

## SEP 01—AA Thought for the Day

“Be careful not to brand new prospects as alcoholics. Let them draw their own conclusion. But talk to them about the hopelessness of alcoholism. Tell them exactly what happened to you and how you recovered. Stress the spiritual feature freely. If they are agnostics or atheists, make it emphatic that they do not have to agree with your conception of God. They can choose any conception they like, provided it makes sense to them. The main thing is that they be willing to believe in a Power greater than themselves and that they live by spiritual principles.” Do I hold back too much in speaking of the spiritual principles of the program?

### Meditation for the Day

“I will never leave nor forsake thee.” Down through the centuries, thousands have believed in God’s constant, untiring, and unfailing love. God has love. Then forever you are sure of His love. God has power. Then forever you are sure, in every difficulty and temptation, of His strength. God has patience. Then always there is One who can never tire. God has understanding. Then always you will understand and be understood. Unless you want Him to go, God will never leave you. He is always ready with power.

### Prayer for the Day

I pray that I may feel that God’s love will never fail. I pray that I may have confidence in His unfailing power.

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## SEP 02—AA Thought for the Day

“Outline the program of action to new prospects, explaining how you made a self-appraisal, how you straightened out your past, and why you are now endeavoring to help them. It is important for them to realize that your attempt to pass this on to them plays a vital part in your own recovery. The more hopeless they feel, the better. They will be more likely to follow your suggestions. Tell them about the fellowship of AA, and if they show interest, lend them a copy of the Big Book.” Can I tell the AA story to another alcoholic?

### Meditation for the Day

You should try to stand aside and let God work through you. You should try not to block Him off by your own efforts or prevent His spirit working through you. God desires your obedient service and your loyalty to the ideals of the new life you are seeking. If you are loyal to God, He will give you protection against mistakes. His spirit will plan for you and secure for you a sufficiency of all spiritual help. You will have true victory and real success, if you will put yourself in the background and let God work through you.

### Prayer for the Day

I pray that I may not interfere with the working of God’s spirit in me and through me. I pray that I may give it full rein.

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### SEP 03—AA Thought for the Day

“Offer new prospects friendship and fellowship. Tell them that if they want to get well you will do anything to help. Burn the idea into the consciousness of new prospects that they can get well, regardless of anyone else. Job or no job, spouse or no spouse, they cannot stop drinking as long as they place dependence on other people ahead of dependence on God. Let no alcoholic say they cannot recover unless they have their family back. This just isn’t so. Their recovery is not dependent upon other people. It is dependent on their own relationship to God.” Can I recognize all excuses made by a prospect?

### Meditation for the Day

The spiritual life depends upon the Unseen. To live the spiritual life, you must believe in the Unseen. Try not to lose the consciousness of God’s spirit in you and in others. As a child in its mother’s arms, stay sheltered in the understanding and love of God. God will relieve you of the weight of worry and care, misery and depression, want and woe, faintness and heartache if you will let Him. Lift up your eyes from earth’s troubles, and view the glory of the unseen God. Each day try to see more good in people, more of the Unseen in the seen.

### Prayer for the Day

I pray that I may rest and abide in the presence of the unseen God. I pray that I may leave my burdens in His care.

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### SEP 04—AA Thought for the Day

“We must be careful never to show intolerance or hatred of drinking as an institution. Experience shows that such an attitude is not helpful to anyone. We are not fanatics or intolerant of people who can drink normally. Prospects are relieved when they find we are not witch burners. Temperate drinking is okay, but we alcoholics can’t get away with it. And no alcoholic likes to be told about alcohol by anyone who hates it. We shall be of little use if our attitude is one of bitterness or hostility.” Do I have tolerance for those who can drink normally?

### Meditation for the Day

Do not become encumbered by petty annoyances. Never respond to emotional upsets by emotional upset. Try to keep calm in all circumstances. Try not to fight back. Call on the grace of God to calm you when you feel like retaliating. Look to God for the inner strength to drop those resentments that drag you down. If you are burdened by annoyances, you will lose your inward peace and the spirit of God will be shut out. Try to keep peaceful within.

