



RECOVERY & SPIRITUALITY

Spiritual Practices for Resurrection



FORTY DAYS

“The New Testament called it salvation or enlightenment, the Twelve Step Program called it recovery. The Twelve Step Program parallels, mirrors, and makes practical the same messages that Jesus gave us,”

Richard Rohr from his book **Breathing Under Water**

This Lenten devotional follows the 12 Steps Program

1	We admitted we were powerless over alcohol –that our lives had become unmanageable	7	Humbly asked Him to remove our shortcomings
2	Came to believe that a Power greater than ourselves could restore us to sanity	8	Made a list of all persons we had harmed, and became willing to make amends to them all
3	Made a decision to turn our will and our lives over to the care of God as we understood Him	9	Made direct amends wherever possible, except when to do so would injure them or others
4	Made a searching and fearless moral inventory of ourselves	10	Continued to take personal inventory and when we were wrong promptly admitted it
5	Admitted to God, to ourselves, and to another human being the exact nature of our wrongs	11	Sought through prayer and meditation to improve our conscious contact with God...
6	Were entirely ready to have God remove all these defects of character	12	Having had a spiritual awakening as the result of these Steps, we tried to carry this message...

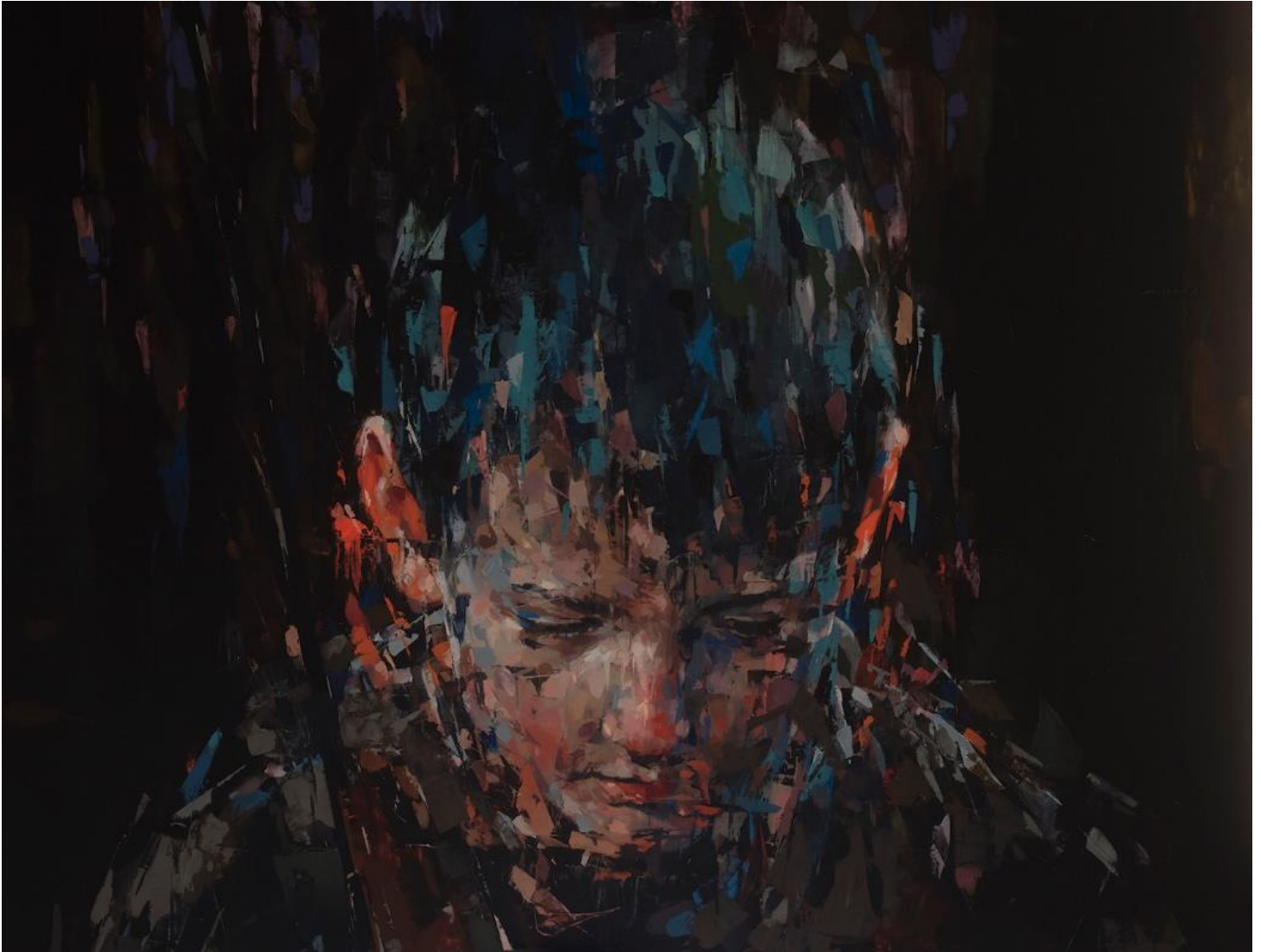
My hope is that you will find healing in these pages through meditation on the scriptures, longer periods of silence each day, and by slowly living out each of these steps. Because, how you pray determines how you live.

