

## NOV 1—AA Thought for the Day

I have hope. That magic thing that I had lost or misplaced. The future looks dark no more. I do not even look at it, except when necessary to make plans. I try to let the future take care of itself. The future will be made up of todays and todays, stretching out as short as now and as long as eternity. Hope is justified by many right nows, by the rightness of the present. Nothing can happen to me that God does not will for me. I can hope for the best, as long as I have what I have and it is good. Have I hope?

### Meditation for the Day

Faith is the messenger that bears your prayers to God. Prayer can be like incense, rising ever higher and higher. The prayer of faith is the prayer of trust that feels the presence of God which it rises to meet. It can be sure of some response from God. We can say a prayer of thanks to God every day for His grace, which has kept us on the right way and allowed us to start living the good life. So we should pray to God with faith and trust and gratitude.

### Prayer for the Day

I pray that I may feel sure of some response to my prayers. I pray that I may be content with whatever form that response takes.

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## NOV 02—AA Thought for the Day

I have faith. That thing that makes the world seem right. That thing that makes sense at last. That awareness of the Divine Principle in the universe which holds it all together, and gives it unity and purpose and goodness and meaning. Life is no longer ashes in my mouth or bitter to the taste. It is all one glorious whole, because God is holding it together. Faith is that leap into the unknown, the venture into what lies beyond our ken, that which brings untold rewards of peace and serenity. Have I faith?

### Meditation for the Day

Keep yourself like an empty vessel for God to fill. Keep pouring out yourself to help others so that God can keep filling you up with His spirit. The more you give, the more you will have for yourself. God will see that you are kept filled as long as you are giving to others. But if you selfishly try to keep all for yourself, you are soon blocked off from God, your source of supply, and you will become stagnant. To be clear, a lake must have an inflow and an outflow.

### Prayer for the Day

I pray that I may keep pouring out what I receive. I pray that I may keep the stream clear and flowing.

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## NOV 03—AA Thought for the Day

I have charity, another word for love. It's the kind of love which is not selfish passion but an unselfish, outgoing desire to help other people— to do what is best for the other person, to put what is best for

him or her above my own desires. To put God first, the other person second, and myself last. Charity is gentle, kind, understanding, long-suffering, and full of desire to serve. AA has given me this. What I do for myself is lost; what I do for others may be written somewhere in eternity. Have I charity?

### **Meditation for the Day**

“Ask what you will and it shall be done unto you.” God has unlimited power. There is no limit to what His power can do in human hearts. But we must will to have God’s power and we must ask God for it. God’s power is blocked off from us by our indifference to it. We can go along our own selfish way without calling on God’s help, and we get no power. But when we trust in God, we can will to have the power we need. When we sincerely ask God for it, we get it abundantly.

### **Prayer for the Day**

I pray that I may will to have God’s power. I pray that I may keep praying for the strength I need.

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### **NOV 04—AA Thought for the Day**

I can do things that I never did before. Liquor took away my initiative and my ambition. I couldn’t get up the steam to start anything. I let things slide. When I was drunk, I was too inert to even comb my hair. Now I can sit down and do something. I can write letters that need to be written. I can make telephone calls that should be made. I can work in my garden. I can pursue my hobbies. I have the urge to create something, that creative urge that was completely stifled by alcohol. I am free to achieve again. Have I recovered my initiative?

### **Meditation for the Day**

“In Thy presence is fullness of joy. At Thy right hand are pleasures forever.” We cannot find true happiness by looking for it. Seeking pleasure does not bring happiness in the long run, only disillusionment. Do not seek to have this fullness of joy by seeking pleasure. It cannot be done that way. Happiness is a by-product of living the right kind of life. True happiness comes as a result of living in all respects the way you believe God wants you to live, with regard to yourself and to other people.

### **Prayer for the Day**

I pray that I may not always seek pleasure as a goal. I pray that I may be content with the happiness that comes when I do the right thing.

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### **NOV 05—AA Thought for the Day**

During our thoughts about the rewards that have come to us as a result of our new way of living, we find that we have new kinds of homes, new relationships with our spouses and children. Also peace, contentment, hope, faith, charity, and new ambition. What are some of the things we have lost? Each one of us can answer this question in many ways. I have lost much of my fear. It used to control me.

It paralyzed my efforts. Fear always got me down. It made me an introvert, an ingrown person. When fear was replaced by faith, I got well. Have I lost some of my fears?

