

## December 1—AA Thought for the Day

The thoughts that come before having a slip are often largely subconscious. It is a question whether or not our subconscious minds ever become entirely free from alcoholic thoughts as long as we live. For instance, some of us dream about being drunk when we are asleep, even after several years of sobriety in AA. During the period of our drinking days, our subconscious minds have been thoroughly conditioned by our alcoholic way of thinking, and it is doubtful if they ever become entirely free of such thoughts during our lifetime. But when our conscious minds are fully conditioned against drinking, we can stay sober and our subconscious minds do not often bother us. Am I still conditioning my conscious mind?

### Meditation for the Day

Having sympathy and compassion for all who are in temptation, a condition that we are sometimes in, we have a responsibility toward them. Sympathy always includes responsibility. Pity is useless because it does not have a remedy for the need. But wherever our sympathy goes, our responsibility goes, too. When we are moved with compassion, we should go to the one in need and bind up their wounds as best we can.

### Prayer for the Day

I pray that I may have sympathy for those in temptation. I pray that I may have compassion for others' trials.

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## December 2—AA Thought for the Day

The thoughts that come before having a slip seem to be partly subconscious. And yet it is likely that at least part of these thoughts get into our consciousness. An idle thought connected with drinking casually pops into our mind. That is the crucial moment. Will I harbor that thought even for one minute or will I banish it from my mind at once? If I let it stay, it may develop into a daydream. I may begin to see a cool glass of beer or a Manhattan cocktail in my mind's eye. If I allow the daydream to stay in my mind, it may lead to a decision, however unconscious, to take a drink. Then I am headed for a slip. Do I let myself daydream?

### Meditation for the Day

Many of us have a sort of vision of the kind of person God wants us to be. We must be true to that vision, whatever it is, and we must try to live up to it by living the way we believe we should live. We can all believe that God has a vision of what He wants us to be like. In all people there is a good person whom God sees in us, the person we could be and that God would like us to be. But many a person fails to fulfill that promise and God's disappointments must be many.

### Prayer for the Day

I pray that I may strive to be the kind of a person that God would have me be. I pray that I may try to fulfill God's vision of what I could be.

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## December 3—AA Thought for the Day

There is some alcoholic thought, conscious or unconscious, that comes before every slip. As long as we live, we must be on the lookout for such thoughts and guard against them. In fact, our AA training is mostly to prepare us, to make us ready to recognize such thoughts at once and to reject them at once. The slip comes when we allow such thoughts to remain in our minds, even before we actually go through the motions of lifting the glass to our lips. The AA program is largely one of mental training. How well is my mind prepared?

### Meditation for the Day

Fret not your mind with puzzles that you cannot solve. The solutions may never be shown to you until you have left this life. The loss of dear ones, the inequality of life, and many other puzzling things may not be known to you until you reach the life beyond. "I have yet many things to say unto you, but ye cannot bear them now." Only step by step, stage by stage, can you proceed in your journey into greater knowledge and understanding.

### Prayer for the Day

I pray that I may be content that things I now see darkly will someday be made clear. I pray I may have faith that someday I will see face to face.

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## December 4—AA Thought for the Day

If we allow an alcoholic thought to lodge in our minds for any length of time, we are in danger of having a slip. Therefore we must dispel such thoughts at once, by refusing their admittance and by immediately putting constructive thoughts in their place. Remember that alcohol is poison to you. Remember that it is impossible for you to drink normally. Remember that one drink will lead to others and you will eventually be drunk. Remember what happened to you in the past as a result of your drinking. Think of every reason you have learned in AA for not taking that drink. Fill your mind with constructive thoughts. Am I keeping my thoughts constructive?

### Meditation for the Day

Always seek to set aside the valuations of the world that seem wrong and try to judge only by those valuations that seem right to you. Do not seek the praise and notice of the world. Be one of those who, though sometimes scoffed at, have a serenity and peace of mind that the scoffers never know. Be one of that band who feels the Divine Principle in the universe, though He be often rejected because He cannot be seen.

