

JUL 01—AA Thought for the Day

In following the AA program with its Twelve Steps, we have the advantage of a better understanding of our problems. Day after day our sobriety results in the formation of new habits, normal habits. As each twenty-four hour period ends, we find that the business of staying sober is a much less trying and fearsome ordeal than it seemed in the beginning. Do I find it easier as I go along?

Meditation for the Day

Learn daily the lesson of trust and calm in the midst of the storms of life. Whatever of sorrow or difficulty the day may bring, God's command to you is the same. Be grateful, humble, calm, and loving to all people. Leave each soul the better for having met you or heard you. For all kinds of people, this should be your attitude: a loving desire to help and an infectious spirit of calmness and trust in God. You have the answer to loneliness and fear, which is calm faith in the goodness and purpose in the universe.

Prayer for the Day

I pray that I may be calm in the midst of storms. I pray that I may pass on this calmness to others who are lonely and full of fear.

JUL 02—AA Thought for the Day

In the association with members of the AA group to which we belong, we have the advantage of sincere friendship and understanding of the other members who, through social and personal contact, take us away from our old haunts and environments, and help to remove in large measure the occasions of alcoholic suggestion. We find in this association sympathy and willingness on the part of most members to do everything in their power to help us. Do I appreciate the wonderful fellowship of AA?

Meditation for the Day

"Except ye become as little children, ye cannot enter the Kingdom of Heaven." In this saying it is urged that all who seek heaven on earth or in the hereafter should become like little children. In seeking things of the spirit and in our faith, we should try to become childlike. Even as we grow older, the years of seeking can give us the attitude of the trusting child. Not only for its simple trust should we have the childlike spirit, but also for its joy in life, its ready laughter, its lack of criticism, and its desire to share. In Charles Dickens's story A Christmas Carol, even old Scrooge changed when he got the child-spirit.

Prayer for the Day

I pray that I may become like a child in faith and hope. I pray that I may, like a child, be friendly and trusting.

JUL 03—AA Thought for the Day

In the beginning of Alcoholics Anonymous there were only two persons. Now there are many groups and thousands of members. True, the surface has only been scratched. There are probably ten million or more persons in America alone who need our help. More and more people are making a start in AA each day. In the case of individual members, the beginning has been accomplished when they admit they are powerless and turn to a Power greater than themselves, admitting that their lives have become unmanageable. Our Higher Power works for good in all things and helps us to accomplish much in individual growth and in the growth of AA groups. Am I doing my part in helping AA to grow?

Meditation for the Day

“Blessed are they that hunger and thirst after righteousness, for they shall be filled.” Only in the fullness of faith can the heart-sick and faint and weary be satisfied, healed, and rested. Think of the wonderful spiritual revelations still to be found by those who are trying to live the spiritual life. Much of life is spiritually unexplored country. Only to the consecrated and loving people who walk with God in spirit can these great spiritual discoveries be revealed. Keep going forward, and keep growing in righteousness.

Prayer for the Day

I pray that I may not be held back by the material things of the world. I pray that I may let God lead me forward.

JUL 04—AA Thought for the Day

In Alcoholics Anonymous there is no thought of individual profit. No greed or gain. No membership fees, no dues. Only voluntary contributions of our money and ourselves. All that we hope for is sobriety and regeneration, so that we can live normal, respectable lives and can be recognized by others as men and women willing to do unto others as we would be done by. These things we accomplish by the help of each other, by following the Twelve Steps, and by the grace of God. Am I willing to work for AA without material gain to myself?

Meditation for the Day

What is sometimes called a conversion by religion is often only the discovery of God as a friend in need. What is sometimes called religion is often only the experiencing of the help and strength of God's power in our lives. What is sometimes called holiness is often only the invitation of God to be our friend. As God becomes your friend, you become a friend to others. We experience true human friendship, and from this experience, we can imagine what kind of a great friend God can be. We believe Him to be a tireless, selfless, all-conquering, miracle-working friend. We can reach out to the Great Friend and figuratively take His hand in ours.

Prayer for the Day

I pray that I may think of God as a Great Friend in need. I pray that I may go along with Him.

JUL 05—AA Thought for the Day

Until we came into AA most of us had tried desperately to stop drinking. We were filled with the delusion that we could drink like our friends. We tried time and again to take it or leave it, but we could do neither. We always lapsed into ceaseless, unhappy drinking. Families, friends, and employers threw up their hands in hurt, in bewilderment, in despair, and finally in disgust. We wanted to stop. We realized that every reason for drinking was only a crazy excuse. Have I given up every excuse for drinking?

