

AUG 01—AA Thought for the Day

The Alcoholics Anonymous program has borrowed from medicine, psychiatry, and religion. It has taken from these what it wanted and combined them into the program that it considers best suited to the alcoholic mind and that will best help the alcoholic to recover. The results have been very satisfactory. We do not try to improve on the AA program. Its value has been proved by the success it has had in helping thousands of alcoholics to recover. It has everything we alcoholics need to arrest our illness. Do I try to follow the AA program just as it is?

Meditation for the Day

You should strive for a union between your purposes in life and the purposes of the Divine Principle directing the universe. There is no union on earth to compare with the union between a human soul and God. Priceless beyond all earth's rewards is that union. In merging your heart and mind with the heart and mind of your Higher Power, a oneness of purpose results, which only those who experience it can even dimly realize. That oneness of purpose puts you in harmony with God and with all others who are trying to do His will.

Prayer for the Day

I pray that I may become attuned to the will of God. I pray that I may be in harmony with the music of the spheres.

AUG 02—AA Thought for the Day

Alcoholics Anonymous has no quarrel with medicine, psychiatry, or religion. We have great respect for the methods of each. And we are glad for any success they may have had with alcoholics. We are desirous always of cooperating with them in every way. The more doctors, the more psychiatrists, the more religious leaders we can get to work with us, the better we like it. We have many who take a real interest in our program, and we would like many more. Am I ready to cooperate with those who take a sincere interest in AA?

Meditation for the Day

God is always ready to pour His blessings into our hearts in generous measure. But like the seed-sowing, the ground must be prepared before the seed is dropped in. It is our task to prepare the soil. It is God's to drop the seed. This preparation of the soil means many days of right living—choosing the right and avoiding the wrong. As you go along, each day you are better prepared for God's planting until you reach the time of harvest. Then you share the harvest with God—the harvest of a useful and more abundant life.

Prayer for the Day

I pray that my way of living may be properly prepared day by day. I pray that I may strive to make myself ready for the harvest which God has planted in my heart.

AUG 03—AA Thought for the Day

We in AA must remember that we are offering something intangible. We are offering a psychological and spiritual program. We are not offering a medical program. If people need medical treatment, we call in a doctor. If they need a medical prescription, we let the doctor prescribe for them. If they need hospital treatment, we let the hospital take care of them. Our vital AA work begins when a person is physically able to receive it. Am I willing to leave medical care to the doctors?

Meditation for the Day

Each moment of your day which you devote to this new way of life is a gift to God. The gift of the moments. Even when your desire to serve God is sincere, it is not an easy thing to give Him many of these moments: the daily things you had planned to do, given up gladly so that you can perform a good service or say a kind word. If you can see God's purpose in many situations, it will be easier to give Him many moments of your day. Every situation has two interpretations—your own and God's. Try to handle each situation in the way you believe God would have it handled.

Prayer for the Day

I pray that I may make my day count somewhat for God. I pray that I may not spend it all selfishly.

AUG 04—AA Thought for the Day

We in AA are offering a kind of psychological program as well as a spiritual one. First, people must be mentally able to receive it. They must have made up their minds that they want to quit drinking, and they must be willing to do something about it. Their confidence must be obtained. We must show them that we are their friends and really desire to help them. When we have their confidence, they will listen to us. Then the AA fellowship is a kind of group therapy. Newcomers need the fellowship of other alcoholics who understand their problem because they have had it themselves. Individuals must learn to re-educate their minds. They must learn to think differently. Do I do my best to support newcomers?

Meditation for the Day

“And this is life eternal, that they may know Thee.” It is the flow of life eternal through spirit, mind, and body that cleanses, heals, restores, and renews. Seek conscious contact with God more and more each day. Make God an abiding presence during the day. Be conscious of His spirit helping you. All that is done without God's spirit is passing. All that is done with God's spirit is life eternal.

Prayer for the Day

I pray that I may be in the stream of eternal life. I pray that I may be cleansed and healed by the Eternal Spirit.

AUG 05—AA Thought for the Day

We in AA are offering a spiritual program. The fundamental basis of AA is belief in some Power greater than ourselves. This belief takes us off the center of the universe and allows us to transfer our problems to some Power outside of ourselves. We turn to this Power for the strength we need to get sober and stay sober. We put our drinking problem in God's hands and leave it there. We stop trying to run our own life and seek to let God run it for us. Do I do my best to give spiritual help?