### Prayer for the Day

I pray that I may not heed too much the judgment of the world. I pray that I may test things by what seems right to me.

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## December 5—AA Thought for the Day

In spite of all we have learned in AA, our old way of thinking comes back on us, sometimes with overwhelming force, and occasionally some of us have slips. We forget or refuse to call on our Higher Power for help. We seem to deliberately make our minds a blank so far as AA training goes, and we take a drink. We eventually get drunk. We are temporarily right back where we started from. Those who have had slips say unanimously that they were no fun. They say AA had taken all the pleasure out of drinking. They knew they were doing the wrong thing. The old mental conflict was back in full force. They were disgusted with themselves. Am I convinced that I can never get anything more out of drinking?

### **Meditation for the Day**

Give something to those who are having trouble, to those whose thoughts are confused, something of your sympathy, your prayers, your time, your love, your thought, yourself. Then give of your own confidence, as you have had it given to you by the grace of God. Give of yourself and of your loving sympathy. Give your best to those who need it and will accept it. Give according to need. Remember that the giving of advice can never take the place of giving of yourself.

### **Prayer for the Day**

I pray that as I have received so may I give. I pray that I may have the right answer for those who are confused.

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### **December 6—AA Thought for the Day**

Some people who have had a slip are ashamed of themselves—sometimes so ashamed that they fear to go back to AA. They develop the old inferiority complex and tell themselves that they are no good, that they have let down their friends in AA, that they are hopeless, and that they can never make it. This state of mind is perhaps worse than it was originally. They have probably been somewhat weakened by their slip. But their AA training cannot ever be entirely lost. They always know they can go back if they want to. They know there is still God's help for them if they will again ask for it. Do I believe that I can never entirely lose what I have learned in AA?

### **Meditation for the Day**

Nobody entirely escapes temptation. You must expect it and be ready for it when it comes. None of us is entirely safe. You must try to keep your defenses up by daily thought and prayer. That is why we have these daily meditations. You must be able to recognize temptation when it comes. The first step toward conquering temptation always is to see it clearly as temptation and not to harbor it in your mind. Dissociate yourself from it; put it out of your mind as soon as it appears. Do not think of excuses for yielding to it. Turn at once to your Higher Power for help.

### **Prayer for the Day**

I pray that I may be prepared for whatever temptation may come to me. I pray that I may see it clearly and avoid it with the help of God.

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## December 7—AA Thought for the Day

When people come back to AA after having a slip, the temptation is strong to say nothing about it. No other AA member should force them to declare themselves. It is entirely up to them. If they are well-grounded in AA, they will realize that it's up to them to speak up at the next meeting and tell about their slip. There is no possible evasion of this duty, if they are thoroughly honest and really desirous of living the AA way again. When they have done it, their old confidence returns. They are home again. Their slip should not be mentioned again by others. Am I tolerant of other people's mistakes?

### Meditation for the Day

It is in the union of a soul with God that strength, new life, and spiritual power come. Bread sustains the body, but we cannot live by bread alone. To try to do the will of God is the meat and support of true living. We feed on that spiritual food. Soul starvation comes from failing to do so. The world talks about bodies that are undernourished. What of the souls that are undernourished? Strength and peace come from partaking of spiritual food.

### Prayer for the Day

I pray that I may not try to live by bread alone. I pray that my spirit may live by trying to do the will of God as I understand it.

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## December 8—AA Thought for the Day

The length of time of our sobriety is not as important as its quality. A person who has been in AA for a number of years may not be in as good mental condition as a person who has only been in a few months. It is a great satisfaction to have been an AA member for a long time and we often mention it. It may sometimes help the newer members, because they may say to themselves, "If they can do it, I can do it." And yet the older members must realize that as long as they live, they are only one drink away from a drunk. What is the quality of my sobriety?

