and work with God. Let nothing hinder your new life. Seek to know more and more of that new way of living.

Prayer for the Day

I pray that I may let God live in me as I work for Him. I pray that I may go out into the sunlight and work with God.

APR 10—AA Thought for the Day

When I came into AA, I came into a new world. A sober world. A world of sobriety, peace, serenity, and happiness. But I know that if I take just one drink, I'll go right back into that old world. That alcoholic world. That world of drunkenness, conflict, and misery. That alcoholic world is not a pleasant place for an alcoholic to live in. Looking at the world through the bottom of a whiskey glass is no fun after you've become an alcoholic. Do I want to go back to that alcoholic world?

Meditation for the Day

Pride stands sentinel at the door of the heart and shuts out the love of God. God can only dwell with the humble and the obedient. Obedience to God's will is the key unlocking the door to God's kingdom. You cannot obey God to the best of your ability without in time realizing God's love and responding to that love. The rough stone steps of obedience lead up to where the mosaic floor of love and joy is laid. Where God's spirit is, there is your home. There is heaven for you.

Prayer for the Day

I pray that God may make His home in my humble and obedient heart. I pray that I may obey His guidance to the best of my ability.

APR 11—AA Thought for the Day

In the alcoholic world, one drink always leads to another, and you can't stop until you're paralyzed. And the next morning it begins all over again. You eventually land in a hospital or jail. You lose your job. Your home is broken up. You're always in a mess. You're on the merrygo-round, and you can't get off. You're in a squirrel cage and you can't get out. Am I convinced that the alcoholic world is not a pleasant place for me to live in?

Meditation for the Day

I must learn to accept self-discipline. I must try never to yield one point that I have already won. I must not let myself go in resentments, hate, fears, pride, lust, or gossip. Even if the discipline keeps me separated from some people who are without discipline, nevertheless I will carry on. I may have different ways and a different standard of living than some others. I may be moved to act by different motives than some people. But I will try to live the way I believe God wants me to live, no matter what others say.

Prayer for the Day

I pray that I may be an example to others of a better way of living. I pray that I may carry on in spite of hindrances.

APR 12—AA Thought for the Day

This sober world is a pleasant place for an alcoholic to live in. Once you've gotten out of your alcoholic fog, you find that the world looks good. You find real friends in AA. You get a job. You feel good in the morning. You eat a good breakfast and you do a good day's work at home or outside. And your family loves you and welcomes you because you're sober. Am I convinced that this sober world is a pleasant place for an alcoholic to live in?

Meditation for the Day

Our need is God's opportunity. First we must recognize our need. Often this means helplessness before some weakness or sickness and an admission of our need for help. Next comes faith in the power of God's spirit, available to us to meet that need. Before any need can be met, our faith must find expression. That expression of faith is all God needs to manifest His power in our lives. Faith is the key that unlocks the storehouse of God's resources.

Prayer for the Day

I pray that I may first admit my needs. I pray that then I may have faith that God will meet those needs, in the way which is best for me.

APR 13—AA Thought for the Day

Having found my way into this new world by the grace of God and the help of AA, am I going to take that first drink, when I know that just one drink will change my whole world? Am I deliberately going back to the suffering of that alcoholic world? Or am I going to hang on to the happiness of this sober world? Is there any doubt about the answer? With God's help, am I going to hang on to AA with both hands?

Meditation for the Day

I will try to make the world better and happier by my presence in it. I will try to help other people find the way God wants them to live. I will try to be on the side of good, in the stream of righteousness, where all things work for good. I will do my duty persistently and faithfully, not sparing myself. I will be gentle with all people. I will try to see other people's difficulty and help them to correct it. I will always pray to God to act as interpreter between me and the other person.

Prayer for the Day

I pray that I may live in the spirit of prayer. I pray that I may depend on God for the strength I need to help me to do my part in making the world a better place.