### **Meditation for the Day**

The world would sooner be brought close to God. His will would sooner be done on earth, if all who acknowledge Him gave themselves unreservedly to being used by Him. God can use every human being as a channel for divine love and power. What delays the bringing of the world closer to God is the backwardness of His followers. If each one lived each day for God and allowed God to work through him or her, then the world would soon be drawn much closer to God, its founder and preserver.

### **Prayer for the Day**

I pray that I may be used as a channel to express divine love. I pray that I may so live as to bring God's spirit closer to the world.

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### **NOV 06—AA Thought for the Day**

Fear and worry had me down. They were increased by my drinking. I worried about what I had done when I was drunk. I was afraid of what the consequences might be. I was afraid to face people because of the fear of being found out. Fear kept me in hot water all the time. I was a nervous wreck from fear and worry. I was a tied-up bundle of nerves. I had a fear of failure, of the future, of growing old, of sickness, of hangovers, of suicide. I had a wrong set of ideas and attitudes. When AA told me to surrender these fears and worries to a Higher Power, I did so. I now try to think faith instead of fear. Have I put faith in place of fear?

### **Meditation for the Day**

Spiritual power is God in action. God often acts through human beings. Whenever you, however weak you may be, allow God to act through you, then all you think and say and do is spiritually powerful. It is not you alone who produces a change in the lives of others! It is also the Divine Spirit in you and working through you. Power is God in action. God can use you as a tool to accomplish miracles in people's lives.

### **Prayer for the Day**

I pray that I may try to let God's power act through me today. I pray that I may get rid of those blocks which keep His power from me.

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### **NOV 07—AA Thought for the Day**

I have lost many of my resentments. I have found that getting even with people doesn't do any good. When we try to get revenge, instead of making us feel better, it leaves us frustrated and cheated. Instead of punishing our enemies, we've only hurt our own peace of mind. It does not pay to nurse a grudge; it hurts us more than anyone else. Hate causes frustration, inner conflict, and neurosis. If we

give out hate, we will become hateful. If we are resentful, we will be resented. If we do not like people, we will not be liked by people. Revengefulness is a powerful poison in our systems. Have I lost my resentments?

### **Meditation for the Day**

It is not so much you, as the grace of God that is in you, that helps those around you. If you would help even those you dislike, you have to see that there is nothing in you to block the way, to keep God's grace from using you. Your own pride and selfishness are the greatest blocks. Keep those out of the way and God's grace will flow through you into the lives of others. Then all who come in contact with you can be helped in some way. Keep the channel open, free from those things that make your life futile and ineffective.

### **Prayer for the Day**

I pray that all who come in contact with me will feel better for it. I pray that I may be careful not to harbor those things in my heart that put people off.

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### **NOV 08—AA Thought for the Day**

I have lost much of my inferiority complex. I was always trying to escape from life. I did not want to face reality. I was full of self-pity. I was constantly sorry for myself. I tried to avoid all responsibilities. I did not feel that I would handle the responsibilities of my family or my work. Owing to my inferiority complex, I was eager to be free of all responsibilities. I wanted to drift; I wanted to be "on the beach." AA showed me how to get over my feeling of inferiority. It made me want to accept responsibility again. Have I lost my inferiority complex?

### **Meditation for the Day**

"One thing I do, forgetting those things which are behind, and reaching forth unto those things that are before, I press onward toward the goal." We should forget those things which are behind us and press onward toward something better. We can believe that God has forgiven us for all our past sins, provided we are honestly trying to live today the way we believe He wants us to live. We can wipe clean the slate of the past. We can start today with a clean slate and go forward with confidence toward the goal that has been set before us.

### **Prayer for the Day**

I pray that I may drop off the load of the past. I pray that I may start today with a light heart and a new confidence.

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### **NOV 09—AA Thought for the Day**

I have learned to be less negative and more positive. I used to take a negative view of almost everything. Most people, in my estimation, were bluffing. There seemed to be very little good in the world but lots of hypocrisy and sham. People could not be trusted. They would "take you" if they

could. It seemed I should take everything “with a grain of salt.” That was my general attitude toward life. Now I am more positive. I believe in people and in their capabilities. There is much love and truth and honesty in the world. I try not to run people down. Life now seems worthwhile, and it is good to live. Am I less negative and more positive?