### Meditation for the Day

"And greater works than this shall ye do." We can do greater works when we have more experience of the new way of life. We can have all the power we need from the Unseen God. We can have His grace, His spirit, to make us effective as we go along each day. Opportunities for a better world are all around us. Greater works can we do. But we do not work alone. The power of God is behind all good works.

### Prayer for the Day

I pray that I may find a rightful place in the world. I pray that my work may be made more effective by the grace of God.

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## December 9—AA Thought for the Day

The way of AA is the way of fellowship. We have read a good deal about fellowship, and yet it is such an important part of the AA program that it seems we cannot think too much about it. Human beings were not meant to live alone. We all need to be by ourselves at times, but we cannot really live without the companionship of others. Our natures demand it. Our lives depend largely upon it. The fellowship of AA seems to us to be the best in the world. Do I fully appreciate what the fellowship of AA means to me?

### **Meditation for the Day**

We are all seeking something, but many do not know what they want in life. They are seeking something because they are restless and dissatisfied, without realizing that faith in God can give an objective and a purpose to their lives. Many of us are at least subconsciously seeking a Power greater than ourselves because that would give a meaning to our existence. If you have found that Higher Power, you can be the means of leading others aright, by showing them that their search for a meaning to life will end when they find faith and trust in God as the answer.

### **Prayer for the Day**

I pray that my soul will lose its restlessness by finding rest in God. I pray that I may find peace of mind in the thought of God and His purpose for my life.

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### **December 10—AA Thought for the Day**

Our drinking fellowship was a substitute one, for lack of something better. At the time, we did not realize what real fellowship could be. Drinking fellowship has a fatal fault. It is not based on a firm foundation. Most of it is on the surface. It is based mostly on the desire to use your companions for your own pleasure, and using others is a false foundation. Drinking fellowship has been praised in song and story. The “cup that cheers” has become famous as a means of companionship. But we realize that the higher centers of our brains are dulled by alcohol and such fellowship cannot be on the highest plane. It is at best only a substitute. Do I see my drinking fellowship in its proper light?

### **Meditation for the Day**

Set for yourself the task of growing daily more and more into the consciousness of your Higher Power. We must keep trying to improve our conscious contact with God. This is done by prayer, quiet times, and communion. Often all you need to do is sit silently before God and let Him speak to you through your thought. Try to think God’s thoughts after Him. When the guidance comes, you must not hesitate, but go out and follow that guidance in your daily work, doing what you believe to be the right thing.

### **Prayer for the Day**

I pray that I may be still and know that God is with me. I pray that I may open my mind to the leading of the Divine Mind.

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### **December 11—AA Thought for the Day**

Thinking of the AA fellowship as group therapy is a very narrow conception of the depth of the fellowship. Looking at it purely as a means of acquiring and holding sobriety, it is right as far as it goes. But it doesn't go far enough. Group therapy is directed toward the help that the individual receives from it. It is using the companionship of other alcoholics only in order to stay sober ourselves. But this is only the beginning of real AA fellowship. Do I deeply feel the true AA fellowship?

### **Meditation for the Day**

Most of us have had to live through the dark part of our lives, the time of failure, the nighttime of our lives, when we were full of struggle and care, worry and remorse, when we felt deeply the tragedy of life. But with our daily surrender to a Higher Power comes peace and joy that make all things new. We can now take each day as a joyous sunrise-gift from God to use for Him and for other people. The night of the past is gone; this day is ours.

### **Prayer for the Day**

I pray that I may take this day as a gift from God. I pray that I may thank God for this day and be glad in it.

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### **December 12—AA Thought for the Day**

The clergy speak of the spiritual fellowship of the church. This is much closer to the AA way than mere group therapy. Such a fellowship is based on a common belief in God and a common effort to live a spiritual life. We try to do this in AA. We also try to get down to the real problems in each others' lives. We try to open up to each other. We have a real desire to be of service to each other. We try to go deep down into the personal lives of our members. Do I appreciate the deep personal fellowship of AA?

