

Step 11 Workbook v2: Sought Through Prayer and Meditation to Improve Our Conscious Contact With God

Step 11: 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.

This is the step of spiritual connection. It's not about ritual—it's about relationship. We seek guidance, not control. Through prayer we speak. Through meditation we listen. We grow closer to the God of our understanding and let that contact shape our actions.

Reflection Questions

1. What does 'conscious contact' with your Higher Power mean to you?
2. What blocks you from feeling spiritually connected on a regular basis?
3. How has your idea of prayer changed since coming into the program?
4. What are your current prayer habits—and how do they affect your day?
5. What kinds of meditation (stillness, reflection, spiritual reading, etc.) speak to you?
6. When have you experienced clarity or peace after seeking guidance?
7. What happens when you pray only for God's will, not your own wishes?
8. How do you tell the difference between your will and God's will?
9. What role does gratitude play in your spiritual practice?
10. What distractions, habits, or beliefs get in the way of spiritual growth?
11. What does it feel like when you're aligned with spiritual direction?
12. What's one small way you can deepen your spiritual practice this week?

Quotes from AA Literature

Big Book (4th Edition)

"We ask especially for freedom from self-will, and are careful to make no request for ourselves only." — Big Book, p. 87

"What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind." — Big Book, p. 87

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action." — Big Book, p. 87

Twelve Steps and Twelve Traditions

"Prayer and meditation are our principal means of conscious contact with God." — 12 & 12, Step 11

"Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food, or sunshine." — 12 & 12, Step 11

"The attitude of prayerfulness, meditation, and humility guides our lives into useful and peaceful channels." — 12 & 12, Step 11

Plain Language Big Book

"Step Eleven is about listening as much as speaking." — Plain Language Big Book

"We improve our spiritual connection by showing up consistently, not perfectly." — Plain Language Big Book

"The goal isn't to feel spiritual—it's to stay willing, honest, and open." — Plain Language Big Book

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Affirmations

Write affirmations that reflect your desire for deeper connection, spiritual growth, and guidance.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for quiet clarity, willingness to listen, and the power to follow the next right action.