### **Meditation for the Day**

Think of God as a Great Friend and try to realize the wonder of that friendship. When you give God not only worship, obedience, and allegiance, but also close companionship, then He becomes your friend, even as you are His. You can feel that He and you are working together. He can do things for you and you can do things for Him. Your prayers become more real to you when you feel that God counts on your friendship and you count on His.

### **Prayer for the Day**

I pray that I may think of God as my Friend. I pray that I may feel that I am working for Him and with Him.

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### **NOV 10—AA Thought for the Day**

I am less self-centered. The world used to revolve around me at the center. I cared more about myself, my own needs and desires, my own pleasure, my own way than I did about the whole rest of the world. What happened to me was more important than anything else I could think of. I was selfishly trying to be happy and therefore I was unhappy most of the time. I have found that selfishly seeking pleasure does not bring true happiness. Thinking of myself all the time cut me off from the best in life. AA taught me to care less about myself and more about the other person. Am I less self-centered?

### **Meditation for the Day**

When something happens to upset you and you are discouraged, try to feel that life’s difficulties and troubles are not intended to arrest your progress in the spiritual life, but to test your strength and to increase your determination to keep going. Whatever it is that must be met, you are to either overcome it or use it. Nothing should daunt you for long, nor should any difficulty entirely overcome or conquer you. God’s strength will always be there, waiting for you to use it. Nothing can be too great to be overcome, or if not overcome, then used.

### **Prayer for the Day**

I pray that I may know that there can be no failure with God. I pray that with His help I may live a more victorious life.

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### **NOV 11—AA Thought for the Day**

When I think of all who have gone before me, I realize that I am only one, not very important, person. What happens to me is not so very important after all. And AA has taught me to be more outgoing, to

seek friendship by going at least halfway, to have a sincere desire to help. I have more self-respect now that I have less sensitiveness. I have found that the only way to live comfortably with myself is to take a real interest in others. Do I realize that I am not so important after all?

### **Meditation for the Day**

As you look back over your life, it is not too difficult to believe that what you went through was for a purpose, to prepare you for some valuable work in life. Everything in your life may well have been planned by God to make you of some use in the world. Each person's life is like the pattern of a mosaic. Each thing that happened to you is like one tiny stone in the mosaic, and each tiny stone fits into the perfected pattern of the mosaic of your life, which has been designed by God.

### **Prayer for the Day**

I pray that I may not need to see the whole design of my life. I pray that I may trust the Designer.

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### **NOV 12—AA Thought for the Day**

I am less critical of other people, inside and outside of AA. I used to run people down all the time. I realize now that it was because I wanted unconsciously to build myself up. I was envious of people who lived normal lives. I couldn't understand why I couldn't be like them. And so I ran them down. I called them hypocrites; I used slurs to demean them. I was always looking for faults in the other person. I loved to tear down what I called "a stuffed shirt" or "a snob." I have found that I can never make a person any better by criticism. AA has taught me this. Am I less critical of people?

### **Meditation for the Day**

You must admit your helplessness before your prayer for help will be heard by God. Your own need must be recognized before you can ask God for the strength to meet that need. But once that need is recognized, your prayer is heard above all the music of heaven. It is not theological arguments that solve the problems of the questing soul, but the sincere cry of that soul to God for strength and the certainty of that soul that the cry will be heard and answered.

### **Prayer for the Day**

I pray that I may send my voiceless cry for help out into the void. I pray that I may feel certain that it will be heard somewhere, somehow.

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### **NOV 13—AA Thought for the Day**

Who am I to judge other people? Have I proved by my great success in life that I know all the answers? Exactly the opposite. Until I came into AA, my life could be called a failure. I made all the mistakes one could make. I took all the wrong roads there were to take. On the basis of my record, am I a fit person to be a judge of other people? Hardly. In AA I have learned not to judge people. I am so often wrong. Let the results of what they do judge them. It's not up to me. Am I less harsh in my judgment of people?

## **Meditation for the Day**

In our time of meditation, we again seem to hear: “Come unto Me, all ye that are weary and heavy laden, and I will give you rest.” Again and again we seem to hear God saying this to us. “Come unto Me” for the solution of every problem, for the overcoming of every temptation, for the calming of every fear, for all our needs, physical, mental, or spiritual, but mostly “come unto Me” for the strength we need to live with peace of mind and the power to be useful and effective.

## **Prayer for the Day**

I pray that I may go to God today for those things that I need to help me live. I pray that I may find real peace of mind.