### **Meditation for the Day**

Love and fear cannot dwell together. By their very natures, they cannot exist side by side. Fear is a very strong force. And therefore a weak and vacillating love can soon be routed by fear. But a strong love, a love that trusts in God, is sure eventually to conquer fear. The only sure way to dispel fear is to have the love of God more and more in your heart and soul.

### **Prayer for the Day**

I pray that love will drive out the fear in my life. I pray that my fear will flee before the power of the love of God.

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### **December 13—AA Thought for the Day**

We come now to AA fellowship. It is partly group therapy. It is partly spiritual fellowship. But it is even more. It is based on a common illness, a common problem. It goes deep down into our personal lives and our personal needs. It requires a full opening up to each other of our inmost thoughts and most secret problems. All barriers between us are swept aside. They have to be. Then we try to help each

other get well. The AA fellowship is based on a sincere desire to help each other get well. In AA we can be sure of sympathy, understanding, and real help. These things make the AA fellowship the best that we know. Do I fully appreciate the depth of the AA fellowship?

### **Meditation for the Day**

Our Higher Power can guide us to the right decisions if we pray about them. We can believe that many details of our lives are planned by God and planned with a wealth of forgiving love for the mistakes we have made. We can pray today to be shown the right way. We can choose the good, and when we choose it, we can feel that the whole power of the universe is behind us. We can achieve a real harmony with God's purpose for our lives.

### **Prayer for the Day**

I pray that I may choose well today. I pray that I may be shown the right way to live today.

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### **December 14—AA Thought for the Day**

The way of AA is the way of service. Without that, it would not work. We have been "on the wagon" and hated it. We have taken the pledge and waited for the time to be up with impatience. We have tried in all manner of ways to help ourselves. But not until we begin to help other people do we get full relief. It is an axiom that the AA program has to be given away in order to be kept. A river flows into the Dead Sea and stops. A river flows into a clear pool and flows out again. We get and then we give. If we do not give, we do not keep. Have I given up all ideas of holding AA for myself alone?

### **Meditation for the Day**

Try to see the life of the spirit as a calm place, shut away from the turmoil of the world. Think of your spiritual home as a place full of peace, serenity, and contentment. Go to this quiet, meditative place for the strength to carry you through today's duties and problems. Keep coming back here for refreshment when you are weary of the hubbub of the outside world. From this quietness and communion comes our strength.

### **Prayer for the Day**

I pray that I may keep this resting place where I can commune with God. I pray that I may find refreshment in meditation on the Eternal.

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### **December 15—AA Thought for the Day**

Service to others makes the world a good place. Civilization would cease if all of us were always and only for ourselves. We alcoholics have a wonderful opportunity to contribute to the wellbeing of the world. We have a common problem. We find a common answer. We are uniquely equipped to help others with the same problem. What a wonderful world it would be if we took our own greatest problem and found the answer to it and spent the rest of our lives helping others with the same



problem in our spare time. Soon we would have the right kind of a world. Do I appreciate my unique opportunity to be of service?

### **Meditation for the Day**

Today can be lived in the consciousness of God's contact, upholding you in all good thoughts, words, and deeds. If sometimes there seems to be a shadow on your life and you feel out of sorts, remember that this is not the withdrawal of God's presence, but only your own temporary unwillingness to realize it. The quiet, gray days are for doing what you must do, but know that the consciousness of God's nearness will return and be with you again, when the gray days are past.

### **Prayer for the Day**

I pray that I may face the dull days with courage. I pray that I may have faith that the bright days will return.

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### **December 16—AA Thought for the Day**

The way of AA is the way of faith. We don't get the full benefit of the program until we surrender our lives to some Power greater than ourselves and trust that Power to give us the strength we need. There is no better way for us. We can get sober without it. We can stay sober for some time without it. But if we are going to truly live, we must take the way of faith in God. That is the path for us. We must follow it. Have I taken the way of faith?