APR 14—AA Thought for the Day

A police captain once told about certain cases he had come across in his police work. The cause of the tragedy in each case was drunkenness. He told his audience about a man who got into an argument with his wife while he was drunk and beat her to death. Then he went out and drank some

more. The police captain also told about a woman who got too near the edge of an old quarry hole when she was drunk and fell one hundred and fifty feet to her death. When I read or hear these stories, do I think about our motto: "But for the grace of God"?

Meditation for the Day

I must keep balance by keeping spiritual things at the center of my life. God will give me this poise and balance if I pray for it. This poise will give me power in dealing with the lives of others. This balance will manifest itself more and more in my own life. I should keep material things in their proper place and keep spiritual things at the center of my life. Then I will be at peace amid the distractions of everyday living.

Prayer for the Day

I pray that I may dwell with God at the center of my life. pray that I may keep that inner peace at the center of my being.

APR 15—AA Thought for the Day

Terrible things could have happened to any one of us. We never will know what might have happened to us when we were drunk. We usually thought: "That couldn't happen to me." But any one of us could have killed somebody or have been killed ourselves, if we were drunk enough. But fear of these things never kept us from drinking. Do I believe that in AA we have something more effective than fear?

Meditation for the Day

I must keep calm and unmoved in the vicissitudes of life. I must go back into the silence of communion with God to recover this calm when it is lost even for one moment. I will accomplish more by this calmness than by all the activities of a long day. At all cost I will keep calm. I can solve nothing when I am agitated. I should keep away from things that are upsetting emotionally. I should run on an even keel and not get tipped over by emotional upsets. I should seek for things that are calm and good and true and stick to those things.

Prayer for the Day

I pray that I may not argue nor contend, but merely state calmly what I believe to be true. I pray that I may keep myself in that state of calmness that comes from faith in God's purpose for the world.

APR 16—AA Thought for the Day

In AA we have insurance. Our faith in God is a kind of insurance against the terrible things that might happen to us if we ever drink again. By putting our drinking problem in the hands of God, we've taken out a sort of insurance policy, which insures us against the ravages of drink, as our homes are insured against destruction by fire. Am I paying my AA insurance premiums regularly?

Meditation for the Day

I must try to love all humanity. Love comes from thinking of every man or woman as your brother or sister, because they are children of God. This way of thinking makes me care enough about them to really want to help them. I must put this kind of love into action by serving others. Love means no severe judging, no resentments, no malicious gossip, and no destructive criticism. It means patience, understanding, compassion, and helpfulness.

Prayer for the Day

I pray that I may realize that God loves me, since He is the Father of us all. I pray that I in turn may have love for all of His children.

APR 17—AA Thought for the Day

Every time we go to an AA meeting, every time we say the Lord's Prayer, whenever we have quiet time before breakfast, we're paying a premium on our insurance against taking that first drink. And every time we help another alcoholic, we're making a large payment on our drink insurance. We're making sure that our policy doesn't lapse. Am I building up an endowment in serenity, peace, and happiness that will put me on easy street for the rest of my life?

Meditation for the Day

I gain faith by my own experience of God's power in my life. The constant recognition of God's spirit in all my personal relationships, the ever-accumulating weight of evidence in support of God's guidance, the numberless instances in which seeming chance or wonderful coincidence can be traced to God's purpose in my life. All these things gradually engender a feeling of wonder, humility, and gratitude to God. These in turn are followed by a more sure and abiding faith in God and His purposes.

Prayer for the Day

I pray that my faith may be strengthened every day. I pray that I may find confirmation of my life in the good things that have come into my life.

APR 18 —AA Thought for the Day

As I look back over my drinking career, have I learned that you take out of life what you put into it? When I put drinking into my life, did I take out a lot of bad things? Time in the hospital with the DTs? Jail sentences for drunken driving? Loss of job? Loss of home and family? When I put drinking into my life, was almost everything I took out bad?