Meditation for the Day

Many things can upset you, and you can easily get off track. But remember that God is near you all the time, ready to help you if you call on Him. You cannot forever stand against God's will for you, nor can you forever upset God's plan for your life, even though God's plan may be postponed by your willfulness and deliberate choice of evil. A whole world of men and women cannot permanently change God's laws or His purpose for the universe. The sea of life may look very rough to us, but we can believe that our Captain steers the boat on a straight course.

Prayer for the Day

I pray that I may try to steer a straight course. I pray that I may accept God's direction in my life's Journey.

JUL 06—AA Thought for the Day

We tried to study our alcoholic problem, wondering what was the cause of our strange obsession. Many of us took special treatments, hospitalization, even confinement in institutions. In every case, the relief was only temporary. We tried through crazy excuses to convince ourselves that we knew why we drank, but we went on regardless. Finally drinking had gone far beyond even a habit. We had become alcoholics, men and women who had been destroying themselves against their own will. Am I completely free from my alcoholic obsession?

Meditation for the Day

"Ask and ye shall receive." Never let yourself think you cannot do something useful or that you never will be able to accomplish a useful task. The fact is that you can do practically anything in the field of human relationships, if you are willing to call on God's supply of strength. The supply may not be immediately available, because you may not be entirely ready to receive it. But it will surely come when you are properly prepared for it. As you grow spiritually, a feeling of being plentifully supplied by God's strength will possess you and you will be able to accomplish many useful things.

Prayer for the Day

I pray that I may claim God's supply of strength by my faith in Him. I pray that it shall be given to me according to my faith.

JUL 07—AA Thought for the Day

We had become hopelessly sick people, spiritually, emotionally, and physically. The power that controlled us was greater than ourselves. Many drinkers have said: "I hadn't gone that far; I hadn't lost my job on account of drink; I still had my family; I managed to keep out of jail. True, I took too much sometimes and I guess I managed to make quite an ass of myself when I did, but I still thought I could control my drinking. I didn't really believe that I was an alcoholic." If I was one of these, have I fully changed my mind?

Meditation for the Day

Painful as the present time may be, you will one day see the reason for it. You will see that it was not only testing, but also a preparation for the life-work which you are to do. Have faith that your prayers and aspirations will someday be answered in a way that perhaps seems painful to you but is the only right way. Selfishness and pride often make us want things that are not good for us. They need to be burned out of our natures. We must be rid of the blocks which are holding us back before we can expect our prayers to be answered.

Prayer for the Day

I pray that I may be willing to go through a time of testing. I pray that I may trust God for the outcome.

JUL 08—AA Thought for the Day

AA members will tell you that they can look back and clearly see that they were out of control long before they finally admitted it. Every one of us has gone through that stage when we wouldn't admit that we were alcoholics. It takes a lot of punishment to convince us. But one thing is certain: we all know from actual experience that when it comes to dishing out punishment, John Barleycorn has no equal. Have I any reservations as to my status as an alcoholic?

Meditation for the Day

There is a force for good in the world and when you are cooperating with that force for good, good things happen to you. You have free will, the choice to be on the side of right or on the side of wrong. This force for good we call God's will. God has a purpose for the world and He has a purpose for your life. He wants you to bring all your desires into oneness with His desires. He can only work through people. If you try to make God's will your will, you will be guided by Him. You will be in the stream of goodness, carried along by everything that is right. You will be on God's side.

Prayer for the Day

I pray that I may try to make God's will my will. I pray that I may keep in the stream of goodness in the world.

JUL 09—AA Thought for the Day

Disillusionment and spiritual confusion mark our age. Many of us have cast aside old ideas without acquiring new ones. Many men and women are creeping through life on their hands and knees, merely because they refuse to rely on any power but themselves. Many of them feel that they are being brave and independent, but actually they are only courting disaster. Anxiety and the inferiority complex have become the greatest of all modern plagues. In AA we have the answer to these ills. Have I ceased to rely on myself only?