### **Meditation for the Day**

Life is not a search for happiness. Happiness is a byproduct of living the right kind of a life, of doing the right thing. Do not search for happiness; search for right living and happiness will be your reward. Life is sometimes a march of duty during dull, dark days. But happiness will come again as God's smile of recognition of your faithfulness. True happiness is always the by-product of a life well lived.

### **Prayer for the Day**

I pray that I may not seek happiness but seek to do right. I pray that I may not seek pleasure so much as the things that bring true happiness.

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### **December 17—AA Thought for the Day**

The way of faith is, of course, not confined to AA. It is for everybody who really wants to live. But many people can go through life without much of it. Many are doing so, to their own sorrow. The world is full of lack of faith. Many people have lost confidence in any meaning in the universe. Many are wondering if it has any meaning at all. Many are at loose ends. Life has no goal for many. They are strangers in the land. They are not at home. But for us in AA, the way of faith is the way of life. We have proved by our past lives that we could not live without it. Do I think I could live happily without faith?

### **Meditation for the Day**



“He maketh His sun to rise on the evil and the good, and sends the rain on the just and the unjust.” God does not interfere with the working of natural laws. The laws of nature are unchangeable, otherwise we could not depend on them. As far as natural laws are concerned, God makes no distinction between people. Sickness or death may strike anywhere. But spiritual laws are also made to be obeyed. Our choice of good or evil depends on whether we go upward to true success and victory in life or downward to loss and defeat.

### Prayer for the Day

I pray that I may choose today the way of the spiritual life. I pray that I may live today with faith and hope and love.

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### December 18—AA Thought for the Day

Unless we have the key of faith to unlock the meaning of life, we are lost. We do not choose faith because it is one way for us, but because it is the only way. Many have failed and will fail. For we cannot live victoriously without faith; we are at sea without a rudder or an anchor, drifting on the sea of life. Wayfarers without a home. Our souls are restless until they find rest in God. Without faith, our lives are a meaningless succession of unrelated happenings, without rhyme or reason. Have I come to rest in faith?

### Meditation for the Day

This vast universe around us, including this wonderful earth on which we live, was once perhaps only a thought in the mind of God. The nearer the astronomers and the physicists get to the ultimate composition of all things, the nearer the universe approaches a mathematical formula, which is thought. The universe may be the thought of the Great Thinker. We must try to think God's thoughts after Him. We must try to get guidance from the Divine Mind as to what His intention is for the world and what part we can have in carrying out that intention.

### Prayer for the Day

I pray that I may not worry over the limitations of my human mind. I pray that I may live as though my mind were a reflection of the Divine Mind.

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### December 19—AA Thought for the Day

The skeptic and the agnostic say it is impossible for us to find the answer to life. Many have tried and failed. But many more have put aside intellectual pride and have said to themselves: Who am I to say there is no God? Who am I to say there is no purpose in life? The atheist makes a declaration: “The world originated in a cipher and aimlessly rushes nowhere.” Others live for the moment and do not even think about why they are here or where they are going. They might as well be clams on the bottom of the ocean, protected by their hard shells of indifference. They are going nowhere and they do not care. Do I care where I am going?

### Meditation for the Day

We may consider the material world as the clay which the artist works with to make of it something beautiful or ugly. We need not fear material things, which are neither good nor bad in the moral sense. There seems to be no active force for evil—outside of human beings themselves. Humans alone can have either evil intentions—resentments, malevolence, hate, and revenge—or good intentions—love and goodwill. They can make something ugly or something beautiful out of the clay of their lives.

### **Prayer for the Day**

I pray that I may make something good out of my life. I pray that I may be a good artisan with the materials that I have been given to use.

