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## **Into Action:**

# **A New Attitude and Outlook, for a Changed Life**

**Promise #9: "Our whole attitude and outlook upon life will change."**

Using tried and true recovery practices.

A resource prepared by

## **Recovery Worship**

**"The Perfect Place for  
Imperfect People"**

**[recoveryworshipfargo.org](http://recoveryworshipfargo.org)**

**3910 25th St S, Fargo, ND**



Use tried and true practices, such as:

### Choose what you think about!

**Bible:** Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. *Philippians 4:8*

**Big Book:** On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. 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. *Page 86*

### Pray and Meditate

**Bible:** Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. *Philippians 4:6*

**Big Book:** We shouldn't be shy on this matter of prayer. Better men (and women) than we are using it constantly. It works, if we have the proper attitude and work at it. *Pages 85-86*

### Be Grateful

**Bible:** The peace of Christ must control your hearts—a peace into which you were called in one body. And be thankful people. *Colossian 3:15*

**NA Basic Text:** As long as we maintain an attitude of thankfulness for being clean, we find it is easier to remain clean. The best way to express gratitude is by carrying the message of our experience, strength and hope to the still-suffering addict. *Page 86*

### Help Others/Service Work

**Bible:** Dear children, let's not merely say that we love each other; let us show the truth by our actions. *1 John 3:18*

**AA Big Book:** PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when other fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss. *Page 89*