Meditation for the Day

Disillusionment and doubt spoil life. The doubting ones are the disillusioned ones. When you are in doubt, you are on the fence. You are not going anywhere. Doubt poisons all action. We say, "Well, I don't know," so we don't do anything. You should meet life with a yes, an affirmative attitude. There is good in the world and we can follow that good. There is power available to help us to do the right thing; therefore we will accept that power. There are miracles of change in people's lives; therefore we will accept those miracles as evidence of God's power.

Prayer for the Day

I pray that I will not be paralyzed by doubt. I pray that I may go along on the venture of faith.

JUL 10—AA Thought for the Day

We in Alcoholics Anonymous do not enter into theological discussions, but in carrying our message we attempt to explain the simple "how" of the spiritual life. How faith in a Higher Power can help you to overcome loneliness, fear, and anxiety. How it can help you get along with other people. How it can make it possible for you to rise above pain, sorrow, and despondency. How it can help you to overcome your desires for the things that destroy. Have I reached a simple, effective faith?

Meditation for the Day

Expect miracles of change in people's lives. Do not be held back by unbelief. People can be changed and they are often ready and waiting to be changed. Never believe that human nature cannot be changed. We see changed people every day. Do you have the faith to make those changes possible? Modern miracles happen every day in the lives of people. All miracles are in the realm of personalities. Human nature can be changed and is always being changed. But we must have enough faith so that we can be channels for God's strength into the lives of others.

Prayer for the Day

I pray that I may have the faith to expect miracles. I pray that I may be used by God to help change the lives of others.

JUL 11—AA Thought for the Day

We in Alcoholics Anonymous do not try to chart the path for the human soul or try to lay out a blueprint of the working of faith, as one might plan a charity drive. We do tell the newcomer that we

have renewed our faith in a Higher Power. In the telling, our faith is further renewed. We believe that faith is always close at hand, waiting for those who will listen to the heartbeat of the spirit. We believe there is a force for good in the universe and that if we link up with this force, we are carried onward to a new life. Am I in this stream of goodness?

Meditation for the Day

God will protect you from the forces of evil, if you will rely on Him. You can face all things through the power of God, which strengthens you. Once God has set on you His stamp and seal of ownership, all His strength will serve and protect you. Remember that you are a child of the Father. Realize that the Father's help is always ready and available to all His children, so that they can face anything. God will do all that is necessary for your spiritual well-being, if you will let Him live His way.

Prayer for the Day

I pray that I may rely on God as I go through this day. I pray that I may feel deeply secure, no matter what happens to me.

JUL 12—AA Thought for the Day

Today is ours. Let us live today as we believe God wants us to live. Each day will have a new pattern which we cannot foresee. But we can open each day with a quiet period in which we say a little prayer, asking God to help us through the day. Personal contact with God, as we understand Him, will day to day bring us nearer to an understanding of His will for us. At the close of the day, we offer Him thanks for another day of sobriety. A full, constructive day has been lived and we are grateful. Am I asking God each day for strength and thanking Him each night?

Meditation for the Day

If you believe that God's grace has saved you, then you must believe that He is meaning to save you even more and to keep you in the way that you should go. Even human rescuers would not save you from drowning only to place you in other deep and dangerous waters. Rather, they would place you on dry land, there to restore you. God, who is your rescuer, would certainly do this and even more. God will complete the task He sets out to do. He will not throw you overboard, if you are depending on Him.

Prayer for the Day

I pray that I may trust God to keep me in the way He wants me to go. I pray that I may rely on Him.

JUL 13—AA Thought for the Day

Before alcoholics come into AA, they are "flying blind." But AA gives them a directed beam in the program. As long as they keep on this beam, the signal of sobriety keeps coming through. If they have a slip, the signal is broken. If they swing off course into drunkenness, the signal stops. Unless

they regain the AA directed beam, they are in danger of crashing against the mountain peak of despair. Am I on the beam?

Meditation for the Day

Be expectant. Constantly expect better things. Believe that what God has in store for you is better than anything you ever had before. The way to grow old happily is to expect better things right up to the end of your life and even beyond that. A good life is a growing, expanding life, with ever-widening horizons, an ever-greater circle of friends and acquaintances, and an ever-greater opportunity for usefulness.

Prayer for the Day

I pray that I may wait with complete faith for the next good thing in store for me. I pray that I may always keep an expectant attitude toward life.