- Jason Fisher

Wednesday February 26th – Ash Wednesday

Then I turned to the Lord God, to seek an answer by prayer and supplication with fasting and sackcloth and ashes.

Daniel 9:3



Artwork by Kai Samuels-Davis

“Christians are usually sincere and well-intentioned people until you get to any real issues of ego, control, power, money, pleasure, and security. Then they tend to be pretty much like everybody else”

- Practice Silence for 1 minute -

Pray: Creator and Sustainer of life, you have given me all that I have and yet I want more. More control, more power, more money, more pleasure, and more security. Wash me clean oh Lord of my sins and remind me that my life was not made for these things. Amen.

Thursday February 27th

*For I know my transgressions, and my sin is ever before me.
Against you alone have I sinned, and done what is evil in your sight,
so that you are justified in your sentence and blameless in your judgment. - Psalm 51:3-4*



Artwork by Kai Samuels-Davis

"We are all addicts. Human beings are addictive by nature. Addiction is a modern name and honest description for what the biblical tradition called 'sin', and medieval Christians called 'passions,' or attachments."

- Practice Silence for 2 minutes -

Pray: Lord Jesus I am attached to so many things in my life. Tethered by countless technologies, chained by multiple commitments, and shackled by selfish sins. If I am to be addicted, may it be to serving you. May I be attached to your will and not mine. Amen.

Friday February 28th

You desire truth in the inward being; therefore teach me wisdom in my secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. - Psalm 51:6-7



Artwork by Kai Samuels-Davis

"If the universal addiction is to our own pattern of thinking, which is invariably dualistic, the primary spiritual path must be some form of contemplative practice, once just called, "prayer," to break down the unhelpful binary system of either or thinking, and superiority thinking."

- Practice Silence for 3 minutes -

Pray: Ever present Spirit, help me to be aware of my dualistic thinking and the ways it makes me think I am better than others. Guide me in prayer not through words but in silence. Amen.

Step 1

**We admitted we were
powerless over alcohol
– that our lives had
become unmanageable.**

Saturday February 29th

My dwelling is plucked up and removed from me like a shepherd's tent; like a weaver I have rolled up my life; you cut me off from the loom; from day to night you bring me to an end; I cry for help until morning; like a lion you break all my bones; from day to night you bring me to an end. - Isaiah 38:12-13



Maelstrom 8 by Luke Shadbolt

STEP 1 - POWERLESSNESS

“Until there is a person, situation, event, idea, conflict, or relationship that you cannot “manage” you will never find the True Manager.”

- Practice Silence for 4 minutes -

Pray: Triune God help me to admit that there are people and problems in my life that I cannot manage. Help me to come to the end of myself so that I can begin again with you. Amen.

Monday March 2nd

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate... For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it.