### Prayer for the Day

I pray that I may do the things that make for peace. I pray that I may have a mission of conciliation.

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### SEP 05—AA Thought for the Day

One of the mottoes of AA is “First things first.” This means that we should always keep in mind that alcohol is our number-one problem. We must never let any other problem—whether of family, business, friends, or anything else—take precedence in our minds over our alcoholic problem. As we go along in AA, we learn to recognize the things that may upset us emotionally. When we find ourselves getting upset over something, we must realize that it’s a luxury we alcoholics can’t afford. Anything that makes us forget our number-one problem is dangerous to us. Am I keeping sobriety in first place in my mind?

### **Meditation for the Day**

Spiritual progress is the law of your being. Try to see around you more and more of beauty and truth, knowledge and power. Today try to be stronger, braver, more loving as a result of what you did yesterday. This law of spiritual progress gives meaning and purpose to your life. Always expect better things ahead. You can accomplish much good through the strength of God’s spirit in you. Never be too discouraged. The world is sure to get better, in spite of setbacks of war, hate, and greed. Be part of the cure of the world’s ills rather than part of the disease.

### **Prayer for the Day**

I pray that I may keep progressing in the better life. I pray that I may be a part of the forces for good in the world.

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### **SEP 06—AA Thought for the Day**

Another of the mottoes of AA is “Live and let live.” This, of course, means tolerance of people who think differently than we do, whether they are in AA or outside of AA. We cannot afford the luxury of being intolerant or critical of other people. We do not try to impose our wills on those who differ from us. We are not “holier than thou.” We do not have all the answers. We are not better than other good people. We live the best way we can, and we allow others to do likewise. Am I willing to live and let live?

### **Meditation for the Day**

“And this is life eternal, that we may know Thee, the only true God.” Learning to know God as best you can draws the eternal life nearer to you. Freed from some of the limitations of humanity, you can grow in the things that are eternal. You can strive for what is real and of eternal value. The more you try to live in the consciousness of the unseen world, the gentler will be your passing into it when the time comes for you to go. This life on earth should be largely a preparation for the eternal life to come.

### **Prayer for the Day**

I pray that I may live each day as though it were my last. I pray that I may live my life as though it were everlasting.

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### **SEP 07—AA Thought for the Day**

Another of the mottoes of AA is “Easy does it.” This means that we just go along in AA doing the best we can and not getting steamed up over problems that arise in AA or outside of it. We alcoholics are emotional people, and we have gone to excess in almost everything we have done. We have not been moderate in many things. We have not known how to relax. Faith in a Higher Power can help us to learn to take it easy. We are not running the world. I am only one among many. We are resolved to live normal, regular lives. From our AA experience we learn that “Easy does it.” Have I learned to take it easy?

### **Meditation for the Day**

“The eternal God is thy refuge and underneath are the everlasting arms.” Sheltering arms express the loving protection of God’s spirit. Human beings, in their troubles and difficulties, need nothing so much as a refuge, a place to relax where they can lay down their burdens and get relief from cares. Say to yourself: “God is my refuge.” Say it until its truth sinks into your very soul. Say it until you know it and are sure of it. Nothing can seriously upset you or make you afraid, if God is truly your refuge.

### **Prayer for the Day**

I pray that I may go each day to God as a refuge until fear goes and peace and security come. I pray that I may feel deeply secure in the Haven of His spirit.

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### **SEP 08—AA Thought for the Day**

Another of the mottoes of AA is “But for the grace of God.” Once we have fully accepted the program, we become humble about our achievement. We do not take too much credit for our sobriety. When we see another suffering alcoholic in the throes of alcoholism, we say to ourselves: “But for the grace of God, there go I.” We do not forget the kind of people we were. We remember those we left behind us. And we are very grateful to the grace of God, which has given us another chance. Am I truly grateful for the grace of God?

