

Step 11 – Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

11B – Prayer

How much have I learned through the rest of the steps to look for extra meanings of the words? How does that learning suggest I explore new meanings to the word “Prayer”?

What is my experience with prayer practices and what has been the results of those practices?

What is the purpose of prayer according to this step? How do practices that help me clarify my wants, needs, and desires help me in my conscious contact with a higher power?

How can quieting my thoughts allow me to listen to my emotions or my “gut feel” about a situation and thus, be better able to express what my real needs are?

How can the focus of prayer as suggested in this step be a permission to explore new practices? What are new prayer practices that I can explore?

Have I explored quiet prayer practices? Have I explored practices that include singing or chanting? Have I explored group prayer practices? Have I explored prayers that include specific body movements such as dance prayers and martial arts forms? What are my reactions to these questions?

How would I judge the effectiveness of these prayer practices? What criteria do I think would be best for judging prayer practices? Do I feel that I have permission to judge prayer practices?

One common prayer practice asks for serenity. How can serenity be a way to measure a prayer practice? How do my chosen prayer practices help me to be connected with myself and my reality?

Some people connect with their higher power in group meetings. How is speaking in a meeting a connection with a higher power and thus become a form of prayer?