Romans 7:15,18



Acquiesce 2 by Luke Shadbolt

STEP 1 – POWERLESSNESS

*For Paul, the “flesh” or ego cannot get you where you want to go. An ego response is **always** an inadequate or even wrong response to the moment... The ego defines itself by its attachments and revulsions. The soul does not attach nor does it hate; it desires and loves and lets go.*

- Practice Silence for 5 minutes -

Pray: Lord I do not understand why I do some of the things I do. I know that my ego gets in the way of loving others and loving you. Too often I seek my own will and not yours. Help me to respond to others from a place of centeredness and not self-centeredness. Amen.

Tuesday March 3rd

When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd.

Matthew 9:36



Maelstrom 5 by Luke Shadbolt

STEP 1 - POWERLESSNESS

English poet W.H. Auden put it in "Apropos of Many Things": "We would rather be ruined than changed. We would rather die in our dread than climb the cross of the present and let our illusions die." All mature spirituality... is about letting go and unlearning... As German mystic-philosopher Meister Eckhart said "the spiritual life has much more to do with subtraction than it does with addition."

- Practice Silence for 6 minutes -

Pray: Give me eyes oh God to see the things I need to subtract from my life. Lord teach me through your son Jesus how to let go so that I might climb the cross of the present and be changed forever. Amen.

Step 2

**Came to believe
that a Power greater
than ourselves could
restore us to sanity.**

Wednesday March 4th

*He subdues the ancient gods, shatters the forces of old;
he drove out the enemy before you, and said, "Destroy!" - Deuteronomy 33:27*



Sternbau No. 32 by Lee Bul

STEP 2 - DESPERATE DESIRING

To finally surrender ourselves to healing, we have to have three spaces opened up within us - and all at the same time; our opinionated head, our closed-down heart, and our defensive and defended body. That is the work of spirituality - and it is work.

- Practice Silence for 7 minutes -

Pray: Saving God, free me from my hard headedness, my hardened heart, and my defensive body. Subdue and shatter these old forces inside me that rage against you oh Lord. Amen.

Thursday March 5th

Indeed, we felt that we had received the sentence of death so that we would rely not on ourselves but on God who raises the dead.

2nd Corinthians 1:9



Untitled sculpture (M5) by Lee Bul

STEP 2 - DESPERATE DESIRING

To be present is to know what you need to know in the moment. To be present to something is to allow the moment, the person, the idea, or the situation to change you... If we are to come to believe that a Power greater than ourselves can restore us to sanity, then we will come to that belief by developing the capacity for a simple, clear, and uncluttered presence.

- Practice Silence for 8 minutes -

Pray: Holy Spirit guide me towards simplicity, clearness of thought, so that my life might be uncluttered and thus provide space for you and all those that I might meet each day. Amen

Friday March 6th

Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' – **Luke 15:21**



From Me, Belongs to You Only, by Lee Bul

STEP 2 - DESPERATE DESIRING

To be fully honest, I think your heart needs to be broken, and broken open, at least once to have a heart at all or to have a heart for others... by letting life come to us on its own terms, and not resisting the wonderful underlying Mystery that is everywhere, all the time, and offered to us too. "God comes to us disguised as our life," as spiritual writer and retreat leader Paula D'Arcy so beautifully puts it in her talks and retreats.

- Practice Silence for 9 minutes -

Pray: God of peace break my heart for others. Then heal and unite my body, heart and mind, so that I can be ready for your presence to come to me disguised as my life. Amen

Step 3

**Made a decision to turn
our will and our lives
over to the care of God
as we understood God.**

Saturday March 7th

Everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labor for that which does not satisfy?

Isaiah 55:1-2



Asphyxia by Christopher David White

STEP 3 - SWEET SURRENDER

Surrender is not “giving up,” as we tend to think, nearly as much as it is a “giving to” the moment, the event, the person, and the situation. As many have said “What you resist, persists”

- Practice Silence for 10 minutes -

Pray: Into your hands I commend my soul: I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands without reserve, and with boundless confidence. Amen – by Charles De Foucauld

Monday March 9th

Therefore, my beloved, just as you have always obeyed me, not only in my presence, but much more now in my absence, work out your own salvation with fear and trembling; for it is God who is at work in you, enabling you both to will and to work for his good pleasure.