Meditation for the Day

God is your healer and your strength. You do not have to ask Him to come to you. He is always with you in spirit. At your moment of need He is there to help you. Could you know God's love and His desire to help you, you would know that He needs no pleading for help. Your need is God's opportunity. You must learn to rely on God's strength whenever you need it. Whenever you feel inadequate to any situation, you should realize that the feeling of inadequacy is disloyalty to God. Just say to yourself: I know that God is with me and will help me to think and say and do the right thing.

Prayer for the Day

I pray that I may never feel inadequate to any situation. I pray that I may be buoyed up by the feeling that God is with me.

AUG 06—AA Thought for the Day

Psychologists are turning to religion because just knowing about ourselves is not enough. We need the added dynamic of faith in a power outside of ourselves on which we can rely. Books on psychology and psychiatric treatments are not enough without the strength that comes from faith in God. And religious leaders are turning to psychology because faith is an act of the mind and will. Religion must be presented in psychological terms to some extent in order to satisfy the modern person. Faith must be built largely on our own psychological experience. Have I taken what I need from both psychology and religion when I live the AA way?

Meditation for the Day

Refilling with the Spirit is something you need every day. For this refilling with the spirit, you need times of quiet communion—away, alone, without noise, without activity. You need this dwelling apart, this shutting yourself away in the very secret place of your being, alone with your Maker. From these times of communion you come forth with new power. This refilling is the best preparation for effective work. When you are spiritually filled, there is no work too hard for you.

Prayer for the Day

I pray that I may be daily refilled with the right spirit. I pray that I may be full of the joy of true living.

AUG 07—AA Thought for the Day

We in AA are offering an intangible thing, a psychological and spiritual program. It's a wonderful program. When we learn to turn to a Higher Power, with faith that Power can give us the strength we

need, we find peace of mind. When we re-educate our minds by learning to think differently, we find new interests that make life worthwhile. We who have achieved sobriety through faith in God and mental reeducation are modern miracles. It is the function of our AA program to produce modern miracles. Do I consider the change in my life a modern miracle?

Meditation for the Day

You should never doubt that God's spirit is always with you, wherever you are, to keep you on the right path. God's keeping power is never at fault only your realization of it. You must try to believe in God's nearness and the availability of His grace. It is not a question of whether God can provide a shelter from the storm, but of whether or not you seek the security of that shelter. Every fear, worry, or doubt is disloyalty to God. You must endeavor to trust God wholly. Practice saying: "All is going to be well." Say it to yourself until you feel it deeply.

Prayer for the Day

I pray that I may feel deeply that all is well. I pray that nothing will be able to move me from that deep conviction.

AUG 08—AA Thought for the Day

For a while, we are going back to the Big Book, Alcoholics Anonymous, and pick out passages here and there, so that they may become fixed in our minds, a little at a time, day by day, as we go along. There is no substitute for reading the Big Book. It is our "bible." We should study it thoroughly and make it a part of ourselves. We should not try to change any of it. Within its covers is the full exposition of the AA program. There is no substitute for it. We should study it often. Have I studied the Big Book faithfully?

Meditation for the Day

All of life is a fluctuation between effort and rest. You need both every day. But effort is not truly effective until first you have had the proper preparation for it, by resting in a time of quiet meditation. This daily time of rest and meditation gives you the power necessary to make your best effort. There are days when you are called on for much effort and then comes a time when you need much rest. It is not good to rest too long and it is not good to carry on great effort too long without rest. The successful life is a proper balance between the two.

Prayer for the Day

I pray that I may be ready to make the proper effort. I pray that I may also recognize the need for relaxation.

AUG 09—AA Thought for the Day

"We have an allergy to alcohol. The action of alcohol on chronic alcoholics is a manifestation of an allergy. We allergic types can never safely use alcohol in any form at all. We cannot be reconciled to

a life without alcohol, unless we can experience an entire psychic change. Once this psychic change has occurred, we who seemed doomed, we who had so many problems that we despaired of ever solving them, find ourselves able to control our desire for alcohol.” Have I had a psychic change?