### **Meditation for the Day**

A consciousness of God’s presence as One who loves you makes all life different. The consciousness of God’s love promotes the opening of your whole being to God. It brings wonderful relief from the cares and worries of our daily lives. Relief brings peace, and peace brings contentment. Try to walk in God’s love. You will have that peace which passes all understanding and a contentment that no one can take from you. Feel sure of God’s unfailing love and care for you and for all His children. There is freedom and serenity in those who walk in God’s love, held safe in His loving care.

### **Prayer for the Day**

I pray that I may walk in God’s love. I pray that, as I go, I may feel the spring of God’s power in my steps and the joy of His love in my heart.

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### **SEP 09—AA Thought for the Day**

When alcoholics are offered a life of sobriety by following the AA program, they will look at the prospect of living without alcohol and they will ask: "Am I to be consigned to a life where I shall be stupid, boring, and glum, like some of the righteous people I see? I know I must get along without liquor, but how can I? Have you a sufficient substitute?" Have I found a more than sufficient substitute for drinking?

### **Meditation for the Day**

In God's strength you conquer life. Your conquering power is the grace of God. There can be no complete failure with God. Do you want to make the best of life? Then live as near as possible to God, the source and giver of all life. Your reward for depending on God's strength will be sure. Sometimes the reward will be renewed power to face life, sometimes wrong thinking overcome, sometimes people brought to a new way of living. Whatever success comes will not be all your own doing, but largely the working out of the grace of God.

### **Prayer for the Day**

I pray that I may try to rely more fully on the grace of God. I pray that I may live a victorious life.

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### **SEP 10—AA Thought for the Day**

Here are answers to the question of how a person can live without liquor and be happy: "The things we put in place of drinking are more than substitutes for it. One is the fellowship of Alcoholics Anonymous. In this company, you find release from care, boredom, and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Among other AAs you will make lifelong friends. You will be bound to them with new and wonderful ties." Does life mean something to me now?

### **Meditation for the Day**

Do you want the full and complete satisfaction that you find both in serving God and in all the satisfactions of the world? It is not easy to serve both God and the world. It is difficult to claim the rewards of both. If you work for God, you will still have great rewards in the world. But you must be prepared to sometimes stand apart from the world. You cannot always turn to the world and expect all the rewards that life has to offer. If you are trying sincerely to serve God, you will have other and greater rewards than the world has to offer.

### **Prayer for the Day**

I pray that I may not expect too much from the world. I pray that I may also be content with the rewards that come from serving God.

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### **SEP 11—AA Thought for the Day**

Continuing the answers to the question of how a person can live without liquor and be happy, we say: "You will be bound to the other AAs with new and wonderful ties, for you and they will escape disaster

together and all will commence shoulder to shoulder the common journey to a better and more satisfactory life. You will know what it means to give of yourself that others may survive and rediscover life. You will become happy, respected, and useful once more. Since these things have happened to us, they can happen to you.” Have these things happened to me?

### **Meditation for the Day**

God manifests Himself in human lives as strength to overcome evil and power to resist temptation. The grace of God is the power that enables a human being to change from a disconnected, hopeless individual to a connected, hopeful, and grateful person. God also manifests Himself as love—love for other people, compassion for their problems, and a real willingness to help them. The grace of God also manifests itself as peace of mind and serenity of character. We can have plenty of power, love, and serenity in our lives if we are willing to ask God for these things each day.

### **Prayer for the Day**

I pray that I may see God’s grace in the strength I receive, the love I know, and the peace I have. I pray that I may be grateful for the things I have received through the grace of God.

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### **SEP 12—AA Thought for the Day**

“What draws newcomers to AA and gives them hope? They hear the stories of men and women whose experiences tally with their own. The expressions on the faces of the women, that undefinable something in the eyes of the men, the stimulating atmosphere of the AA clubroom conspire to let them know that there is haven at last. The very practical approach to their problems, the absence of intolerance of any kind, the informality, the genuine democracy, the uncanny understanding that these people in AA have is irresistible.” Have I found a real haven in AA?