Philippians 2:12-13



Going Hand In Hand by Christopher David White

STEP 3 - SWEET SURRENDER

Here is the incestuous cycle of the ego: "I want to have power" > "I will take control" > "I will always be right" > "See I am indeed powerful!"

- Practice Silence for 11 minutes -

Pray: God you are at work in me to give up the need for power, the lust for control, and the desire to always be right. You are indeed powerful enough to break this vicious cycle Lord. Thank you for allowing me to will and to work for your good pleasure. Amen.

Tuesday March 10th

Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.

Matthew 7:7-8



Cycles of Decay by Christopher David White

STEP 3 - SWEET SURRENDER

We have been graced for a truly sweet surrender, if we can radically accept being radically accepted-for nothing! As my father, St. Francis put it, when the heart is pure, "Love responds to Love alone" and has little to do with duty, obligation, requirement, or heroic anything. It is easy to surrender when you know that nothing but Love and Mercy is on the other side.

- Practice Silence for 12 minutes -

Pray: Holy Spirit make my heart pure that I might respond to your love and radically accept that you have first accepted me. May I always surrender to your love and mercy. Amen.

Step 4

**Made a searching
and fearless moral
inventory of ourselves.**

Wednesday March 11th

For you have no delight in sacrifice; if I were to give a burnt offering, you would not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.

Psalm 51:16-17



Inventory by Augustine Kofie

STEP 4 - SEARCHING AND FEARLESS INVENTORY

Some people are driven to addictions to quiet their constant inner critic; it only gives them ever another thing to hate themselves for! What a vicious cycle... we are now our own problem. Moral scrutiny is not to discover how good or bad I am and regain some moral high ground, but it is to begin some honest "shadow boxing" which is at the heart of all spiritual awakening.

- Practice Silence for 13 minutes -

Pray: God You can handle my broken heart and spirit because you know me better than I know myself. Help me to know myself with an honesty that trusts in your love. Amen.

Thursday March 12th

*But if you have bitter envy and selfish ambition in your hearts,
do not be boastful and false to the truth.*