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### **December 20—AA Thought for the Day**

Our faith should control the whole of our life. We alcoholics were living a divided life. We had to find a way to make it whole. When we were drinking, our lives were made up of a lot of scattered and unrelated pieces. We must pick up our lives and put them together again. We do it by recovering faith in a Divine Principle in the universe that holds us together and holds the whole universe together and gives it meaning and purpose. We surrender our disorganized lives to that Power, we get into harmony with the Divine Spirit, and our lives are made whole again. Is my life whole again?

### **Meditation for the Day**

Avoid fear as you would a plague. Even the smallest fear hacks at the cords of faith that bind you to God. However small the fraying, in time those cords will wear thin, and then one disappointment or shock will make them snap. But for the little fears, the cords of faith would have held firm. Remember that fear can be a lack of trust in God. It is a denial of His care and protection.

### **Prayer for the Day**

I pray that I may have such trust in God today that I will not fear anything too greatly. I pray that I may have assurance that God will take care of me in the long run.

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### **December 21—AA Thought for the Day**

Have I ceased being inwardly defeated, at war with myself? Have I given myself freely to AA and to my Higher Power? Have I gotten over being sick inside? Am I still wandering mentally or am I “on the beam”? I can face anything if I am sure I am on the way. When I am sure, I should bet my life on AA. I have learned how the program works. Now will I follow it with all I have, with all I can give, with all my might, with all my life? Am I going to let AA principles guide the rest of my life?

### **Meditation for the Day**

In this time of quiet meditation, follow the pressure of the Lord’s leading. In all decisions to be made today, yield to the gentle pressure of your conscience. Stay or go as that pressure indicates. Take the events of today as part of God’s planning and ordering. He may lead you to a right decision. Wait

quietly until you have an inner urge, a leading, a feeling that a thing is right, a pressure on your will by the spirit of God.

### **Prayer for the Day**

I pray that today I may try to follow the inner pressure of God's leading. I pray that I may try to follow my conscience and do what seems right today.

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### **December 22—AA Thought for the Day**

As we look back over our drinking careers, we must realize that our lives were a mess because we were a mess inside. The trouble was in us, not in life itself. Life itself was good enough, but we were looking at it the wrong way. We were looking at life through the bottom of a whiskey glass, and it was distorted. We could not see all the beauty and goodness and purpose in the world because our vision was blurred. We were in a house with one-way glass in the windows. People could see us, but we could not look out and see them and see what life meant to them and should mean to us. We were blind then, but now we can see. Can I now look at life as it really is?

### **Meditation for the Day**

Fear no evil, because the power of God can conquer evil. Evil has power to seriously hurt only those who do not place themselves under the protection of their Higher Power. This is not a question of feeling, it is an assured fact of our experience. Say to yourself with assurance that whatever it is, no evil can seriously harm you as long as you depend on your Higher Power. Be sure of the protection of God's grace.

### **Prayer for the Day**

I pray that fear of evil will not get me down. I pray that I may try to place myself today under the protection of God's grace.

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### **December 23—AA Thought for the Day**

We have definitely left that dream world behind. It was only a sham. It was a world of our making and it was not the real world. We are sorry for the past, yes, but we learned a lot from it. We can put it down to experience, valuable experience, as we see it now, because it has given us the knowledge necessary to face the world as it really is. We had to become alcoholics in order to find the AA program. We would not have gotten it any other way. In a way, it was worth it. Do I look at my past as valuable experience?

### **Meditation for the Day**

Shed peace, not discord, wherever you go. Try to be part of the cure of every situation not part of the problem. Try to ignore evil rather than to actively combat it. Always try to build up, never to tear down. Show others by your example that happiness comes from living the right way. The power of your example is greater than the power of what you say.

## Prayer for the Day

I pray that I may try to bring something good into every situation today. I pray that I may be constructive in the way I think and speak and act today.