### **Meditation for the Day**

“If thine eye be single, thy whole body shall be full of light.” The eye of the soul is the will. If your will is to do the will of God, to serve Him with your life, to serve Him by helping others, then truly shall your whole body be full of light. The important thing is to strive to attune your will to the will of God, a single eye to God’s purpose, desiring nothing less than that His purposes be fulfilled. Try to seek in all things the advance of His kingdom, seek the spiritual values of honesty and purity, unselfishness and love, and earnestly desire spiritual growth. Then your life will emerge from the darkness of futility into the light of victory.

### **Prayer for the Day**

I pray that my eye may be single. I pray that my life may be lived in the light of the best that I know.

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### **SEP 13—AA Thought for the Day**

“No one is too discredited, nor has sunk too low, to be welcomed cordially into AA, if he or she means business. Social distinctions, petty rivalries, and jealousies are laughed out of countenance. Being

wrecked in the same vessel, being restored and united under one God, with hearts and minds attuned to the welfare of others, the things that matter so much to some people no longer signify much to us. In AA we have true democracy and true brotherhood.” Has AA taught me to be truly democratic?

### **Meditation for the Day**

When you call on God in prayer to help you overcome weakness, sorrow, pain, discord, and conflict, God never fails in some way to answer the appeal. When you are in need of strength for yourself or for the help of some other person, call on God in prayer. The power you need will come simply, naturally, and forcefully. Pray to God not only when you need help, but also just to commune with Him. The spirit of prayer can alter an atmosphere from one of discord to one of reconciliation. It will raise the quality of thought and word and bring order out of chaos.

### **Prayer for the Day**

I pray that I may bring peace where there is discord. I pray that I may bring conciliation where there is conflict.

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### **SEP 14—AA Thought for the Day**

“How does AA grow? Some of us sell AA as we go about. Little clusters of twos and threes and fives keep springing up in different communities, through contact with the larger centers. Those of us who travel drop in at other groups as often as we can. This practice enables us to lend a hand to new groups which are springing up all over the land. New groups are being started each month. AA is even spreading outside the United States and is slowly becoming world-wide. Thus we grow.” Am I doing all I can to spread AA wherever I go?

### **Meditation for the Day**

“Lord, we believe. Help Thou our unbelief.” This cry of the human heart is an expression of human frailty. It signifies the soul’s sincere desire for progress. As a person feels the existence of God and His power, that person believes in Him more and more. At the same time, a person is more conscious of falling short of absolute trust in God. The soul’s progress is an increasing belief, then a cry for more faith, a plea to conquer all unbelief, all lack of trust. We can believe that that cry is heard by God and that prayer is answered in due time. And so our faith grows, little by little, day by day.

### **Prayer for the Day**

I pray that with more power in my life will come more faith. I pray that I may come to trust God more each day.

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### **SEP 15—AA Thought for the Day**

“We all realize that we know only a little. God will constantly disclose more to all of us. Ask Him in your morning meditations what you can do today for the person who is still sick. The answers will



come, if your own house is in order. See to it that your relationship with God is right, and great events will come to pass for you and countless others. Give freely of what you find in AA. But obviously, you cannot transmit something that you haven't got. So make a lifestudy of AA." Am I always looking for ways of presenting the AA program?

### **Meditation for the Day**

"In quietness and confidence shall be your strength." Confidence means to have faith in something. We could not live without confidence in others. When you have confidence in God's grace, you can face whatever comes. When you have confidence in God's love, you can be serene and at peace. You can rest in the faith that God will take care of you. Try to rest in God's presence until His life-power flows through you. Be still and in that stillness the still, small Voice will come. It speaks in quietness to the human mind that is attuned to its influence.

### **Prayer for the Day**

I pray that I may find strength today in quietness. I pray that I may be content today that God will take care of me.