JUL 14—AA Thought for the Day

One of the best things about the AA program is the peace of mind and serenity that it can bring us. In our drinking days, we had no peace of mind or serenity. We had the exact opposite, a kind of turmoil and that “quiet desperation” we knew so well. The turmoil of our drinking days was caused partly by our physical suffering—the terrible hangovers, the cold sweats, the shakes, and the jitters. But it was caused even more by our mental suffering—the loneliness, the feeling of inferiority, the lying, the remorse that every alcoholic understands. Have I achieved more peace of mind?

Meditation for the Day

Try to look for God’s leading in all your personal relationships, in all your dealings with other persons. God will help you to take care of all your relationships with people, if you are willing to let Him guide you. Rejoice that God can protect you and keep you from temptation and failure. God can protect you in all situations during the day, if you will rely on His strength and go forward. You should feel that you are entering upon the stage of success in the proper way of living. You should not doubt that better things are ahead for you. Go forward unafraid because you feel deeply safe under God’s protection.

Prayer for the Day

I pray that God may protect and keep me as long as I try to serve Him. I pray that I may go forward today unafraid.

JUL 15—AA Thought for the Day

After we had sobered up through the AA program, we gradually began to get a peace of mind and serenity which we never thought were possible. This peace of mind is based on a feeling that fundamentally all is well. That does not mean that all is well on the surface of things. Little things can keep going wrong and big things can keep on upsetting us. But deep down in our hearts we know that

everything is eventually going to be all right, now that we are living sober lives. Have I achieved a deep-down, inner calm?

Meditation for the Day

You are climbing up the ladder of life, which reaches into eternity. Would God plant your feet upon an insecure ladder? Its supports may be out of sight, hidden in secret places, but if God has asked you to step on and up firmly, then surely He has secured your ladder. Faith gives you the strength to climb steadily this ladder of life. You should leave your security to God and trust Him not to let you fall. He is there to give you all the power you need to keep on climbing.

Prayer for the Day

I pray that I may climb the ladder of life without fear. I pray that I may progress steadily through the rest of my life with faith and confidence.

JUL 16—AA Thought for the Day

We can believe that God is in His heaven and that He has a purpose for our lives, which will eventually work out as long as we try to live the way we believe He wants us to live. It has been said that we should “wear the world like a loose garment.” That means that nothing should seriously upset us because we have a deep, abiding faith that God will always take care of us. To us that means not to be too upset by the surface wrongness of things, but to feel deeply secure in the fundamental goodness and purpose in the universe. Do I feel deeply secure?

Meditation for the Day

Like the shadow of a great rock in a desert land, God is your refuge from the ills of life. The old hymn says, “Rock of ages cleft for me, let me hide myself in Thee.” God can be your shelter from the storm. God’s power can protect you from every temptation and defeat. Try to feel His divine power—call on it—accept it—and use it. Armed with that power, you can face anything. Each day, seek safety in God’s secret place, in communion with Him. You cannot be wholly touched or seriously harmed there. God can be your refuge.

Prayer for the Day

I pray that I may find a haven in the thought of God. I pray that I may abide in that strong tower, strongly guarded.

JUL 17—AA Thought for the Day

The new life of sobriety we are learning to live in AA is slowly growing on us, and we are beginning to get some of that deep peace of mind and serenity that we never thought were possible. At first we may have doubted that this could happen to us, but after any considerable length of time in AA, looking at the happy faces around us, we know that somehow it is happening to us. In fact, it cannot

help happening to anyone who takes the AA program seriously day by day. Can I see my own happiness reflected in the faces of others?

Meditation for the Day

God does not withhold His presence from you. He does not refuse to reveal more of His truth to you. He does not hold back His spirit from you. He does not withhold the strength that you need. His presence, His truth, His spirit, His strength are always immediately available to you, whenever you are fully willing to receive them. But they may be blocked off by selfishness, intellectual pride, fear, greed, and materialism. We must try to get rid of these blocks and let God's spirit come in.

Prayer for the Day

I pray that I may remove all blocks that are keeping me from God. I pray that I may let God come into my life with power.

JUL 18—AA Thought for the Day

Two things can spoil group unity—gossip and criticism. To avoid these divisive things, we must realize that we're all in the same boat. We're like a group of people in a lifeboat after the steamer has sunk. If we're going to be saved, we've got to pull together. It's a matter of life or death for us. Gossip and criticism are sure ways of disrupting any AA group. We're all in AA to keep sober ourselves and to help each other to keep sober. And neither gossip nor criticism helps anyone to stay sober. Am I often guilty of gossip or criticism?