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## **NOV 14—AA Thought for the Day**

A better way than judging people is to look for all the good in them. If you look hard enough and long enough, you ought to be able to find some good in every person. In AA I learned that my job was to try to bring out the good not criticize the bad. Every alcoholic is used to being judged and criticized. That has never helped anyone to get sober. In AA we tell people they can change. We try to bring out the best in them. We encourage their good points and ignore their bad points. People are not converted by criticism. Do I look for the good in people?

## **Meditation for the Day**

There must be a design for the world in the mind of God. We believe His design for the world is a universal fellowship of men and women under the fatherhood of God. The plan for your life must also be in the mind of God. In times of quiet meditation you can seek for God’s guidance, for the revealing of God’s plan for your day. Then you can live this day according to that guidance. Many people are not making of their lives what God meant them to, and so they are unhappy. They have missed the design for their lives.

## **Prayer for the Day**

I pray that I may try to follow God’s design for today. I pray that I may have the sense of Divine Intent in what I do today.

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## **NOV 15—AA Thought for the Day**

I am less sensitive, and my feelings are less easily hurt. I no longer take myself so seriously. Before becoming part of the fellowship of AA and working on myself, I was often angry. It didn’t take much for me to feel insulted, to feel that I had been slighted or left on the outside. What happens to me now is not so important. One cause of our drinking was that we couldn’t take it, so we escaped the unpleasant situation. We have learned to take it on the chin, if necessary, and smile. When I am all wrapped up in AA, I do not notice the personal slights so much. They do not seem to matter so much. I have learned to laugh at self-pity because it’s so childish. Am I less sensitive?



## **Meditation for the Day**

God's miracle-working power is as manifest today as it was in the past. It still works miracles of change in lives and miracles of healing in twisted minds. When a person trusts wholly in God and leaves to Him the choosing of the day and hour, there is God's miracleworking power becoming manifest in that person's life. So we can trust in God and have boundless faith in His power to make us whole again, whenever He chooses.

## **Prayer for the Day**

I pray that I may feel sure that there is nothing that God cannot accomplish in changing my life. I pray that I may have faith in His miracle-working power.

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## **NOV 16—AA Thought for the Day**

I have gotten rid of most of my inner conflicts. I was always at war with myself. I was doing things that I did not want to do. I was waking up in strange places and wondering how I got there. I was full of recklessness when I was drunk and full of remorse when I was sober. My life didn't make sense. It was full of broken resolves and frustrated hopes and plans. I was getting nowhere fast. No wonder my nerves were all shot. I was bumping up against a blank wall and I was dizzy from it. AA taught me how to get organized and to stop fighting against myself. Have I gotten rid of inner conflicts?

## **Meditation for the Day**

"When two or three are gathered together in My name, there am I in the midst of them." The spirit of God comes upon His followers when they are all together at one time, in one place, and with one accord. When two or three consecrated souls are together at a meeting place, the spirit of God is there to help and guide them. Where any sincere group of people are together, reverently seeking the help of God, His power and His spirit are there to inspire them.

## **Prayer for the Day**

I pray that I may be in accord with the members of my group. I pray that I may feel the strength of a consecrated group.

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## **NOV 17—AA Thought for the Day**

Everyone has two personalities, a good and a bad. We are all dual personalities to some extent. When we were drinking, the bad personality was in control. We did things when we were drunk that we would never do when we were sober. When we sober up, we are different people. Then we wonder how we could have done the things we did. But we drink again, and again our bad side comes out. So we are back and forth, always in conflict with our other selves, always in a stew. This division of our selves is not good; we must somehow become unified. We do this by giving ourselves wholeheartedly to AA and to sobriety. Have I become unified?

## **Meditation for the Day**



“Well done, thou good and faithful servant. Enter into the joy of thy Lord.” These words are for many people, including those we would often too easily pass by. There are many quiet followers who serve God unobtrusively and faithfully, who bear their crosses bravely and put a smiling face to the world. “Enter into the joy of thy Lord.” Pass into that fuller spiritual life, which is a life of joy and peace.

### **Prayer for the Day**

I pray that I may not desire the world’s applause. I pray that I may not seek rewards for doing what I believe is right.