Meditation for the Day

I should strive for a friendliness and helpfulness that may affect all who come near to me. I should try to see something to love in them. I should welcome them, bestow little courtesies and understandings on them, and help them if they ask for help. I must send no one away without a word of cheer, a feeling that I really care about them. God may have put the impulse in some despairing person's mind

to come to me. I must not fail God by repulsing that person. They may not want to communicate with me unless they are sure of a warm welcome.

Prayer for the Day

I pray that I may warmly welcome all who come to me for help. I pray that I may make them feel that I really care.

APR 19—AA Thought for the Day

Since I've been putting sobriety into my life, I've been getting a lot of good things. I can describe it best as a kind of quiet satisfaction. I feel good. I feel right with the world—on the right side of the fence. As long as I put sobriety into my life, almost everything I take out is good. The satisfaction you get out of living a sober life is made up of a lot of little things. You have the ambition to do things you didn't feel like doing when you were drinking. Am I getting satisfaction out of living a sober life?

Meditation for the Day

It is a glorious way—the upward way. There are wonderful discoveries in the realm of the spirit. There are tender intimacies in the quiet times of communion with God. There is an amazing, almost incomprehensible understanding of the other person. On the upward way, you can have all the strength you need from that Higher Power. You cannot make too many demands on Him for strength. He gives you all the power you need, as long as you are moving along the upward way.

Prayer for the Day

I pray that I may see the beautiful horizons ahead on the upward way. I pray that I may keep going forward to the more abundant life.

APR 20—AA Thought for the Day

The satisfaction you get out of living a sober life is made up of a lot of little things, but they add up to a satisfactory and happy life. You take out of life what you put into it. So I'd say to people coming into AA: "Don't worry about what life will be like without liquor. Just hang in there and a lot of good things will happen to you. And you'll have that feeling of quiet satisfaction and peace and serenity and gratitude for the grace of God." Is my life becoming really worth living?

Meditation for the Day

There are two paths, one up and one down. We have been given free will to choose either path. We are captains of our souls to this extent only. We can choose the good or the bad. Once we have chosen the wrong path, we go down and down, eventually to death. But if we choose the right path, we go up and up, until we come to the resurrection day. On the wrong path, we have no power for good because we do not choose to ask for it. But on the right path, we are on the side of good and we have all the power of God's spirit behind us.

Prayer for the Day

I pray that I may be in the stream of goodness. I pray that I may be on the right side, on the side of all good in the universe.

APR 21—AA Thought for the Day

After we've been in AA for a while, we find out that if we're going to stay sober, we have to be humble people. The men and women in AA who have achieved sobriety are all humble people. When I stop to think that, "But for the grace of God," I might be drunk right now, can't help feeling humble. Gratitude to God for His grace makes me humble. When I think of the kind of person I was not so long ago, when I think of the person I left behind me, I have nothing to be proud of. Am I grateful and humble?

Meditation for the Day

I must arise from the death of sin and selfishness and put on a new life of integrity. All the old sins and temptations must be laid in the grave and a new existence rise from the ashes. Yesterday is gone. All my sins are forgiven if I am honestly trying to do God's will today. Today is here, the time of resurrection and renewal. I must start now, today, to build a new life of complete faith and trust in God and a determination to do His will in all things.

Prayer for the Day

I pray that I may share in making the world a better place to live in. I pray that I may do what I can to bring goodness a little nearer to the earth.

APR 22—AA Thought for the Day

People believe in AA when they see it work. An actual demonstration is what convinces them. What they read in books, what they hear people say, doesn't always convince them. But when they see a real honest-to-goodness change take place in a person, a change from a truly sick person to a sober, useful citizen, that's something they can believe because they can see it. There's really only one thing that proves to me that AA works. Have I seen the change in people who come into AA?