Meditation for the Day

We should try to be grateful for all the blessings we have received and that we do not deserve. Gratitude to God for all His blessings will make us humble. Remember that we could do little by ourselves, and now we must rely largely on God's grace in helping ourselves and others. People do not care much for those who are smug and self-satisfied, or for those who gossip and criticize. But people are impressed by true humility. So we should try to walk humbly at all times. Gratitude to God and true humility are what make us effective.

Prayer for the Day

I pray that I may walk humbly with God. I pray that I may rely on His grace to carry me through.

JUL 19—AA Thought for the Day

Gossip about or criticism of personalities has no place in an AA clubroom. Every man in AA is a brother and every woman is a sister, as long as he or she is a member of AA. We ought not to gossip about the relationships of any man or woman in the group. And if we say about another member, "I think she or he is taking a few drinks on the side," it's the worst thing we could do to that person. If a woman or a man is not living up to AA principles or has a slip, it's up to her or him to stand up in a

meeting and say so. If they don't do that, they are only hurting themselves. Do I talk about other members behind their backs?

Meditation for the Day

To God, a miracle of change in a person's life is only a natural happening. But it is a natural happening operated by spiritual forces. There is no miracle in personalities too marvelous to be an everyday happening. But miracles happen only to those who are fully guided and strengthened by God. Marvelous changes in people's natures happen so simply, and yet they are free from all other agencies than the grace of God. But these miracles have been prepared for by days and months of longing for something better. They are always accompanied by a real desire to conquer self and to surrender one's life to God.

Prayer for the Day

I pray that I may expect miracles in the lives of people. I pray that God may use me to help people change.

JUL 20—AA Thought for the Day

We must be loyal to the group and to each member of it. We must never accuse members behind their backs or even to their faces. It's up to them to tell us themselves if anything is wrong. More than that, we must try not to think bad things about any members, because if we do, we're consciously or unconsciously hurting that person. We must be loyal to each other if AA is going to be successful. While we're in this lifeboat, trying to save ourselves and each other from alcoholism, we must be truly and sincerely helpful to each other. Am I a loyal member of my group?

Meditation for the Day

Carry out God's guidance as best you can. Leave the results to Him. Do this obediently and faithfully with no question that if the working out of the guidance is left in God's hands, the results will be all right. Believe that the guidance God gives you has already been worked out by God to produce the required results according to your case and in your circumstances. So follow God's guidance according to your conscience. God has knowledge of your individual life and character, your capabilities, and your weaknesses.

Prayer for the Day

I pray that I may live according to the dictates of my conscience. I pray that I may leave the results to God.

JUL 21—AA Thought for the Day

If we feel the need of saying something to put another member on the right track, we should try to say it with understanding and sympathy, not with a critical attitude. We should keep everything out in the open and aboveboard. The AA program is wonderful, but we must really follow it. We must all pull

together, or we'll all be sunk. We enjoy the privilege of being associated with AA, and we are entitled to all its benefits. But gossip and criticism are not tolerance, and tolerance is an AA principle that is absolutely necessary to group unity. Am I truly tolerant of all my group's members?

Meditation for the Day

"Faith can move mountains." That expression means that faith can change any situation in the field of personal relationships. If you trust Him, God shows you the way to "move mountains." If you are humble enough to know that you can do little by yourself to change a situation, if you have enough faith to ask God to give you the power you need, and if you are grateful enough for the grace He gives you, you can "move mountains." Situations will be changed for the better by your presence.

Prayer for the Day

I pray that I may have enough faith to make me really effective. I pray that I may learn to depend less on myself and more on God.

JUL 22—AA Thought for the Day

One of finest things about AA is the diversity of its membership. We come from all walks and stations of life. All types and classes of people are represented in an AA group. Being different from each other in certain ways, we can each make a different contribution to the whole. Some of us are weak in one respect, but strong in another. AA can use the strong points of all its members and can disregard their weaknesses. AA is strong, not only because we all have the same problem but also because of the diversified talents of its members. Each person can contribute. Do I recognize the good points of all my group's members?

Meditation for the Day

"And greater works than these shall ye do." Each individual has the ability to do good works through the power of God's spirit. This is the wonder of the world, the miracle of the earth, that God's power goes out to bless the human race through the agency of so many people who are motivated by His grace. We need not be held back by doubt, despondency, and fear. A wonderful future can lie before any person who depends on God's power, a future of unlimited power to do good works.