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### **NOV 18—AA Thought for the Day**

I have gotten over my procrastination. I was always putting things off until tomorrow, and as a result, they never got done. “There is always another day” was my motto instead of “Do it now.” Under the influence of alcohol, I had grandiose plans. When I was sober I was too busy getting over my drunk to start anything. “Someday I’ll do that”—but I never did it. In AA I have learned that it’s better to make a mistake once in a while than to never do anything at all. We learn by trial and error. But we must act now and not put it off until tomorrow. Have I learned to do it now?

### **Meditation for the Day**

“Do not hide your light under a bushel. Arise and shine, for the light has come and the glory of the Lord is risen in thee.” The glory of the Lord shines in the beauty of your character. It is risen in you, even though you can realize it only in part. “Now you see as in a glass darkly, but later you will see face to face.” The glory of the Lord is too dazzling for mortals to see fully on earth. But some of this glory is risen in you when you try to reflect that light in your life.

### **Prayer for the Day**

I pray that I may try to be a reflection of the Divine Light. I pray that some of its rays may shine in my life.

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### **NOV 19—AA Thought for the Day**

In AA we do not speak much of sex. And yet putting sex in its proper place in our lives is one of the rewards that has come to us as a result of our new way of living. The Big Book says that many of us needed an overhauling there. It also says that we subjected each sex relation to this test—was it selfish or not? “We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised or loathed.” We can ask God to mold our ideals and to help us to live up to them. We can act accordingly. Have I got my sex life under proper control?

### **Meditation for the Day**

“I will lift up my eyes unto the heights whence cometh my help.” Try to raise your thoughts from the depths of the sordid and mean and impure things of the earth to the heights of goodness and

decency and beauty. Train your insight by trying to take the higher view. Train it more and more until distant heights become more familiar. The heights of the Lord, whence cometh your help, will become nearer and dearer, and the false values of the earth will seem farther away.

### **Prayer for the Day**

I pray that I may not keep my eyes forever downcast. I pray that I may set my sights on higher things.

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### **NOV 20—AA Thought for the Day**

I no longer try to escape life through alcoholism. Drinking built up an unreal world for me and I tried to live in it. But in the morning light the real life was back again, and facing it was harder than ever, because I had less resources with which to meet it. Each attempt at escape weakened my personality by the very attempt. Everyone knows that alcohol, by relaxing inhibitions, permits a flight from reality. Alcohol deadens the brain cells that preside over our highest faculties, and we are off to the unreal world of drunkenness. AA taught me not to run away but to face reality. Have I given up trying to escape life?

### **Meditation for the Day**

In these times of quiet meditation, try more and more to set your hopes on the grace of God. Know that whatever the future may hold, it will hold more and more of good. Do not set all your hopes and desires on material things. There is weariness in an abundance of things. Set your hopes on spiritual things so that you may grow spiritually. Learn to rely on God's power more and more and in that reliance you will have an insight into the greater value of the things of the spirit.

### **Prayer for the Day**

I pray that I may not be overwhelmed by material things. I pray that I may realize the higher value of spiritual things.

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### **NOV 21—AA Thought for the Day**

I no longer waste money but try to put it to good use. Like all of us, when I was drunk, I threw money around like I really had it. It gave me a feeling of importance—a millionaire for a day. But the morning after, with an empty wallet and perhaps also some undecipherable checks, was a sad awakening. How could I have been such a fool? How will I ever make it up? Thoughts like these get you down. When we are sober, we spend our hard-earned money as it should be spent. Although perhaps some of us could be more generous in our AA giving, at least we do not throw it away. Am I making good use of my money?

### **Meditation for the Day**

You were meant to be at home and comfortable in the world. Yet some people live a life of quiet desperation. This is the opposite of being at home and at peace in the world. Let your peace of mind be evident to those around you. Let others see that you are comfortable, and seeing it, know that it

springs from your trust in a Higher Power. The dull, hard way of resignation is not God's way. Faith takes the sting out of the winds of adversity and brings peace even in the midst of struggle.

### **Prayer for the Day**

I pray that I may be more comfortable in my way of living. I pray that I may feel more at home and at peace within myself.

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### **NOV 22—AA Thought for the Day**

I have gotten rid of most of my boredom. One of the hardest things that a new member of AA has to understand is how to stay sober and not be bored. Drinking was always the answer to all kinds of boring people or boring situations. But once you have taken up the interest of AA, once you have given it your time and enthusiasm, boredom should not be a problem to you. A new life opens up before you that can be always interesting. Sobriety should give you so many new interests in life that you shouldn't have time to be bored. Have I gotten rid of the fear of being bored?