Meditation for the Day

Ask God in daily prayer to give you the strength to change. When you ask God to change you, you must at the same time fully trust Him. If you do not fully trust Him, God may answer your prayer as a rescuer does that of a drowning person who is putting up too much of a struggle. The rescuer must first render the person still more helpless, until he or she is wholly at the rescuer’s mercy. Just so must we be wholly at God’s mercy before we can be rescued.

Prayer for the Day

I pray that I may be daily willing to be changed. I pray that I may put myself wholly at the mercy of God.

AUG 10—AA Thought for the Day

“The tremendous fact for every one of us is that we have discovered a common solution. We who have found this solution to our alcoholic problem, who are properly armed with the facts about ourselves, can generally win the entire confidence of another alcoholic. We who are making the approach to new prospects have had the same difficulty they have had. We obviously know what we are talking about. Our whole deportment shouts at new prospects that we are people with a real answer.” Am I a person with the real answer to the alcoholic problems of others?

Meditation for the Day

For straying from the right way there is no cure except to keep so close to the thought of God that nothing, no other interest, can seriously come between you and God. Sure of that, you can stay on God’s side. Knowing the way, nothing can prevent your staying in the way and nothing can cause you to seriously stray from it. God has promised peace if you stay close to Him but not leisure. You still have to carry on in the world. He has promised heart-rest and comfort, but not pleasure in the ordinary sense. Peace and comfort bring real inward happiness.

Prayer for the Day

I pray that I may keep my feet on the way. I pray that I may stay on God’s side.

AUG 11—AA Thought for the Day

“While alcoholics keep strictly away from drink, they react to life much like other people. But the first drink sets the terrible cycle in motion. Alcoholics usually have no idea why they take the first drink. Some drinkers have excuses with which they are satisfied, but in their hearts they really do not know why they do it. The truth is that at some point in their drinking they have passed into a state where the

most powerful desire to stop drinking is of no avail.” Am I satisfied that I have passed my tolerance point for alcohol?

Meditation for the Day

He who made the ordered world out of chaos and set the stars in their courses and made each plant to know its season, He can bring peace and order out of your private chaos if you will let Him. God is watching over you, too, to bless you and care for you. Out of the darkness He is leading you to light, out of unrest to rest, out of disorder to order, out of faults and failure to success. You belong to God and your affairs are His affairs and can be ordered by Him if you are willing.

Prayer for the Day

I pray that I may be led out of disorder into order. I pray that I may be led out of failure into success.

AUG 12—AA Thought for the Day

“There was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet by Alcoholics Anonymous. By doing so, we have a spiritual experience which revolutionizes our whole attitude toward life, toward others, and toward God’s universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives there in a way which is indeed miraculous. He has commenced to accomplish those things for us that we could never do for ourselves.” Have I let God come into my life?

Meditation for the Day

The moment a thing seems wrong to you or a person’s actions to be not what you think they should be, at that moment begins your obligation and responsibility to pray for those wrongs to be righted or that person to be changed. What is wrong in your surroundings or in the people you know? Think about these things and make these matters your responsibility. Not to interfere or be a busybody, but to pray that a change may come through your influence. You may see lives altered and evils banished in time. You can become a force for good wherever you are.

Prayer for the Day

I pray that I may be a co-worker with God. I pray that I may help people by my example.

AUG 13—AA Thought for the Day

“We had but two alternatives; one was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could, and the other was to accept spiritual help. We became willing to maintain a certain simple attitude toward life. What seemed at first a flimsy reed has proved to be the loving and powerful hand of God. A new life has been given us, a design for living that really works. All of us establish in our own individual way our personal relationship with God.” Have I established my own relationship with God?

Meditation for the Day

Make it a daily practice to review your character. Check your character in relation to your daily life, to your dear ones, your friends, your acquaintances, and your work. Each day try to see where God wants you to change. Plan how best each fault can be eradicated or each mistake be corrected. Never be satisfied with a comparison with those around you. Strive toward a better life as your ultimate goal. God is your helper through weakness to power, through danger to security, through fear and worry to peace and serenity.

Prayer for the Day

I pray that I may make real progress toward a better life. I pray that I may never be satisfied with my present state.