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### **SEP 16—AA Thought for the Day**

Today, let us begin a short study of the twelve suggested Steps of AA. These twelve suggested Steps seem to embody five principles. The First Step is the membership requirement step. The Second, Third, and Eleventh Steps are the spiritual Steps of the program. The Fourth, Fifth, Sixth, Seventh, and Tenth steps are the personal inventory Steps. The Eighth and Ninth Steps are the restitution Steps. The Twelfth Step is the passing on of the program, or helping others, Step. So the five principles are membership requirement, spiritual basis, personal inventory, restitution, and helping others. Have I made all these Steps a part of me?

### **Meditation for the Day**

We seem to live not only in time but also in eternity. If we abide with God and He abides with us, we may bring forth spiritual fruit which will last for eternity. If we live with God, our lives can flow as some calm river through the dry land of earth. This can cause the trees and flowers of the spiritual life—love and service—to spring forth and yield abundantly. Spiritual work may be done for eternity, not just for now. Even here on earth we can live as though our real lives were eternal.

### **Prayer for the Day**

I pray that I may try to make my life like a cool river in a thirsty land. I pray that I may give freely to all who ask my help.

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### **SEP 17—AA Thought for the Day**

Step One is "We admitted we were powerless over alcohol—that our lives had become unmanageable." This Step states the membership requirement of AA. We must admit that our lives



are disturbed. We must accept the fact that we are helpless before the power of alcohol. We must admit that our need for drinking is stronger than us and that we need help. We must be willing to accept the bitter fact that we cannot drink like other people. And we must make, as gracefully as possible, surrender to the inevitable fact that we must stop drinking. Is it difficult for me to admit that I am different from normal drinkers?

### **Meditation for the Day**

“Show us the way, O Lord, and let us walk in Thy paths.” There seems to be a right way to live and a wrong way. You can make a practical test. When you live the right way, things seem to work out well for you. When you live the wrong way, things seem to work out badly for you. You seem to take out of life about what you put into it. If you disobey the laws of nature, the chances are that you will be unhealthy. If you disobey the spiritual and moral laws, the chances are that you will be unhappy. By following the laws of nature and the spiritual laws of honesty, purity, unselfishness, and love, you can expect to be reasonably healthy and happy.

### **Prayer for the Day**

I pray that I may try to live the right way. I pray that I may follow the path that leads to a better life.

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### **SEP 18—AA Thought for the Day**

Step Two is “Came to believe that a Power greater than ourselves could restore us to sanity.” Step Three is “Made a decision to turn our will and our lives over to the care of God as we understood Him.” Step Eleven is “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.” The fundamental basis of AA is a belief in some Power greater than ourselves. Let us not take this lightly. We cannot fully get the program without this venture of belief. Have I made the venture of belief in a Power greater than my own?

### **Meditation for the Day**

“He that dwelleth in the secret place of the Most High, shall abide under the shadow of the Almighty.” Dwell for a moment each day in a secret place, the place of communion with God, apart from the world, and thence receive strength to face the world. Material things cannot intrude upon this secret place. They cannot ever find it, because it is outside the realm of material things. When you abide in this secret place, you are under the shadow of the Almighty. God is close to you in this quiet place of communion. Each day, dwell for a while in this secret place.

### **Prayer for the Day**

I pray that I may renew my strength in quietness. I pray that I may find rest in quiet communion with God.

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### **SEP 19—AA Thought for the Day**

Let us continue with Steps Two, Three, and Eleven. We must turn to a Higher Power for help, because we are helpless ourselves. When we put our drinking problem in God's hands and leave it there, we have made the most important decision of our lives. From then on, we trust God for the strength to keep sober. This takes us off the center of the universe and allows us to transfer our problems to a Power outside ourselves. By prayer and meditation, we seek to improve our conscious contact with God. We try to live each day the way we believe God wants us to live. Am I trusting God for the strength to stay sober?

### **Meditation for the Day**

"These things have I spoken unto you, that your joy may be full." Even a partial realization of the spiritual life brings much joy. You feel at home in the world when you are in touch with the Divine Spirit of the universe. Spiritual experience brings a definite satisfaction. Search for the real meaning of life by following spiritual laws. God wants you to have spiritual success and He intends that you have it. If you live your life as much as possible according to spiritual laws, you can expect your share of joy and peace, satisfaction and success.