### **Meditation for the Day**

"If I have not charity, I am become as sounding brass or a tinkling cymbal." Charity means to care enough about other people to really want to do something for them. A smile, a word of encouragement, a word of love goes winged on its way, simple though it may seem, while the mighty words of an orator fall on deaf ears. Use up the odd moments of your day in trying to do some little thing to cheer up another person. Boredom comes from thinking too much about yourself.

### **Prayer for the Day**

I pray that my day may be brightened by performing some little act of charity. I pray that I may try today to overcome the self-centeredness that makes me bored.

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### **NOV 23—AA Thought for the Day**

I no longer refuse to do anything because I cannot do it to perfection. Many of us alcoholics use the excuse of not being able to do something perfectly to enable us to do nothing at all. We pretend to be perfectionists. We are good at telling people how a thing should be done, but when we come to the effort of doing it ourselves, we balk. We say to ourselves: "I might make a mistake so I'd better let the whole thing slide." In AA we set our goals high, but that does not prevent us from trying. The mere fact that we will never fully reach these goals does not prevent us from doing the best we can. Have I stopped hiding behind the smoke screen of perfectionism?

### **Meditation for the Day**

"In the world ye shall have tribulation. But be of good cheer. I have overcome the world." Keep an undaunted spirit. Keep your spirit free and unconquered. You can be undefeated and untouched by failure and all its power, by letting your spirit overcome the world; rise above earth's turmoil into the

secret chamber of perfect peace and confidence. When a challenge comes to you, remember you have God's help and nothing can wholly defeat you.

### **Prayer for the Day**

I pray that I may have confidence and be of good cheer. I pray that I may not fear the power of failure.

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### **NOV 24—AA Thought for the Day**

Instead of pretending to be perfectionists, in AA we are content if we are making progress. The main thing is to be growing. We realize that perfectionism is only a result of false pride and an excuse to save face. In AA we are willing to make mistakes and to stumble, provided we are always stumbling forward. We are not so interested in what we are as in what we are becoming. We are on the way not at the goal. And we will be on the way as long as we live. No AA has ever "arrived." But we are getting better. Am I making progress?

### **Meditation for the Day**

Each new day brings an opportunity to do some little thing that will help to make a better world, that will bring God's kingdom a little nearer to being realized on earth. Take each day's happenings as opportunities for something you can do for God. In that spirit, a blessing will attend all that you do. Offering this day's service to God, you are sharing in His work. You do not have to do great things.

### **Prayer for the Day**

I pray that today I may do the next thing, the unselfish thing, the loving thing. I pray that I may be content with doing small things as long as they are right.

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### **NOV 25—AA Thought for the Day**

I am not so envious of other people, nor am I so jealous of other people's possessions and talents. When I was drinking, I was secretly full of jealousy and envy of those people who could drink normally, who had the love and respect of their families, who lived a normal life and were accepted as equals by their friends. I pretended to myself that I was as good as they were, but I knew it wasn't so. Now I don't have to be envious anymore. I try not to want what I don't deserve. I'm content with what I have earned by my efforts to live the right way. More power to those who have what I have not. At least I'm trying. Have I got rid of the poison of envy?

### **Meditation for the Day**

"My soul is restless until it finds its rest in Thee." A river flows on until it loses itself in the sea. Our spirits long for rest in the spirit of God. We yearn to realize a peace, a rest, a satisfaction that we have never found in the world or its pursuits. Some are not conscious of their need and shut the doors of their spirits against the spirit of God. They are unable to have true peace.

### **Prayer for the Day**

I pray that I may feel the divine unrest. I pray that my soul may find its rest in God.

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## **NOV 26—AA Thought for the Day**

Continuing our thoughts about the rewards that have come to us as a result of our new way of living, we have found that we have gotten rid of the compulsive and self-sabotaging patterns of disease that weighed us down previously: fears, resentments, inferiority complexes, negative points of view, self-centeredness, criticism of others, oversensitivity, inner conflicts, procrastination, unsafe sex, wasting money, boredom, false perfectionism, jealousy, and envy of others. We are glad to be rid of our drinking, and we are also very glad to be rid of these other things. We can now go forward in the new way of life, as shown us by AA. Am I ready to go forward in the new life?