Prayer for the Day

I pray that I may not limit myself by doubting. I pray that I may have confidence that I can be effective for good.

JUL 23—AA Thought for the Day

We should remember that all AAs have "clay feet." We should not set any member upon a pedestal and mark her or him out as a perfect AA member. It's not fair to the person to be singled out in this fashion, and if the person is wise, she or he will not wish it. If the person we single out as an ideal AA has a fall, we are in danger of falling, too. Without exception, we are all only one drink away from a

drunk, no matter how long we have been in AA. Nobody is entirely safe. AA itself should be our ideal not any particular member of it. Am I putting my trust in AA principles and not in any one member of the group?

Meditation for the Day

The inward peace that comes from trust in God truly passes all understanding. That peace no one can take from you. No person has the power to disturb that inner peace. But you must be careful not to let in the world's worries and distractions. You must try not to give entrance to fears and despondency. You must refuse to open the door to distractions that disturb your inward peace. Make it a point to allow nothing today to disturb your inner peace, your heart-calm.

Prayer for the Day

I pray that I may not allow those about me to spoil my peace of mind. I pray that I may keep a deep inner calm throughout the day.

JUL 24—AA Thought for the Day

AA is like a dike holding back the ocean of liquor. If we take one glass of liquor, it is like making a small hole in the dike, and once such a hole has been made, the whole ocean of alcohol may rush in upon us. By practicing the AA principles we keep the dike strong and in repair. We spot any weakness or crack in that dike and make the necessary repairs before any damage is done. Outside the dike is the whole ocean of alcohol, waiting to engulf us again in despair. Am I keeping the dike strong?

Meditation for the Day

Keep as close as you can to your Higher Power. Try to think, act, live as though you were always in God's presence. Keeping close to a Power greater than yourself is the solution to most of the earth's problems. Try to practice the presence of God in the things you think and do. That is the secret of personal power. It is the thing which influences the lives of others for good. Abide in the Lord and rejoice in His love. Keep close to the Divine Spirit in the universe. Keep God close behind your thoughts.

Prayer for the Day

I pray that I may keep close to the Mind of God. I pray that I may live with Him in my heart and mind.

JUL 25—AA Thought for the Day

We are living on borrowed time. We are living today because of AA and the grace of God. And what there is left of our lives we owe to AA and to God. We should make the best use we can of our borrowed time and in some small measure pay back for that part of our lives which we wasted before we came into AA. Our lives from now on are not our own. We hold them in trust for God and AA. And

we must do all we can to forward the great movement that has given us a new lease on life. Am I holding my life in trust for AA?

Meditation for the Day

You should hold your life in trust for God. Think deeply on what that means. Is anything too much to expect from such a life? Do you begin to see how dedicated a life in trust for God can be? In such a life, miracles can happen. If you are faithful, you can believe that God has many good things in store for you. God can be Lord of your life, controller of your days— of your present and your future. Try to act as God guides, and leave all results to Him. Do not hold back, but go all out for God and the better life. Make good your trust.

Prayer for the Day

I pray that I may hold my life in trust for God. I pray that I may no longer consider my life as all my own.

JUL 26—AA Thought for the Day

When we come to the end of our lives on earth, we will take no material thing with us. We will not take one cent in our cold, dead hands. The only things that we may take are the things we have given away. If we have helped others, we may take that with us; if we have given of our time and money for the good of AA, we may take that with us. Looking back over our lives, what are we proud of? Not what we have gained for ourselves, but what few good deeds we have done are the things that really matter in the long run. What will I take with me when I go?

Meditation for the Day

“Hallowed be Thy Name.” What does that mean to us? Here name is used in the sense of “spirit.” The words mean praise to God for His spirit in the world, making us better. We should be especially grateful for God’s spirit, which gives us the strength to overcome all that is base in our lives. His spirit is powerful. It can help us to live a conquering, abundant life. So we praise and thank Him for His spirit in our lives and in the lives of others.

Prayer for the Day

I pray that I may be grateful for God’s spirit in me. I pray that I may try to live in accordance with it.

JUL 27—AA Thought for the Day

To paraphrase Psalm 19: “We alcoholics declare the power of liquor and drunkenness showeth its handiwork. Day unto day uttereth hangovers, and night unto night showeth suffering. The law of AA is perfect, converting the drunk. The testimony of AA is sure, making wise the simple. The statutes of AA are right, rejoicing the heart. The program of AA is pure, enlightening the eyes. The fear of the first drink is clean, enduring forever.” Have I any doubt about the power of liquor?

