

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

Summary

- As we progress in recovery, we come to realize that our Higher Power has always been with us, even in the depths of our addiction.
- It is our conscious contact with this Power that has increased for us as we work through each step.
- The two practices through which we seek to improve our spiritual connection in this step are prayer and meditation.
- We learned that prayer need not be formal or associated with a religious tradition or text.
- For many of us, prayer simply means talking with God.
- We have found it very helpful to pray at regular times during the day, as well as other times when we need to feel close to our Higher Power.
- In the morning we might pray for God's help in facing the challenges of the day.
- In the evening we may express gratitude for our lives and for gifts we have received in our recovery.
- We are free to discover what works best for us.
- If prayer can be thought of as talking to God, then meditation can be compared to listening.
- There are many ways to meditate.
- Once again, we are free to discover whatever works best for us.
- For example, we may meditate by reading spiritual literature, by practice one of many techniques to still the mind, or by simply sitting in nature.
- Whatever method we use, we make ourselves available to our Higher Power, opening ourselves to whatever insight we may receive.
- By the time we get to Step Eleven, we already enjoy some level of conscious contact with our Higher Power.
- Yet in taking Step Eleven, we go further.
- We surrender our desire for particular results and ask only for knowledge of God's will for us and the power to carry that out.
- This doesn't mean that we will stop asking God for spiritual gifts or for help in life's challenges.
- When we sense what God would have us do, we also ask for the power to carry that out.

Principles

- Consciousness
- Faith
- Surrender

Promises

- We come to recognize God's will as our highest good, and in so doing, our asking becomes founded in gratitude rather than self-seeking, faith rather than fear.
- We learn to accept that reality is not tailored to the limitations of self, and that hardship and loss are as valid a part of life as joy and pleasure.
- Yet we hold on to the belief that God's will is for our good and that the knowledge and power we need will be given to us in God's time.
- We have been given a new chance at life, awakening to a spiritual dimension we never knew was available to us.
- We also gradually accept that God's will for us extends over all aspects of our lives, not just over our recovery from sex addiction.
- We find our serenity growing as we align our will with God's in each new area that is revealed to us.
- In time, our prayers become regular conversations with our Higher Power.
- Our path leads to Step Twelve.