

The Twelve Stepsa spiritual journey of recovery

Step Eleven Spiritual Momentum

Review:

Steps One - Three: Spiritual Awakening
Steps Four - Seven: Getting Unstuck
Steps Eight - Nine: Relationship Building
Steps Ten - Twelve: Enhancing Growth

Step Eleven: 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.

“Let the word of Christ dwell in you richly.” Colossians 3:16

This Step will help us prevent relapse...

Mark 14:38 "Watch and pray so that you will not fall into temptation. For the spirit is willing but the body is weak."

Spiritual Disciplines:

1. PRAYER

Speaking Up ... telling God what's on your heart and mind. Doing this often enough to feel genuinely connected.

Here is Jesus' instruction (example) of praying:

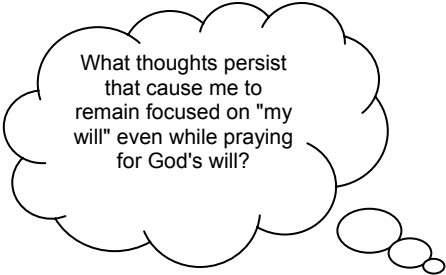
**Matthew 6:8-13 "This, then, is how you should pray:
Our Father which art in heaven, Hallowed be thy name.
Thy kingdom come, Thy will be done in earth, as it is in heaven.**

Give us this day our daily bread.

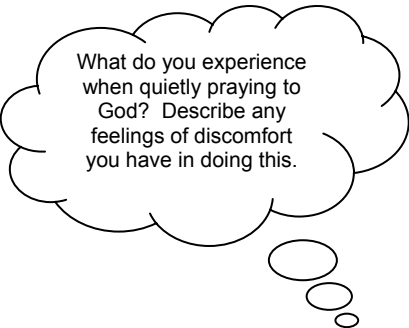
And forgive us our debts, as we forgive our debtors.

And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever.

Amen.

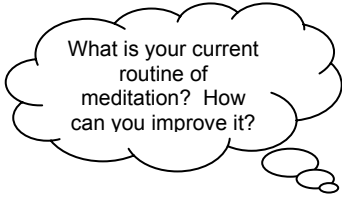


What thoughts persist that cause me to remain focused on "my will" even while praying for God's will?



What do you experience when quietly praying to God? Describe any feelings of discomfort you have in doing this.

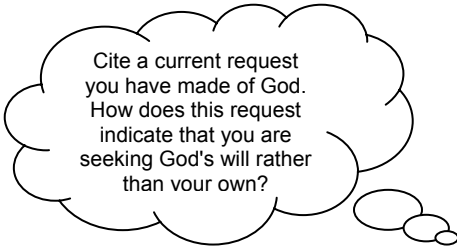
2. MEDITATION



Slowing Down ... concentrating your thoughts and feelings toward Heaven. Doing this long enough to experience God.

Psalm 1:1-3 "Happy are those who ... are always meditating on God's laws and thinking about ways to follow him more closely. They are like trees along a river... that do not dry up. They succeed in everything they do."

Psalm 115:11 "I have thought much about your words and stored them in my heart so that they would hold me back from sin."



Conclusion:

Zechariah 4:6 "Not by might, nor by power, but by my Spirit, says the Lord."

<i>Life Recovery Bible.....scripture and helpful reflections on this Step</i>	
2 Samuel 22:1-33	Psalm 27:1-6
Psalm 65:1-4	Psalm 105:1-9
Psalm 119:1-11	Isaiah 40:28-31
John 3:18-21	