AUG 14—AA Thought for the Day

“None of us like to think that we are bodily and mentally different from others. Our drinking careers have been characterized by countless vain attempts to prove that we could drink like other people. This delusion that we are like other people has to be smashed. It has been definitely proved that no real alcoholic has ever recovered control. Over any considerable period we get worse, never better. There is no such thing as making a normal drinker out of an alcoholic.” Am I convinced that I can never drink again normally?

Meditation for the Day

We should have life and have it more abundantly— spiritual, mental, physical, abundant life—joyous, powerful life. This we can have if we follow the right way. Not all people will accept from God the gift of an abundant life, a gift held out free to all. Not all people care to stretch out a hand and take it. God’s gift, the richest He has to offer, is the precious gift of abundant life. People often turn away from it, reject it, and will have none of it. Do not let this be true of you.

Prayer for the Day

I pray that I may hasten to accept the gift of abundant spiritual life. I pray that I may live the good life to the best of my ability.

AUG 15—AA Thought for the Day

“Once an alcoholic, always an alcoholic. Commencing to drink after a period of sobriety, we are in a short time as bad as ever. If we have admitted we are alcoholics, we must have no reservations of any kind, nor any lurking notion that someday we will be immune to alcohol. What sort of thinking dominates an alcoholic who repeats time after time the desperate experiment of the first drink? Parallel with sound reasoning, there inevitably runs some insanely trivial excuse for taking the first drink. There is little thought of what the terrific consequences may be.” Have I given up all excuses for taking a drink?

Meditation for the Day

“Where two or three are banded together, I will be there in the midst of them.” When God finds two or three people in union, who only want His will to be done, who want only to serve Him, He has a plan that can be revealed to them. The grace of God can come to people who are together in one place with one accord. A union like this is miracle-working. God is able to use such people. Only good can come through such consecrated people, brought together in unified groups for a single purpose and of a single mind.

Prayer for the Day

I pray that I may be part of a unified group. I pray that I may contribute my share to its consecrated purpose.

AUG 16—AA Thought for the Day

“The alcoholic is absolutely unable to stop drinking on the basis of self-knowledge. We must admit we can do nothing about it ourselves. Willpower and self-knowledge will never help in the strange mental blank spots when we are tempted to drink. An alcoholic mentally is in a very sick condition. The last flicker of conviction that we can do the job ourselves must be snuffed out. The spiritual answer and the program of action are the only hope. Only spiritual principles will solve our problems. We are completely helpless apart from Divine help. Our defense against drinking must come from a Higher Power.” Have I accepted the spiritual answer and the program of action?

Meditation for the Day

Rest now until life, eternal life, flowing through your veins and heart and mind, bids you to bestir yourself. Then glad work will follow. Tired work is never effective. The strength of God’s spirit is always available to the tired mind and body. He is your physician and your healer. Look to these quiet times of communion with God for rest, for peace, for cure. Then rise refreshed in spirit and go out to work, knowing that your strength is able to meet any problems because it is reinforced by God’s power.

Prayer for the Day

I pray that the peace I have found will make me effective. I pray that I may be relieved of all strain during this day.

AUG 17—AA Thought for the Day

“To one who feels he is an atheist or agnostic, a spiritual experience seems impossible, but to continue as he is means disaster. To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face. But we have to face the fact that we must find a spiritual basis of life—or else. Lack of power is our dilemma. We have to find a Power by which we can live, and it has to be a Power greater than ourselves.” Have I found that Power by which I can live?

Meditation for the Day

Sunshine is the laughter of nature. Live out in the sunshine. The sun and air are good medicine. Nature is a good nurse for tired bodies. Let her have her way with you. God's grace is like the sunshine. Let your whole being be wrapped in the Divine Spirit. Faith is the soul's breathing in of the Divine Spirit. It makes glad the hearts of human beings. The Divine Spirit heals and cures the mind. Let it have its way, and all will be well.

Prayer for the Day

I pray that I may live in the sunshine of God's spirit. I pray that my mind and soul may be energized by it.

AUG 18—AA Thought for the Day

"We of agnostic temperament have found that as soon as we were able to lay aside prejudice and express a willingness to believe in a Power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that Power, which we call God. As soon as you can say that you do believe or are willing to believe, you are on your way. Upon this simple cornerstone a wonderfully effective spiritual structure can be built." Am I willing to depend on a Power that I cannot fully define or comprehend?