### **Prayer for the Day**

I pray that I will find happiness in doing the right thing. I pray that I will find satisfaction in obeying spiritual laws.

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### **SEP 20—AA Thought for the Day**

Step Four is "Made a searching and fearless moral inventory of ourselves." Step Five is "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs." Step Six is "Were entirely ready to have God remove all these defects of character." Step Seven is "Humbly asked Him to remove our shortcomings." Step Ten is "Continued to take personal inventory and when we were wrong promptly admitted it." In taking a personal inventory, we have to be absolutely honest with ourselves and with other people. Have I taken an honest inventory of myself?

### **Meditation for the Day**

God is good. You can often tell whether or not a thing is of God. If it is of God, it must be good. Honesty, purity, unselfishness, and love are all good, unselfish helpfulness is good, and these things all lead to the abundant life. Leave in God's hands the present and the future, knowing only that He is good. The hand that veils the future is the hand of God. He can bring order out of chaos, good out of evil, and peace out of turmoil. We can believe that everything really good comes from God and that He shares His goodness with us.

### **Prayer for the Day**

I pray that I may reach out for the good. I pray that I may try to choose the best in life.

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### **SEP 21—AA Thought for the Day**

Let us continue with Steps Four, Five, Six, Seven, and Ten. In taking a personal inventory of ourselves, we have to face facts as they really are. We have to stop running away. We must face reality. We must see ourselves as we really are. We must admit our faults openly and try to correct them. We must try to see where we have been dishonest, impure, selfish, and unloving. We do not do this once and forget it. We do it every day of our lives, as long as we live. We are never done with checking up on ourselves. Am I taking a daily inventory of myself?

### **Meditation for the Day**

In improving our personal lives, we have Unseen Help. We were not made so that we could see God. That would be too easy for us and there would be no merit in obeying Him. It takes an act of faith, a venture of belief, to realize the Unseen Power. Yet we have much evidence of God's existence in the strength that many people have received from the act of faith, the venture of belief. We are in a box of space and time and we can see neither our soul nor God. God and the human spirit are both outside the limitations of space and time. Yet our Unseen Help is effective here and now. That has been proved in thousands of changed lives.

### **Prayer for the Day**

I pray that I may make the great venture of belief. I pray that my vision may not be blocked by intellectual pride.

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### **SEP 22—AA Thought for the Day**

Step Eight is "Made a list of all persons we had harmed, and became willing to make amends to them all." Step Nine is "Made direct amends to such people wherever possible, except when to do so would injure them or others." Making restitution for the wrongs we have done is often very difficult. It hurts our pride. But the rewards are great. When we go to a person and say we are sorry, the reaction we get is almost invariably good. It takes courage to make the plunge, but the results more than justify it. A load is off your chest and often an enemy has been turned into a friend. Have I done my best to make all the restitution possible?

### **Meditation for the Day**

There should be joy in living the spiritual life. A faith without joy is not entirely genuine. If you are not happier as a result of your faith, there is probably something wrong with it. Faith in God should bring you a deep feeling of happiness and security, no matter what happens on the surface of your life. Each new day is another opportunity to serve God and improve your relationships with other people. This should bring joy. Life should be abundant and outreaching. It should be glowing and outgoing, in ever-widening circles.

### **Prayer for the Day**

I pray that my horizons may grow ever wide. I pray that I may keep reaching out for more service and companionship.

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## SEP 23—AA Thought for the Day

Step Twelve is “Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.” Note that the basis of our effectiveness in carrying the message to others is the reality of our own spiritual awakening. If we have not changed, we cannot be used to change others. To keep this program, we must pass it on to others. We cannot hoard it for ourselves. We may lose it unless we give it away. It cannot flow into us and stop; it must continue to flow into us as it flows out to others. Am I always ready to give away what I have learned in AA?

