

# MORNING MEDITATION

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day.

**<Pause to do action>**

Before we begin, we **ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.**

**<Pause to pray>**

Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we **ask God for inspiration, an intuitive thought or a decision.**

**<Pause to pray>**

We relax and take it easy. We don't struggle.

**<Pause to meditate>**

We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

We usually conclude the period of meditation with a prayer that **we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will,** and are careful to make no request for ourselves only.

**<Pause to pray>**

We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.

[Alcoholics Anonymous P. 86-87]

We realize we know only a little. God will constantly disclose more to you and to us. **Ask Him in your morning meditation what you can do each day for the man who is still sick.**

**<Pause to pray>**

The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. [Alcoholics Anonymous P. 164]

As we go through the day **we pause, when agitated or doubtful, and ask for the right thought or action.** We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. [Alcoholics Anonymous P. 87]