Meditation for the Day

Surrender and trust in God are the only conditions necessary for a spiritual life. Divine control means absolute faith and trust in God, a belief that God is the divine principle in the universe and that He is the intelligence and the love that controls the universe. Unquestioning obedience to God means living each day the way you believe God wants you to live, constantly seeking the guidance of God in every situation and being willing to do the right thing at all times.

Prayer for the Day

I pray that I may always be under Divine Control and always practice unquestioning obedience to God. I pray that I may be always ready to serve Him.

APR 23—AA Thought for the Day

Men and women keep coming into AA, defeated by alcohol, often given up by doctors as hopeless cases, they themselves admitting they're helpless to stop drinking. When I see these men and women get sober and stay sober over a period of months and years, I know that AA works. The change I see in people who come into AA not only convinces me that AA works, but it also convinces me that there must be a Power greater than ourselves which helps us to make that change. Am I convinced that my Higher Power can help me to change?

Meditation for the Day

Cooperation with God is the great necessity for our lives. All else follows naturally. Cooperation with God is the result of our consciousness of His presence. Guidance is bound to come to us as we live more and more with God, as our consciousness becomes more and more attuned to the Great Consciousness of the universe. We must have many quiet times when we not so much ask to be shown and led by God, as to feel and realize His presence. New spiritual growth comes naturally from cooperation with God.

Prayer for the Day

I pray that God may supply me with strength and show me the direction in which He wants me to grow. I pray that these things may come naturally from my cooperation with Him.

APR 24—AA Thought for the Day

It's been proved that we alcoholics can't get sober by our willpower. We've failed again and again. Therefore I believe there must be a Higher Power which helps me. I think of that power as the grace of God. And I pray to God every morning for the strength to stay sober today. I know that power is there because it never fails to help me. Do I believe that AA works through the grace of God?

Meditation for the Day

Once I am "born of the spirit," that is my life's breath. Within me is the life of life, so that I can never perish. The life that down the ages has kept God's children through peril, adversity, and sorrow. I must try never to doubt or worry, but follow where the life of the spirit leads. How often, when little I know it, God goes before me to prepare the way, to soften a heart, or to overrule a resentment. As the life of the spirit grows, natural wants become less important.

Prayer for the Day

I pray that my life may become centered in God more than in self. I pray that my will may be directed toward doing His will.

APR 25—AA Thought for the Day

I don't believe that AA works because I read it in a book or because I hear people say so. I believe it because I see people getting sober and staying sober. An actual demonstration is what convinces

me. When I see the change in people, I can't help believing that AA works. We could listen to talk about AA all day and still not believe it, but when we see it work, we have to believe it. Seeing is believing. Do I see AA work every day?

Meditation for the Day

Try saying "God bless her (or him)" of anyone who is in disharmony with you. Also say it of those who are in trouble through their own fault. Say it, willing that showers of blessings may fall upon them. Let God do the blessing. Leave to God the necessary correcting or disciplining. You should only desire blessing for them. Leave God's work to God. Occupy yourself with the task that He gives you to do. God's blessing will also break down all your own difficulties and build up all your successes.

Prayer for the Day

I pray that I may use God's goodness so that it will be a blessing to others. I pray that I may accept God's blessing so that I will have harmony, beauty, joy, and happiness.

APR 26—AA Thought for the Day

The AA program is one of submission, release, and action. When we're drinking, we're submitting to a power greater than ourselves—liquor. Our own wills are no use against the power of liquor. One drink and we're sunk. In AA we stop submitting to the power of liquor. Instead, we submit to a Power, also greater than ourselves, which we call God. Have I submitted myself to my Higher Power?

Meditation for the Day

Ceaseless activity is not God's plan for your life. Times of withdrawal for renewed strength are always necessary. Wait for the faintest tremor of fear and stop all work, everything, and rest before God until you are strong again. Deal in the same way with all tired feelings. Then you need rest of body and renewal of spirit-force. Saint Paul said: "I can do all things through Him who strengthens me." This does not mean that you are to do all things and then rely on God to find strength. It means that you are to do the things you believe God wants you to do and only then can you rely on His supply of power.

