

Alcoholics Anonymous Pg 86, 87 Big Book (Definite & Valuable Suggestions)

Morning Focus:

Dear God I(we) Pray that You direct my(our) thinking especially divorcing It from self pity, dishonest and self seeking motives for today
Amen

Dear God may all living being's find their true happiness today no matter who they are or what they've done I(we) Pray that You help me(us) take a kind and tolerant view this day Amen

Meditation:

Dear God What is Your will for me,(us) today: Mediate, listen, turn off the noise in the mind, play soft music and listen to the music if you have alexa ask her to set a timer for 3+ minutes at the start. Wait for answers meditate, relax, open up the mind- When done say Amen.

Dear God (I)we pray that (I)we be shown all through the day what (my)our next Step is to be, that we(I) be given what ever we(I) need to take care of such problems we(I) especially Pray for Freedom from self will today
Amen

Finish with the 3rd and 7th Step Prayer

Have a Great Day!!!!