James 3:14



Inventory by Augustine Kofie

STEP 4 - SEARCHING AND FEARLESS INVENTORY

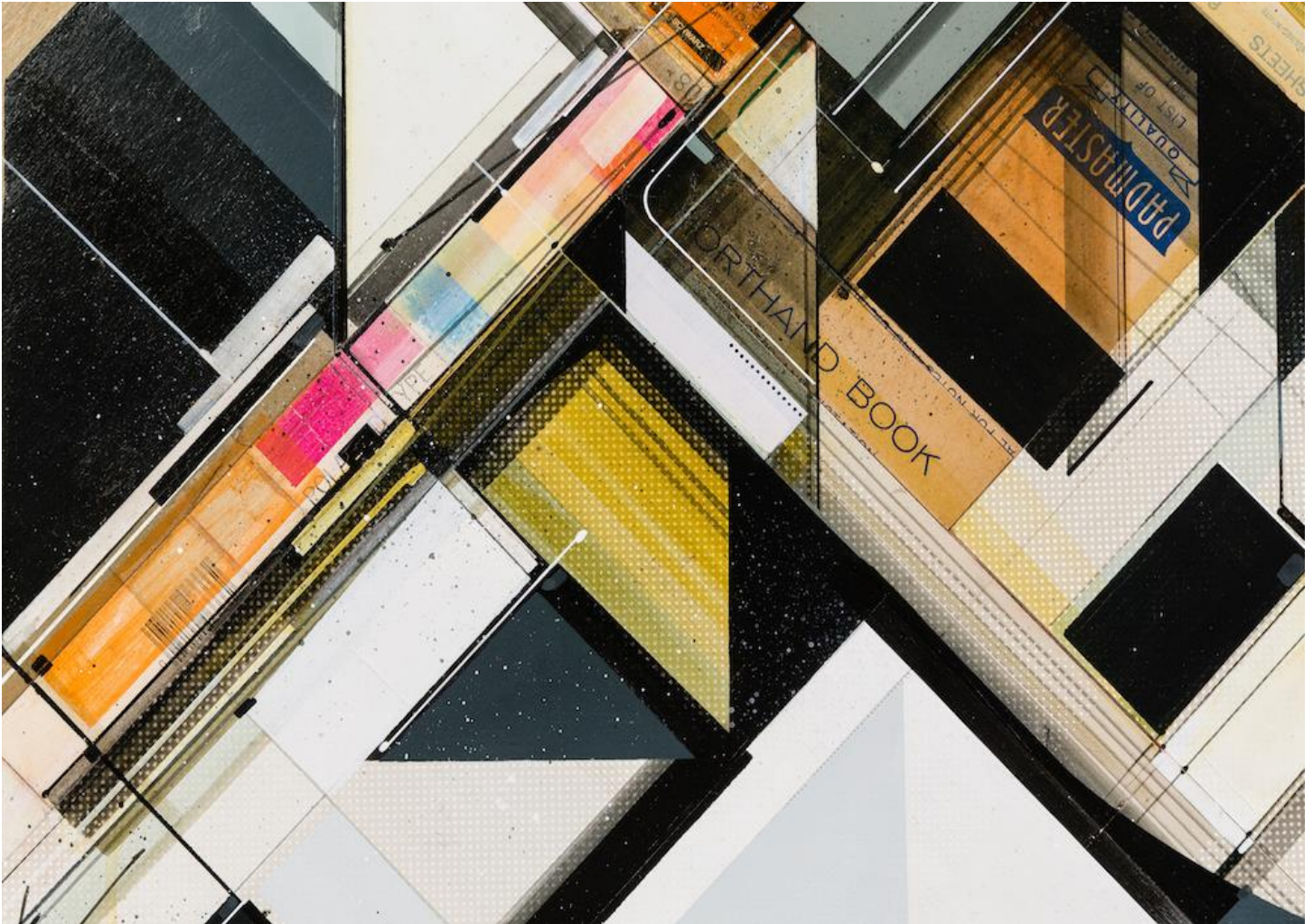
Your shadow self is not your evil self. It is just that part of you that you do not want to see... So we absolutely need conflicts, relationship difficulties, moral failures, defeats to our grandiosity, even seeming enemies, or we will have no way to ever spot or track our shadow self. They are our necessary mirrors.

- Practice Silence for 14 minutes -

Pray: Jesus you see through my boastfulness, my envy, and my selfish ambition. Help me to take off the masks and curated identities and look boldly into the mirror. Let me not be afraid of failure in the face of my shadow self for you are there with me and love me. Amen.

Friday March 13th

Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak. – Matthew 26:41



Inventory by Augustine Kofie

STEP 4 - SEARCHING AND FEARLESS INVENTORY

Step 4 is about creating a good and trustworthy lamp inside of us that reflects and reveals what is really there, knowing that "Anything exposed to the light will itself become light" (Ephesians 5:14) Somehow goodness is transferred by radiance, reflection, and resonance with another goodness, more than by any act of self-achievement.

- Practice Silence for 15 minutes -

Pray: My spirit is willing Lord, but my flesh is weak. Jesus fill me with your light so that whatever is evil and ugly in me might be exposed, transformed, and redeemed. Grant me your radiance so that your goodness might be reflected in all I do today. Amen.

Step 5

**Admitted to God,
to ourselves and
to another human
being the exact
nature of our wrongs.**

Saturday March 14th

While I kept silence, my body wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Then I acknowledged my sin to you, and I did not hide my iniquity; I said, "I will confess my transgressions to the Lord," and you forgave the guilt of my sin. - Psalm 32:3-5



Anguish by Young-Deok Seo

STEP 5 - ACCOUNTABILITY IS SUSTAINABILITY

God does not love us if we change, God loves us so that we can change. Only love effects true inner transformation, not duress, guilt, shunning, or social pressure. Love is not love unless it is totally free. Grace is not grace unless it is totally free.