Prayer for the Day

I pray that God's spirit will always guide me. I pray that I may learn how to rest and listen, as well as how to work.

APR 27—AA Thought for the Day

By submitting to God, we're released from the power of liquor. It has no more hold on us. We're also released from the things that were holding us down: pride, selfishness, and fear. And we're free to grow into a new life, which is so much better than the old life that there's no comparison. This release gives us serenity and peace with the world. Have I been released from the power of alcohol?

Meditation for the Day

We know God by spiritual vision. We feel that He is beside us. We feel His presence. Contact with God is not made by the senses. Spirit-consciousness replaces sight. Since we cannot see God, we have to perceive Him by spiritual perception. God has to span the physical and the spiritual with the gift to us of spiritual vision. Many persons, though they cannot see God, have had a clear spiritual consciousness of Him. We are inside a box of space and time, but we know there must be something outside of that box—limitless space, eternity of time, and God.

Prayer for the Day

I pray that I may have a consciousness of God's presence. I pray that God will give me spiritual vision.

APR 28—AA Thought for the Day

We're so glad to be free from liquor that we do something about it. We get into action. We come to meetings regularly. We go out and try to help other alcoholics. We pass on the good news whenever we get a chance. In a spirit of thankfulness to God, we get into action. The AA program is simple. Submit yourself to God, find release from liquor, and get into action. Do these things and keep doing them and you're all set for the rest of your life. Have I gotten into action?

Meditation for the Day

God's eternal quest must be the tracking down of souls. You should join Him in His quest. Through briars, through wastes, through glades, up mountain heights, down into valleys. God leads you. But ever with His leadership goes your helping hand. It is glorious to follow where the Leader goes. You are seeking lost sheep. You are bringing the good news into places where it has not been known before. You may not know which soul you will help, but you can leave all results to God. Just go with Him in His eternal quest for souls.

Prayer for the Day

I pray that I may follow God in His eternal quest for souls. I pray that I may offer God my helping hand.

APR 29—AA Thought for the Day

The AA program is one of faith, hope, and charity. It's a program of hope because when new members come into AA, the first thing they get is hope. They hear older members tell how they had been through the same kind of hell that they have and how they found the way out through AA. And this gives them hope that if others can do it, they can do it. Is hope still strong in me?

Meditation for the Day

The rule of God's kingdom is perfect order, perfect harmony, perfect supply, perfect love, perfect honesty, perfect obedience. There is no discord in God's kingdom, only some things still unconquered in God's children. The difficulties of life are caused by disharmony in the individual man or woman.

People lack power because they lack harmony with God and with each other. They think that God fails because power is not manifested in their lives. God does not fail. People fail because they are out of harmony with Him.

Prayer for the Day

I pray that I may be in harmony with God and with other people. I pray that this harmony will result in strength and success.

APR 30—AA Thought for the Day

The AA program is one of faith because we find that we must have faith in a Power greater than ourselves if we are going to get sober. We're helpless before alcohol, but when we turn our drinking problem over to God and have faith that He can give us all the strength we need, then we have the drinking problem licked. Faith in that Divine Principle in the universe, which we call God, is the essential part of the AA program. Is faith still strong in me?

Meditation for the Day

Each one of us is a child of God, and as such, we are full of the promise of spiritual growth. A young person is like the springtime of the year. The full time of the fruit is not yet, but there is promise of the blossom. There is a spark of the Divine in every one of us. Each has some of God's spirit that can be developed by spiritual exercise. Know that your life is full of glad promise. Such blessings can be yours, such joys, such wonders, as long as you develop in the sunshine of God's love.

Prayer for the Day

I pray that I may develop the divine spark within me. I pray that by so doing I may fulfill the promise of a more abundant life.