Meditation for the Day

We seek God's presence and "they who seek shall find." It is not a question of searching so much as an inner consciousness of the Divine Spirit in your heart. To realize God's presence you must surrender to His will in the small as well as in the big things of life. This makes God's guidance possible. Some things separate you from God—a false word, a fear—inspired failure, a harsh criticism, a stubborn resentment. These are the things that put a distance between your mind and God. A word of love, a selfless reconciliation, a kind act of helpfulness—these bring God closer.

Prayer for the Day

I pray that I may think and say and do the things that bring God closer to me. I pray that I may find Him in a sincere prayer, a kind word, or an unselfish deed.

AUG 19—AA Thought for the Day

"People of faith have a logical idea of what life is all about. There is a wide variation in the way each one of us approaches and conceives of the Power greater than ourselves. Whether we agree with a particular approach or conception seems to make little difference. There are questions for each of us to settle for ourselves. But in each case the belief in a Higher Power has accomplished the miraculous, the humanly impossible. There has come a revolutionary change in their way of living and thinking." Has there been a revolutionary change in me?

Meditation for the Day

Worship is consciousness of God's divine majesty. As you pause to worship, God will help you to raise your humanity to His divinity. The earth is a material temple to enclose God's divinity. God brings to those who worship Him a divine power, a divine love, and a divine healing. You only have to open your mind to Him and try to absorb some of His divine spirit. Pausing quietly in the spirit of worship, turn your inward thoughts upward and realize that His divine power may be yours, that you can experience His love and healing.

Prayer for the Day

I pray that I may worship God by sensing His Eternal Spirit. I pray that I may experience a new power in my life.

AUG 20—AA Thought for the Day

“When many hundreds of people are able to say that the consciousness of the presence of God is today the most important fact of their lives, they present a powerful reason why one should have faith. When we saw others solve their problems by a simple reliance upon the Spirit of the universe, we have to stop doubting the power of God. Our ideas did not work, but the God-idea does. Deep down in every man, woman, and child is the fundamental idea of God. Faith in a Power greater than ourselves and miraculous demonstrations of that power in our lives are facts as old as the human race.” Am I willing to rely on the Spirit of the universe?

Meditation for the Day

You should not dwell too much on the mistakes, faults, and failures of the past. Be done with shame and remorse and contempt for yourself. With God's help, develop a new self-respect. Unless you respect yourself, others will not respect you. You ran a race, you stumbled and fell, you have risen again, and now you press on toward the goal of a better life. Do not stay to examine the spot where you fell, only feel sorry for the delay, the shortsightedness that prevented you from seeing the real goal sooner.

Prayer for the Day

I pray that I may not look back. I pray that I may keep picking myself up and making a fresh start each day.

AUG 21—AA Thought for the Day

“Who are you to say there is no God? This challenge comes to all of us. Are we capable of denying that there is a design and purpose in all of life as we know it? Or are we willing to admit that faith in some kind of Divine Principle is a part of our make-up, just as much as the feeling we have for a friend? We find a Great Reality deep down within us, if we face ourselves as we really are. In the last analysis, it is only there that God may be found. When we find this Reality within us, we are restored to our right minds.” Have I found the Great Reality?

Meditation for the Day

“Behold, I make all things new.” When you change to a new way of life, you leave many things behind you. It is only the earth-bound spirit that cannot soar. Loosen somewhat the strands that tie you to the earth. It is only the earthly desires that bind you. Your new freedom will depend on your ability to rise above earthly things. Clipped wings can grow again. Broken wings can regain a strength and beauty unknown before. If you will, you can be released and free.

Prayer for the Day

I pray that I may be freed from things that hold me down. I pray that my spirit may soar in freedom.

AUG 22—AA Thought for the Day

“Those who do not recover are people who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault. They seem to be born that way. They are naturally incapable of grasping and developing a manner of living that demands rigorous honesty. Their changes are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover, if they have the capacity to be honest.” Am I completely honest with myself and with other people?

