

## Step 11



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.



As we worked the Steps, our prayer life changed. We prayed for freedom from lust. "At the very beginning, all I could do when the compulsion struck was cry out, 'I'm powerless, please help me.'" (SA 159) We prayed for those we lusted after: "God bless her and give her what she needs" (SA 162). We prayed that true power and love would be demonstrated through us (Step Three). We prayed for others to receive the blessings of a full life (Step Four). We prayed that our defects be removed so that we could be more useful to others (Step Seven). We prayed in the morning, in the evening, in the car, on the phone, with laughter, with tears, while listening, while speaking, in silence, aloud. We strove to live our life as a prayer. Gradually, sometimes haltingly, we were surrendering our will. When we reached Step Eleven, we prayed for the knowledge of God's will for us and the power to carry it out.