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## December 24—AA Thought for the Day

We have been given a new life just because we happened to become alcoholics. We may feel that we don't deserve the new life that has been given us. There may be little in our past to make us believe that we warrant the life we have now. Many people live good lives from their youth on, not getting into serious trouble, being well adjusted to life, and yet they have not found all that we have found in recovery. We had the good fortune to find Alcoholics Anonymous and with it a new life. We are among the lucky few in the world who have learned a new way to live. Am I deeply grateful for the new life that I have learned in AA?

## Meditation for the Day

A deep gratitude to our Higher Power for all the blessings that we have and that we don't deserve has come to us. We thank God and mean it. Then comes service to other people, out of gratitude for what we have received. This entails some sacrifice of ourselves and our own affairs. But we are glad to do it. Gratitude, service, and then sacrifice are the steps that lead to good AA work. They open the door to a new life for us.

## Prayer for the Day

I pray that I may gladly serve others out of deep gratitude for what I have received. I pray that I may keep a deep sense of obligation.

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## December 25—AA Thought for the Day

Celebrations and holidays give us a unique chance for reflection. On a holiday such as today, many alcoholics will be thinking: "This has been such a good holiday season. It has not always been like this. I am grateful." They will be looking back over past years and celebrations past, remembering occasions that were not like this one. They will be thanking God for their sobriety and their newfound life. They will be thinking about how their lives were changed when they came into AA. They will be thinking that perhaps God let them live through all the hazards of their drinking careers, when they were perhaps often close to death, in order that they might be used by Him in the great work of AA. Is this a happy holiday season for me?

## Meditation for the Day

The Kingdom of Heaven is also for the lowly, the sinners, the repentant. "And they presented unto Him gifts—gold, frankincense, and myrrh." Just as the three kings did on Epiphany, across the world people leave gifts in honor of the Higher Powers that guide their lives. Bring your gifts of gold—your money and material possessions. Bring your frankincense—the consecration of your life to a worthy

cause. Bring your myrrh—your sympathy and understanding and help. Lay them all at the feet of God and let Him have full use of them.

### **Prayer for the Day**

I pray that I may be truly thankful during this holiday season and always. I pray that I may bring my gifts and lay them on the altar.

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### **December 26—AA Thought for the Day**

I am glad to be a part of AA, of that great fellowship that is spreading over the United States and all over the world. I am only one of the many AAs, but I am one. I am grateful to be living at this time, when I can help AA to grow, when it needs me to put my shoulder to the wheel and help keep the movement going. I am glad to be able to be useful, to have a reason for living, a purpose in life. I want to lose my life in this great cause and so find it again. Am I grateful to be an AA?

### **Meditation for the Day**

These meditations can teach us how to relax. We can be of service to other people in a small way, at least. And we can be happy while doing it. We should not worry too much about people we cannot help. We can make it a habit to leave the outcome of the things we do to our Higher Power. We can go along through life doing the best we can, but without a feeling of urgency or strain. We can enjoy all the good things and the beauty of life, but at the same time depend deeply on God.

### **Prayer for the Day**

I pray that I may give my life to this worthwhile cause. I pray that I may enjoy the satisfaction that comes from good work well done.

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### **December 27—AA Thought for the Day**

I need the AA principles for the development of the buried life within me, that good life, which I had misplaced but which I found again in this fellowship. This life within me is developing slowly but surely with many setbacks, many mistakes, many failures, but still developing. As long as I stick close to AA, my life will go on developing, and I cannot yet know what it will be, but I know that it will be good. That's all I want to know. It will be good. Am I thanking God for AA?

### **Meditation for the Day**

Build your life on the firm foundation of true gratitude to God for all His blessings and true humility because of your unworthiness of these blessings. Build the frame of your life out of self-discipline; never let yourself get selfish or lazy or contented with yourself. Build the walls of your life out of service to others, helping them to find the way to live. Build the roof of your life out of prayer and quiet times, waiting for God's guidance from above. Build a garden around your life out of peace of mind and serenity and a sure faith.

### **Prayer for the Day**

I pray that I may build my life on AA principles. I pray that it may be a good building when my work is finished.