Meditation for the Day

You can make use of your mistakes, failures, losses, and sufferings. It is not what happens to you so much as what use you make of it. Take your sufferings, difficulties, and hardships, and make use of them to help some unfortunate soul who is faced with the same troubles. Then something good will come out of your suffering and the world will be a better place because of it. The good you do each day will live on, after the trouble and distress have gone, after the difficulty and the pain have passed away.

Prayer for the Day

I pray that I may make good use of my mistakes and failures. pray that some good may result from my painful experiences.

AUG 23—AA Thought for the Day

“We who have accepted the AA principles have been faced with the necessity for a thorough personal house cleaning. We must face and be rid of the things in ourselves that have been blocking us. We therefore take a personal inventory. We take stock honestly. We search out the flaws in our make-up that caused our failure. Resentment is the number one offender. Life that includes deep resentment leads only to futility and unhappiness. If we are to live, we must be free of anger.” Am I free of resentment and anger?

Meditation for the Day

Keep in mind the goal you are striving for, the good life you are trying to attain. Do not let little things divert you from the path. Do not be overcome by the small trials and vexations of each day. Try to see

the purpose and plan to which all is leading. If, when climbing a mountain, you keep your eyes on each stony or difficult place, how weary is your climb. But if you think of each step as leading to the summit of achievement from which a glorious landscape will open out before you, then your climb will be enduring and you will achieve your goal.

Prayer for the Day

I pray that I may realize that life without a goal is futile. I pray that I may find the good life worth striving for.

AUG 24—AA Thought for the Day

“When we saw our faults, we listed them. We placed them before us in black and white. We admitted our wrongs honestly and we were willing to set these matters straight. We reviewed our fears thoroughly. We asked God to remove our fears and we commenced to outgrow fear. Many of us needed an overhauling in regard to sex. We came to believe that sex powers were God-given and therefore good, if used properly. Sex is never to be used lightly or selfishly, nor is it to be despised or loathed. If sex is troublesome, we throw ourselves the harder into helping others, and so take our minds off ourselves.” Am I facing my sex problems in the proper way?

Meditation for the Day

Cling to the belief that all things are possible with God. If this belief is truly accepted, it is the ladder upon which a human soul can climb from the lowest pit of despair to the sublimest heights of peace of mind. It is possible for God to change your way of living. When you see the change in another person through the grace of God, you cannot doubt that all things are possible in the lives of people through the strength that comes from faith in Him who rules us all.

Prayer for the Day

I pray that I may live expectantly. I pray that I may believe deeply that all things are possible with God.

AUG 25—AA Thought for the Day

“Unless we discuss our defects with another person, we do not acquire enough humility, fearlessness, and honesty to really get the program. We must be entirely honest with somebody, if we expect to live happily in this world. We must be hard on ourselves, but always considerate of others. We pocket our pride and go to it, illuminating every twist of character and every dark cranny of the past. Once we have taken this step, withholding nothing, we can look the world in the eyes.” Have I discussed all my defects with another person?

Meditation for the Day

Never yield to weariness of the spirit. At times, the world’s cares and distractions will intrude, and the spirit will become weak. At times like this, carry on and soon the spirit will become strong again.

God's spirit is always with you, to replenish and renew. None ever sincerely sought God's help in vain. Physical weariness and exhaustion make a time of rest and communion with God more necessary. When you are overcome by temporary conditions that you cannot control, keep quiet and wait for the power of the spirit to flow back.

Prayer for the Day

I pray that I may not speak or act in the midst of emotional upheaval. I pray that I may wait until the tempest is past.

AUG 26—AA Thought for the Day

"If we are still clinging to something that we will not let go, we must sincerely ask God to help us to be willing to let even that go, too. We cannot divide our lives into compartments and keep some for ourselves. We must give all the compartments to God. We must say: 'My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my friends.'" Am I still clinging to something that I will not let go?

Meditation for the Day

The laws of nature cannot be changed and must be obeyed if you are to stay healthy. No exceptions will be made in your case. Submit to the laws of nature or they will finally break you. And in the realm of the spirit, in all human relationships, submit to the moral laws and to the will of God. If you continue to break the laws of honesty, purity, unselfishness, and love, you will be broken to some extent yourself. The moral and spiritual laws of God, like the laws of nature, are unbreakable without some disaster. If you are dishonest, impure, selfish, and unloving, you will not be living according to the laws of the spirit, and you will suffer the consequences.