### Meditation for the Day

“Draw nigh unto God and He will draw nigh unto you.” When you are faced with a problem beyond your strength, you must turn to God by an act of faith. It is that turning to God in each trying situation that you must cultivate. The turning may be one of glad thankfulness for God’s grace in your life. Or your appeal to God may be a prayerful claiming of His strength to face a situation and finding that you have it when the time comes. Not only the power to face trials, but also the comfort and joy of God’s nearness and companionship are yours for the asking.

### Prayer for the Day

I pray that I may try to draw near to God each day in prayer. I pray that I may feel His nearness and His strength in my life.

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## SEP 24—AA Thought for the Day

Let us continue with Step Twelve. We must practice these principles in all our affairs. This part of the Twelfth Step must not be overlooked. It is the carrying on of the whole program. We do not just practice these principles in regard to our drinking problem. We practice them in all our affairs. We do not give one compartment of our lives to God and keep the other compartments to ourselves. We give our whole lives to God and we try to do His will in every respect. “Herein lies our growth, herein lies all the promise of the future, an ever-widening horizon.” Do I carry the AA principles with me wherever I go?

### Meditation for the Day

“Lord, to whom shall we go but to Thee? Thou hast the words of eternal life.” The words of eternal life are the words from God controlling your true being, controlling the real spiritual you. They are the words from God which are heard by you in your heart and mind when these are wide open to His spirit. These are the words of eternal life which express the true way you are to live. They say to you in the stillness of your heart and mind and soul: “Do this and live.”

### Prayer for the Day

I pray that I may follow the dictates of my conscience. I pray that I may follow the inner urging of my soul.

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## SEP 25—AA Thought for the Day

Let us consider the term spiritual experience as given in Appendix II of the Big Book, Alcoholics Anonymous: “A spiritual experience is something that brings about a personality change. By surrendering our lives to God as we understand Him, we are changed. The nature of this change is evident in recovered alcoholics. This personality change is not necessarily in the nature of a sudden and spectacular upheaval. We do not need to acquire an immediate and overwhelming God-consciousness, followed at once by a vast change in feeling and outlook. In most cases, the change is gradual.” Do I see a gradual and continuing change in myself?

### Meditation for the Day

“Come unto Me all ye that labor and are heavy laden and I will give you rest.” For rest from the care of life, you can turn to God each day in prayer and communion. Real relaxation and serenity come from a deep sense of the fundamental goodness of the universe. God’s everlasting arms are underneath all and will support you. Commune with God, not so much for petitions to be granted as for the rest that comes from relying on His will and His purposes for your life. Be sure of God’s strength available to you, be conscious of His support, and wait quietly until that true rest from God fills your being.

### Prayer for the Day

I pray that I may be conscious of God’s support today. I pray that I may rest safe and sure therein.

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## SEP 26—AA Thought for the Day

Continuing the consideration of the term spiritual experience: “The acquiring of an immediate and overwhelming Godconsciousness, resulting in a dramatic transformation, though frequent, is by no means the rule. Most of our spiritual experiences are of the educational variety, and they develop slowly over a period of time. Quite often friends of newcomers are aware of the difference long before they are themselves. They finally realize that they have undergone a profound alteration in their reaction to life and that such a change could hardly have been brought about by themselves alone.” Is my outlook on life changing for the better?

### Meditation for the Day

Look at the world as your Father’s house. Think of all people you meet as guests in your Father’s house, to be treated with love and consideration. Look at yourself as a servant in your Father’s house, as a servant of all. Think of no work as beneath you. Be ever ready to do all you can for others who need your help. There is gladness in God’s service. There is much satisfaction in serving the highest that you know. Express your love for God in service to all who are living with you in your Father’s house.

### Prayer for the Day

I pray that I may serve others out of gratitude to God. I pray that my work may be a small repayment for His grace so freely given me.