- Practice Silence for 16 minutes –

Pray: God I can no longer keep silent about the ways I have fallen short. You are the potter and I am the clay, mold me and make me as I learn to confess to another and seek your forgiveness through them.

Monday March 16th

Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective.

James 5:16



Anguish by Young-Deok Seo

STEP 5 - ACCOUNTABILITY IS SUSTAINABILITY

What humanity needs is an honest exposure of truth, and true accountability and responsibility for what has happened. Only then can human beings move ahead with dignity... only mutual apology, healing, and forgiveness offer a sustainable future for humanity. Otherwise we are controlled by the past, both individually and corporately.

- Practice Silence for 17 minutes -

Pray: Lord when the Christ in my own heart is weak, may the Christ in the word of my brother or sister be strong. When I am uncertain and wavering, allow me to lean on a brother or sister in Christ for forgiveness and healing. Amen.

Tuesday March 17th

*If you forgive the sins of any, they are forgiven them;
if you retain the sins of any, they are retained. – John 20:23*



Nirvana by Young-Deok Seo

STEP 5 - ACCOUNTABILITY IS SUSTAINABILITY

Forgiveness is to let go of our hope for a different or better past. It is what it is, and such acceptance leads to great freedom as long as there is also accountability and healing in the process. Nothing new happens without apology and forgiveness. It is the divine technology for the regeneration of every age and every situation. The “unbound” ones are best prepared to unbind the rest of the world.

- Practice Silence for 18 minutes –

Pray: Holy Spirit unbind me as I accept my past for what it is, I may not like it, but it is mine. I pray that you would help me find regular time to confess and share with a “soul friend” who will speak your forgiveness and truth to me when I need to hear it most. Amen.

Step 6

**Were entirely ready
to have God
remove all of these
defects of character.**

Wednesday March 18th

But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases, his mercies never come to an end they are new every morning; great is your faithfulness.

Lamentations 3:21-23



Broken Mirror / Evening Sky by Bing Wright

STEP 6 - GOD, REMOVE MY DEFECTS

Almost all true spirituality has a paradoxical character to it, which is why the totally rational or dualistic mind invariably misses the point, and just calls things it does not understand wrong, heresy, or stupid. G.K. Chesterton said that paradox is simply truth standing on its head trying to get our attention!

- Practice Silence for 19 minutes -

Pray: Lord help me embrace paradox and avoid dualistic thinking. Only you alone can remove the defects in my character and I am ready now for you to begin that work anew today. Amen.

Thursday March 19th

*Not that I have already obtained this or have already reached the goal;
but I press on to make it my own, because Christ Jesus has made me his own.*

Philippians 3:12



Broken Mirror / Evening Sky by Bing Wright

STEP 6 - GOD, REMOVE MY DEFECTS

By personal temperament you will either start on one side or the other, but finally you must build the bridge between the two-and let it be built for you-both at the same time. We must pray as if it all depends on us, and work as if it all depends on God.

- Practice Silence for 20 minutes -

Pray: Triune God it is not easy to live with paradox. Life is much simpler in “either / or” categories. Be the bridgebuilder in my life as I build bridges of unity in this world. Amen.

Friday March 20th

So it depends not on human will or exertion, but on God who shows mercy. – Romans 9:16



Broken Mirror / Evening Sky by Bing Wright

STEP 6 - GOD, REMOVE MY DEFECTS

Grace will always favor the prepared mind. Maybe we can sum it up this way: God is humble and never comes if not first invited, but God will find some clever way to get invited.

- Practice Silence for 21 minutes -

Pray: Jesus I invite you to change me this day, and always. Amen.

Step 7

**Humbly asked God
to remove our
shortcomings.**

Saturday March 21st

*Have mercy on me, O God, according to your steadfast love;
according to your abundant mercy blot out my transgressions.
Wash me thoroughly from my iniquity, and cleanse me from my sin. - Psalm 51:1-2*



Fictional Archeology by Daniel Arsham

STEP 7 - GOD, REMOVE MY SHORTCOMINGS

We ask not to change God, but to change ourselves. We pray to form a living relationship, not to get things done. Prayer is a symbiotic relationship with life and with God, a synergy which creates a result larger than the exchange itself.