### **Meditation for the Day**

“He that has eyes to see, let him see.” To the seeing eye, the world is good. Pray for a seeing eye, to see the purpose of God in everything good. Pray for enough faith to see God’s care in His dealings with you. Try to see how He has brought you safely through your past life so that now you can be of use in the world. With the eyes of faith you can see God’s care and purpose everywhere.

### **Prayer for the Day**

I pray that I may have a seeing eye. I pray that with the eye of faith I may see God’s purpose everywhere.

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## **NOV 27—AA Thought for the Day**

The way of AA is the way of sobriety, fellowship, service, and faith. Let us take up each one of these things and see if our feet are truly on the way. The first and greatest to us is sobriety. The others are built on sobriety as a foundation. We could not have the others if we did not have sobriety. We all come to AA to get sober, and we stay to help others get sober. We are looking for sobriety first, last, and all the time. We cannot build any decent kind of a life unless we stay sober. Am I on the AA way?

### **Meditation for the Day**

To truly desire to do God’s will, therein lies happiness for a human being. We start out wanting our own way. We want our wills to be satisfied. We take and we do not give. Gradually we find that we are not happy when we are selfish, so we begin to make allowances for other people’s wills. But this again does not give us full happiness, and we begin to see that the only way to be truly happy is to try to do God’s will. In times of meditation, we seek to get guidance so that we can find God’s will for us.

### **Prayer for the Day**

I pray that I may subordinate my will to the will of God. I pray that I may be guided today to find His will for me.

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## **NOV 28—AA Thought for the Day**

The AA way is the way of sobriety. AA is known everywhere as a method that has been successful with alcoholics. Doctors, psychiatrists, and the clergy have had some success. Some men and women have gotten sober all by themselves. We believe that AA is the most successful and happiest way to sobriety. And yet AA is, of course, not wholly successful. Some are unable to achieve sobriety and some slip back into alcoholism after they have had some measure of sobriety. Am I deeply grateful to have found AA?

### **Meditation for the Day**

Gratitude is the theme of Thanksgiving Day. The pilgrims gathered to give thanks to God for their harvest, which was pitifully small. When we look around at all the things we have today, how can we help being grateful to God? Our families, our homes, our friends, our AA fellowship—all these things are free gifts of God to us. “But for the grace of God,” we would not have them.

### **Prayer for the Day**

I pray that I may be very grateful today. I pray that I may not forget where I might be “But for the grace of God.”

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## **NOV 29—AA Thought for the Day**

The AA way is the way of sobriety, and yet there are slips. Why do these slips occur? Why don't we all accept AA and stay sober from then on? There are many reasons, but it has been proved without exception that once we have become alcoholics we can never drink successfully again. This has never been disproved by any case we know of. Many alcoholics have tried drinking after a period of sobriety from a few days to a few years and no one that we know of has been successful in becoming a normal drinker. Could I be the only exception to this rule?

### **Meditation for the Day**

“We are gathered together in Thy name.” First, we are gathered together, bound by a common loyalty to God and to each other. When this condition has been fulfilled, then God is present with us. When God is there and one with us, then we voice a common prayer. Then it follows that our prayer will be answered according to God's will. Then, when our prayer is answered, we are bound together in a lasting fellowship of the spirit.

### **Prayer for the Day**

I pray that I may be loyal to God and to others. pray that my life today may be lived close to His and to others.

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## **NOV 30—AA Thought for the Day**

We have slips in AA. It has been said these are not slips but premeditated drunks, because we have to think about taking a drink before we actually take one. The thought always comes before the act. It

is suggested that people should always get in touch with an AA before taking that first drink. The failure to do so makes it probable that they had decided to take the drink anyway. And yet the thoughts that come before taking a drink are often largely subconscious. People usually don't know consciously what made them do it. Therefore, the common practice is to call these things slips. Am I on guard against wrong thinking?

### **Meditation for the Day**

"The eternal God is thy refuge." He is a sanctuary, a refuge from the cares of life. You can get away from the misunderstanding of others by retiring into your own place of meditation. But from yourself—from your sense of failure, your weakness, your shortcomings—whither can you flee? Only to the eternal God, your refuge, until the immensity of His spirit envelops your spirit and it loses its smallness and weakness and comes into harmony again with His.

### **Prayer for the Day**

I pray that I may lose my limitations in the immensity of God's love. I pray that my spirit may be in harmony with His spirit.

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