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### **December 28—AA Thought for the Day**

AA may be human in its organization, but it is divine in its purpose. The purpose is to point me toward God and the good life. My feet have been set upon the right path. I feel it in the depths of my being. I am going in the right direction. The future can be safely left to God. Whatever the future holds, it cannot be too much for me to bear. I have the Divine Power with me to carry me through everything that may happen. Am I pointed toward God and the good life?

### **Meditation for the Day**

Although unseen, the Lord is always near to those who believe in Him and trust Him and depend on Him for the strength to meet the challenges of life. Although veiled from mortal sight, our Higher Power is always available to us whenever we humbly ask for it. The feeling that God is with us should not depend on any passing mood of ours; we should try to be always conscious of His power and love in the background of our lives.

### **Prayer for the Day**

I pray that I may feel that God is not too far away to depend on for help. I pray that I may feel confident of His readiness to give me the power that I need.

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### **December 29—AA Thought for the Day**

Participating in the privileges of the movement, I shall share in the responsibilities, taking it upon myself to carry my fair share of the load, not grudgingly but joyfully. I am deeply grateful for the privileges I enjoy because of my membership in this great movement. AA puts an obligation upon me, which I will not shirk. I will gladly carry my fair share of the burdens. Because of the joy of doing them, they will no longer be burdens but opportunities. Will I accept every opportunity gladly?

### **Meditation for the Day**

Work and prayer are the two forces that are gradually making a better world. We must work for the betterment of ourselves and other people. Faith without works is dead. But all work with people should be based on prayer. If we say a little prayer before we speak or try to help, it will make us more effective. Prayer is the force behind the work. Prayer is based on faith that God is working with us and through us. We can believe that nothing is impossible in human relationships, if we depend on the help of God.

### **Prayer for the Day**

I pray that my life may be balanced between prayer and work. I pray that I may not work without prayer or pray without work.

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## December 30—AA Thought for the Day

To the extent that I fail in my responsibilities, AA fails. To the extent that I succeed, AA succeeds. Every failure of mine will set back AA work to that extent. Every success of mine will put AA ahead to that extent. I shall not wait to be drafted for service to others, but I shall volunteer. I shall accept every opportunity to work for AA as a challenge, and I shall do my best to accept every challenge and perform my task as best I can. Will I accept every challenge gladly?

### Meditation for the Day

Without spiritual connection and spiritual guidance, people often lose their way. Many people try to be selfsufficient and seek selfish pleasure and find that it does not work too well. No matter how much material wealth they acquire, no matter how much fame and material power, the time of disillusionment and futility usually comes. Death is ahead, and they cannot take any material thing with them when they go. What does it matter if I have gained the whole world, but lost my own soul?

### Prayer for the Day

I pray that I will not come empty to the end of my life. I pray that I may so live that I will not be afraid to die.

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## December 31—AA Thought for the Day

I shall be loyal in my attendance, generous in my giving, kind in my criticism, creative in my suggestions, loving in my attitudes. I shall give AA my interest, my enthusiasm, my devotion, and most of all, myself. The Lord's Prayer has become part of my AA thoughts for each day: "Our Father who art in heaven, hallowed be Thy name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. Lead us not to temptation, but deliver us from evil." Have I given myself?

### Meditation for the Day

As we look back over the year just gone, it has been a good year to the extent that we have put good thoughts, good words, and good deeds into it. None of what we have thought, said, or done need be wasted. Both the good and the bad experiences can be profited by. In a sense, the past is not entirely gone. The result of it, for good or evil, is with us at the present moment. We can only learn by experience and none of our experience is completely wasted. We can humbly thank God for the good things of the year that has gone.

### Prayer for the Day

I pray that I may carry good things into the year ahead. I pray that I may carry on with faith, with prayer, and with hope. The Serenity Prayer God grant me the serenity To accept the things I cannot change, The courage to change the things I can, And the wisdom to know the difference.

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