Meditation for the Day

“Walk humbly with thy Lord.” Walking with God means practicing the presence of God in your daily affairs. It means asking God for strength to face each new day. It means turning to Him often during the day in prayer for yourself and for other people. It means thanking Him at night for the blessings you have received during the day. Nothing can seriously upset you if you are “walking with God.” You can believe that He is beside you in spirit, to help you and to guide you on your way.

Prayer for the Day

I pray that I may try to walk humbly with God. I pray that I may turn to Him often as to a close friend.

JUL 28—AA Thought for the Day

To continue the paraphrase of Psalm 19: “The judgments of the Twelve Steps are true and righteous altogether. More to be desired are they than whiskey, yea, than much fine whiskey, sweeter also than wine. Moreover, by them are alcoholics warned and in keeping of them there is great reward. Who can understand our alcoholism? Cleanse us from secret faults. Keep us from presumptuous resentments. Let them not have dominion over us. Then shall we be upright and free of the great transgression.” Am I resolved that liquor will never again have dominion over me?

Meditation for the Day

God can be your shield. Then no problems of the world can harm you. Between you and all scorn and indignity from others is your trust in God, like a shining shield. Nothing can then have the power to spoil your inward peace. With this shield, you can attain this inward peace quickly, in your surroundings as well as in your heart. With this inward peace, you do not need to resent the person who troubles you. Instead, you can overcome the resentment in your own mind which may have been aroused by that person.

Prayer for the Day

I pray that I may strive for inward peace. I pray that I may not be seriously upset, no matter what happens around me.

JUL 29—AA Thought for the Day

There are two days in every week about which we should not worry—two days which should be kept from fear and apprehension. One of these days is yesterday, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. We cannot erase a single word we said. Yesterday is gone beyond recall. Do I still worry about what happened yesterday?

Meditation for the Day

“God will not suffer you to be tempted above what you are able, but with the temptation He will also find a way of escape, that you may be able to bear it.” If you have enough faith and trust in God, He

will give you all the strength you need to face every temptation and to overcome it. Nothing will prove too hard for you to bear. You can face any situation. “Be of good cheer. I have overcome the world.” You can overcome any temptation with God’s help. So fear nothing.

Prayer for the Day

I pray that I may face every situation without fear. I pray that nothing will prove too hard for me to bear.

JUL 30—AA Thought for the Day

The other day we should not worry about is tomorrow, with its possible adversities, its burdens, its large promise, and perhaps its poor performance. Tomorrow is also beyond our immediate control. Tomorrow’s sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in tomorrow, for it is as yet unborn. Do I still worry too much about tomorrow?

Meditation for the Day

“Faith is the substance of things hoped for, the evidence of things not seen.” Faith is not seeing but believing. Down through the ages, there have always been those who obeyed the Heavenly Vision, not seeing but believing in God. And their faith was rewarded. So shall it be to you. Good things will happen to you. You cannot see God, but you can see the results of faith in human lives, changing them from defeat to victory. God’s grace is available to all who have faith—not seeing, but believing. With faith, life can be victorious and happy.

Prayer for the Day

I pray that I may have faith enough to believe without seeing. I pray that I may be content with the results of my faith.

JUL 31—AA Thought for the Day

This leaves only one day—today. Anyone can fight the battles of just one day. It is only when you and I add the burden of those two awful eternities, yesterday and tomorrow, that we break down. It is not the experience of today that drives us mad. It is the remorse or bitterness for something which happened yesterday or the dread of what tomorrow may bring. Let us therefore do our best to live but one day at a time. Am I living one day at a time?

Meditation for the Day

Give God the gift of a thankful heart. Try to see causes for thankfulness in your everyday life. When life seems hard and troubles crowd, then look for some reasons for thankfulness. There is nearly always something you can be thankful for. The offering of thanksgiving is indeed a sweet incense going up to God throughout a busy day. Seek diligently for something to be glad and thankful about. You will acquire, in time, the habit of being constantly grateful to God for all His blessings. Each new day some new cause for joy and gratitude will spring to your mind, and you will thank God sincerely.

Prayer for the Day

I pray for a truly thankful heart. I pray that I may be constantly reminded of causes for sincere gratitude.
