

I try to avoid asking for specific things but it's really hard because I'm so sure that I know what's right for me. Many times I have been wrong. I know, in my heart and soul that if I pray to do God's will that He will give me what's best for me. I know that in doing His will ~~and~~ my life will be fulfilled "beyond my wildest dreams". In spite of this, I'm still afraid to let go, I still want control even though my control usually ends up totally messed up. I pray all the time that He gives me the "willingness to be willing". I ~~do~~ trust and have ~~the~~ faith that if I continue and keep asking His spirit will fill me, in His time.

My... efforts have produced in me, many times, a feeling of peace and serenity that I have never experienced before. The feeling of being totally one with God is something that I may have to wait for until I'm in His presence.

The first time I used each drug I reached a high that I never got again with that drug. I spent many years, lots of money and countless hours of frustration, pain and aggravation trying to reach that point again but the end result was despair. Since I have come into the program I had a night where I ~~was~~ felt higher than I could ever possibly imagine with God. If I devote as much time and energy into reaching that point as I did trying to reclaim a first time high on drugs I can't help but become a better person.

The feeling I get after meditating and praying is peaceful and gives me the hope and desires for the future.

This petition to God if sincere saves the day for me. If however, I am distracted by selfishness of my will that I don't mean my prayer, but that the prayer is just words-then I think it through and usually I can see my old pattern of grabbing and snatching what I think that life owes me and recall where my will get me, in a mental institution and in hospital intensive care units. Finally, the best prevention I know of selfless service to others saves my day and more seriously my life.

I always thought there was a set way to pray. But I can just sit down or stand or lay or kneel ~~or stand~~ and say hey God. It works!

STEP 11) WE SOUGHT THROUGH PRAYER & MEDITATION  
TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD (127)  
AS WE UNDERSTOOD HIM PRAYING ONLY FOR KNOWLEDGE  
OF HIS WILL FOR US & THE POWER TO CARRY THAT OUT

WE BEGIN TO SEE MORE #11

AND MORE CLEARLY WHAT IS HAPPENING AND  
THROUGH CONSTANT CONTACT WITH OUR HIGHER POWER  
THE ANSWERS WE ARE LOOKING FOR COME TO  
US AND WE GAIN THE ABILITY TO DO WHAT  
WE ONCE COULDN'T.

What do we pay for this new life? The price is two-fold. Like  
the rest of the program, the price is simple--though not always easy.

First--On a continuing daily basis we must give up the first  
drink, pill or fix while working the program with honest, open-  
minded willingness.

Second--We must give freely and gratefully that which has been  
freely and gratefully given to us.

If I don't ask  
I can't receive!  
Gift of God  
Ask and you will most  
assurably receive.

11th step - pray for,  
Knowledge, willingness,  
& strength - any  
lengths,

Morning Prayer

Dear Lord thank you for another day.  
Help me stay clean and sober through it.  
I commit myself to change today.  
Take my fears away.  
Take my will, take my life, set me free.  
Show your way to a suffering addict through me.  
Thy will be done. Amen.

-J.M., Ohio

Prayer - Prayers  
Asking help in morning  
Thanking him at night,  
God will give me what  
I need.  
serenity Prayer  
I don't understand God  
he does me.

# STEP 11

123

In the Third Step we tried to turn our will and our life over to God. We renew this effort daily in the Eleventh Step.

Most of us rebel against this in the beginning. The old fears cry out, "My will be done." The first time we hear someone say, "Let go and let God," it sounds idiotic. "No!" we say, "if I let go I'll disappear or someone will take advantage of me." But it doesn't work out that way. What happens instead is that the more we improve our conscious contact with God via prayer and meditation, the more often we pause when doubtful and say, "God, I don't know what to do. Please show me which way to go," the higher we get.

It's a fact. When we finally get our own selfish motives out of the way, even just once in awhile, and pray for guidance--really meaning it--even just once in awhile, we begin to find a peace beyond that of any drug. We begin to feel a calm joy not obtainable on any black market. We begin to experience an awareness and an empathy with other people that would never be possible under the influence of a drug.

These are not the false promises of drugs. You can step into the meeting places of Narcotics Anonymous and prove these promises by your own observations.

When we pray for knowledge of God's will for us and the power to carry that out--a remarkable thing happens; we find the means, the ways and the energies to perform tasks far beyond our capabilities. By the apparent surrender of our own power, we gain a far mightier power that will see us through every conceivable trial or trouble so long as we keep faith and renew it through daily prayer.

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Step 11

(124)



Prayer is communicating our concerns to a power greater than ourselves. Meditation is receiving communication from a power greater than ourselves. When our seeking begins to succeed, we will move with a new purpose and in harmony with things beyond our horizons. Just as we become aware of our bodies and our minds, we can become aware of our spirits. Just as we exercise caution and wait for signs of readiness to learn when teaching a child, just so our higher power is patient and ever awaiting our call. When we first come into the program we are protected and guided by some kind of power greater than ourselves. This we have set in motion by surrendering to the program and asking for help. The purpose of the eleventh step is to increase our awareness of that power and the ability to use it as a source of strength in our new lives. A person who has realized their powerlessness and seen the vision their H.P. has for them will see why we pray only for knowledge of his will for us and the power to carry it out. Our deepest longings and recurrent images of the kind of persons we'd like to be are only glimpses of God's will for us. Our perceptions are so limited we can't see to the end of things and when we place ourselves in the care of our ultimate authority, a loving God, it is our own real dreams that come true. Of course it's pretty easy to slip back into our old ways. We literally have to learn to maintain our new lives on a spiritually sound basis to insure our continued growth and recovery. God as we of N.A. understand him, will not force his goodness on us but will wait until we ask. This is no cruelty. Enforced morality lacks the force that comes from our own choice. If God forced his

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## B. Step 11

How IT WORKS (125)

Most of us, during our time of using drugs, were trying to "get high". We took every imaginable substance into our bodies in our efforts to achieve and maintain a state of being known, vaguely as "being high." Sometimes, it seemed to work for awhile--until the inevitable comedown. So we decided not to come down, we would stay high on our favorite drug all the time and not bother to come down at all. That seemed OK for awhile, but then, the drugs stopped getting us high and we got to where we were only taking them because we had to take them to fight off the shakes or the runny nose or the fear and that was when we realized we were addicts. So instead of the drugs getting us higher than we started, they just bring us way down; way below where we started. To put it another way, we start out looking for cashmere on our backs and wind up with a cruel and unrelenting monkey on our back.

Now we're in N.A. and we've been clean and sober for awhile and we're trying to work the steps of the N.A. program to the best of our ability and, though we usually don't notice it at first--we are finally beginning to get high!

Many of us really begin to appreciate this fact when we get into the Eleventh Step. For in the Eleventh Step the good life we've been practicing or pretending to believe so that we could stay away from drugs--suddenly it begins to come alive, to mean something. We find ourselves praying because it feels good, because it brings us peace and restores our confidence and courage. It helps us to live a life of love and stay away from that old life of fear and distrust. As we seek our God, our personal, private contact with God we begin to open up like a flower in the sun. We begin to see that God's love was there all the time, just waiting for us to accept it. Life finally begins to get sweet and good even though we still face all the heartaches and tragedies that are the lot of mankind.