Prayer for the Day

I pray that I may submit to the laws of nature and to the laws of God. I pray that I may live in harmony with all the laws of life.

AUG 27—AA Thought for the Day

"We must be willing to make amends to all the people we have harmed. We must do the best we can to repair the damage done in the past. When we make amends, when we say 'I'm sorry,' the person is sure at least to be impressed by our sincere desire to set right the wrong. Sometimes people we are making amends to admit their own faults, so feuds of long standing melt away. Our most ruthless creditors will sometimes surprise us. In general, we must be willing to do the right thing, no matter what the consequences may be for us." Have I made a sincere effort to make amends to the people I have harmed?

Meditation for the Day

The grace of God cures disharmony and disorder in human relationships. Directly you put your affairs, with their confusion and their difficulties, into God's hands. He begins to affect a cure of all the disharmony and disorder. You can believe that He will cause you no more pain in the doing of it than a physician who knows how to cure would cause a patient. You can have faith that God will do all that is necessary as painlessly as possible. But you must be willing to submit to His treatment, even if you cannot now see the meaning or purpose of it.

Prayer for the Day

I pray that I may willingly submit to whatever spiritual discipline is necessary. I pray that I may accept whatever it takes to live a better life.

AUG 28—AA Thought for the Day

"We must continue to take personal inventory and continue to set right any new mistakes as we go along. We should grow in understanding and effectiveness. This is not an overnight matter; it should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We must not rest on our laurels. We are headed for trouble if we do. We are not cured of alcoholism. What we really have is a daily reprieve, contingent on the maintenance of our spiritual condition." Am I checking my spiritual condition daily?

Meditation for the Day

Happiness cannot be sought directly; it is a byproduct of love and service. Service is a law of our being. With love in your heart, there is always some service to other people. A life of power and joy and satisfaction is built on love and service. Persons who hate or are selfish are going against the law of their own being. They are cutting themselves off from God and other people. Little acts of love and encouragement, of service and help, erase the rough places of life and help to make the path smooth. If we do these things, we cannot help having our share of happiness.

Prayer for the Day

I pray that I may give my share of love and service. I pray that I may not grow weary in my attempts to do the right thing.

AUG 29—AA Thought for the Day

"We cannot get along without prayer and meditation. On awakening, let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking. Our thought lives will be placed on a much higher plane when we start the day with prayer and meditation. We conclude this period of meditation with a prayer that we will be shown through the day what our next step is to be. The basis of all our prayers is: Thy will be done in me and through me today." Am I sincere in my desire to do God's will today?

Meditation for the Day

Breathe in the inspiration of goodness and truth. It is the spirit of honesty, purity, unselfishness, and love. It is readily available if we are willing to accept it wholeheartedly. God has given us two things—His spirit and the power of choice—to accept or not, as we will. We have the gift of free will. When we choose the path of selfishness and greed and pride, we are refusing to accept God’s spirit. When we choose the path of love and service, we accept God’s spirit, and it flows into us and makes all things new.

Prayer for the Day

I pray that I may choose the right way. I pray that I may try to follow it to the end.

AUG 30—AA Thought for the Day

“Practical experience shows that nothing will so much ensure immunity from drinking as extensive work with other alcoholics. Carry the message to other alcoholics. You can help when no one else can. You can secure their confidence when others fail. Life will take on a new meaning for you. To watch people recover, to see them help others in turn, to watch loneliness vanish, to see a fellowship grow about you, to have a host of friends—this is an experience you must not miss.” Am I always ready and willing to help other alcoholics?

Meditation for the Day

One secret of abundant living is the art of giving. The paradox of life is that the more you give, the more you have. If you lose your life in the service of others, you will save it. You can give abundantly and so live abundantly. You are rich in one respect—you have a spirit that is inexhaustible. Let no mean or selfish thought keep you from sharing this spirit. Of love, of help, of understanding, and of sympathy, give and keep giving. Give your personal ease and comfort, your time, your money, and most of all, yourself. And you will be living abundantly.

Prayer for the Day

I pray that I may live to give. I pray that I may learn this secret of abundant living
