

Step Eleven

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We 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 first ten steps set the stage and give us a foundation to improve our conscious contact with God. Our lives take on deeper meaning when we surrender control. This step is used to maintain our spiritual condition by increasing our awareness of God as a source of strength and improving that relationship. We need a system of belief that works for us.

Our lives should be maintained on a spiritually sound basis. With our selfish motives out of the way, we find peace. Some will seek out religious practices to help with prayer and meditation. Many others choose to practice in a variety of ways, as this is a spiritual not religious program.

Prayer is communicating and meditation is listening for God's answer. Through prayer we seek spiritual contact with our God, during meditation we achieve this contact. It is necessary to still our minds to pray and meditate successfully. Meditation provides emotional balance and the results show in our daily lives. We begin to experience awareness and empathy toward others that had never been possible before.

Our belief and understanding changes, and we see that our greatest need is for knowledge of God's will for us and the strength to carry that out. God's will becomes our own true will for ourselves. We see more clearly what is real, respect the beliefs of others, and we seek strength and guidance according to our belief. Through surrender and humility, we use this step over and over to receive the benefits God's will has to offer.

Practicing spiritual principles helps us carry a message of recovery. By helping others stay clean, we give freely and gratefully what has been given to us. We continue the journey with Step Twelve.