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## **SEP 27—AA Thought for the Day**

Continuing the consideration of the term spiritual experience: “What often takes place in a few months could seldom have been accomplished by years of self-discipline. With few exceptions, our members find that they have tapped an unsuspected inner resource, which they presently identify with their own conception of a Power greater than themselves. Most of us think this awareness of a Power greater than ourselves the essence of spiritual experience. Some of us call it Godconsciousness. In any case, willingness, honesty, and open-mindedness are the essentials of recovery.” Have I tapped that inner resource that can change my life?

### **Meditation for the Day**

God’s power in your life increases as your ability to understand His grace increases. The power of God’s grace is only limited by the understanding and will of each individual. God’s miracle-working power is only limited in each individual soul by the lack of spiritual vision of that soul. God respects free will—the right of each person to accept or reject His miracle-working power. Only the sincere desire of the soul gives Him the opportunity to bestow it.

### **Prayer for the Day**

I pray that I may not limit God’s power by my lack of vision. I pray that I may keep my mind open today to His influence.

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## **SEP 28—AA Thought for the Day**

For the past two months we have been studying passages and steps from the Big Book, Alcoholics Anonymous. Now why not read the book itself again? It is essential that the AA program become part of us. We must have its essentials at our fingertips. We cannot study the Big Book too much or too often. The more we read it and study it, the better equipped we are to think AA, act AA, and live AA. We cannot know too much about the program. The chances are that we will never know enough. But we can make as much of it our own as possible. How much of the Big Book have I thoroughly mastered?

### **Meditation for the Day**

We need to accept the difficulties and disciplines of life so as to fully share the common life of other people. Many things that we must accept in life are not to be taken so much as being necessary for us personally, as to be experienced in order that we may share in the sufferings and problems of humanity. We need sympathy and understanding. We must share many of the experiences of life, in order to understand and sympathize with others. Unless we have been through the same experiences, we cannot understand other people or their makeup well enough to be able to help them.

### **Prayer for the Day**

I pray that I may accept everything that comes my way as a part of life. I pray that I may make use of it in helping other people.

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## **SEP 29—AA Thought for the Day**

Having got this far, shall we pause and ask ourselves some searching questions? We need to check up on ourselves periodically. Just how good an AA am I? Am I attending meetings regularly? Am I doing my share to carry the load? When there is something to be done, do I volunteer? Do I speak at meetings when asked, no matter how nervous I am? Do I accept each opportunity to do Twelfth-Step work as a challenge? Do I give freely of my time and money? Am I trying to spread AA wherever I go? Is my daily life a demonstration of AA principles? Am I a good AA?

## **Meditation for the Day**

How do I get strength to be effective and to accept responsibility? By asking my Higher Power for the strength I need each day. It has been proved in countless lives that for every day I live, the necessary power shall be given me. I must face each challenge that comes to me during the day, sure that God will give me the strength to face it. For every task that is given me, there is also given me all the power necessary for the performance of that task. I do not need to hold back.

## **Prayer for the Day**

I pray that I may accept every task as a challenge. I know I cannot wholly fail if God is with me.

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## **SEP 30—AA Thought for the Day**

There are no leaders in AA except as they volunteer to accept responsibility. The work of carrying on AA—leading group meetings, serving on committees, speaking before other groups, doing Twelfth-Step work, spreading AA among the alcoholics of the community—all these things are done on a volunteer basis. If I don't volunteer to do something concrete for AA, the movement is that much less effective. I must do my fair share to carry the load. AA depends on all its members to keep it alive and to keep it growing. Am I doing my share for AA?

## **Meditation for the Day**

When you look to God for strength to face responsibility and are quiet before Him, His healing touch causes the Divine Quiet to flow into your very being. When in weakness you cry to God, His touch brings healing, the renewal of your courage, and the power to meet every situation and be victorious. When you faint by the way or are distracted by feelings of inferiority, then rely on the touch of God's spirit to support you on your way. Then arise and go forth with confidence.

## **Prayer for the Day**

I pray that I may lay myself open today to the healing touch of God. I pray that I may not falter or faint by the wayside, but renew my courage through prayer.

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