- Practice Silence for 22 minutes -

Pray: Holy Spirit help me to humbly seek you in silence and in prayer so that we might be in relationship with one another. May I meditate on your word day and night. Amen.

Monday March 23rd

*Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. – **Philippians 4:6-7***



Fictional Archeology by Daniel Arsham

STEP 7 - GOD, REMOVE MY SHORTCOMINGS

Jesus told us all to stay in the position of a beggar, a petitioner, a radical dependent, which is always spiritually true if we are honest.

- Practice Silence for 23 minutes -

Pray: We are all beggars, this is true. Before you Lord, I am no different than anyone else, because I need what you provide each and every day. Give me this day my daily bread. Amen.

Tuesday March 24th

When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. – Matthew 6:7-8



Pyrite Hands in Prayer by Daniel Arsham

STEP 7 - GOD, REMOVE MY SHORTCOMINGS

A daily and chosen “attitude of gratitude” will keep your hands open to expect that life, allow that life, and receive life at ever-deeper levels of satisfaction-but never to think you deserve it... If you are not radically grateful every day, resentment always takes over.

- Practice Silence for 24 minutes -

Pray: You Lord have always been here and there are times when I never knew it. Keep me radically grateful and vigilant as I remember that the gate of heaven is everywhere. Amen.

Step 8

**Made a list of all persons
we had harmed, and
became willing to make
amends to them all.**

Wednesday March 25th

Nathan said to David, "You are the man! Thus says the Lord, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul... David said to Nathan, "I have sinned against the Lord." Nathan said to David, "Now the Lord has put away your sin; you shall not die." - 2 Samuel 12:7,13



Filled potholes by Jim Bachor

STEP 8 - MAKING A LIST AND MAKING AMENDS

Nothing just goes away in the spiritual world; all must be reconciled and accounted for. All healers are wounded healers, as Henri Nouwen said so well... In fact, you are often most gifted to heal others precisely where you yourself were wounded, or wounded by others.

- Practice Silence for 25 minutes -

Pray: God show me where I have been wounded. Help me see those wounds as cracks through which your grace can shine through into the lives of those with similar wounds. Amen.

Thursday March 26th

*Therefore you have no excuse, whoever you are, when you judge others;
for in passing judgment on another you condemn yourself,
because you, the judge, are doing the very same things. – Romans 2:1*



Filled potholes by Jim Bachor

STEP 8 - MAKING A LIST AND MAKING AMENDS

Neither side needs to accuse or defend, but just state the facts as we remember them, and be open to hear what the other needed, heard, or felt. It has developed into a true art form, and some rightly call it “redemptive listening” or “non-violent communication.”

- Practice Silence for 26 minutes -

Pray: Jesus help me to look at people not in light of what they do or do not do, but in light of what they suffer. Help me to see others in the best possible light. Help me to listen. Amen.

Friday March 27th

So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. – Matthew 5:23-24



Filled potholes by Jim Bachor

STEP 8 - MAKING A LIST AND MAKING AMENDS

We are the religion of “incarnation” not spiritualization. Step 8 is a marvelous tool and technology for very practical incarnation, which keeps Christianity grounded, honest, and focused on saving others instead of just ourselves. Until religion becomes flesh, it is merely Platonic idealism instead of Jesus radicalism.

- Practice Silence for 27 minutes -

Pray: God of grace made flesh, keep me grounded, honest, and focused on others. Amen.

Step 9

Made direct amends to such people whenever possible, except when to do so would injure them or others.

Saturday March 28th

A word fitly spoken is like apples of gold in a setting of silver. Like a gold ring or an ornament of gold is a wise rebuke to a listening ear. - Proverbs 25:11-12



Self Reflected by Greg Dunn and Brian Edwards

STEP 9 - MAKING AMENDS, DOING NO HARM

Jesus invariably physically touched people and met people when he healed them. It is face to face encounters, although usually difficult after a hurt, that do the most good in the long run, even if the other party rebuffs you at the first attempt. You opened the door from your side, and it thus remains open, unless you reclose it.

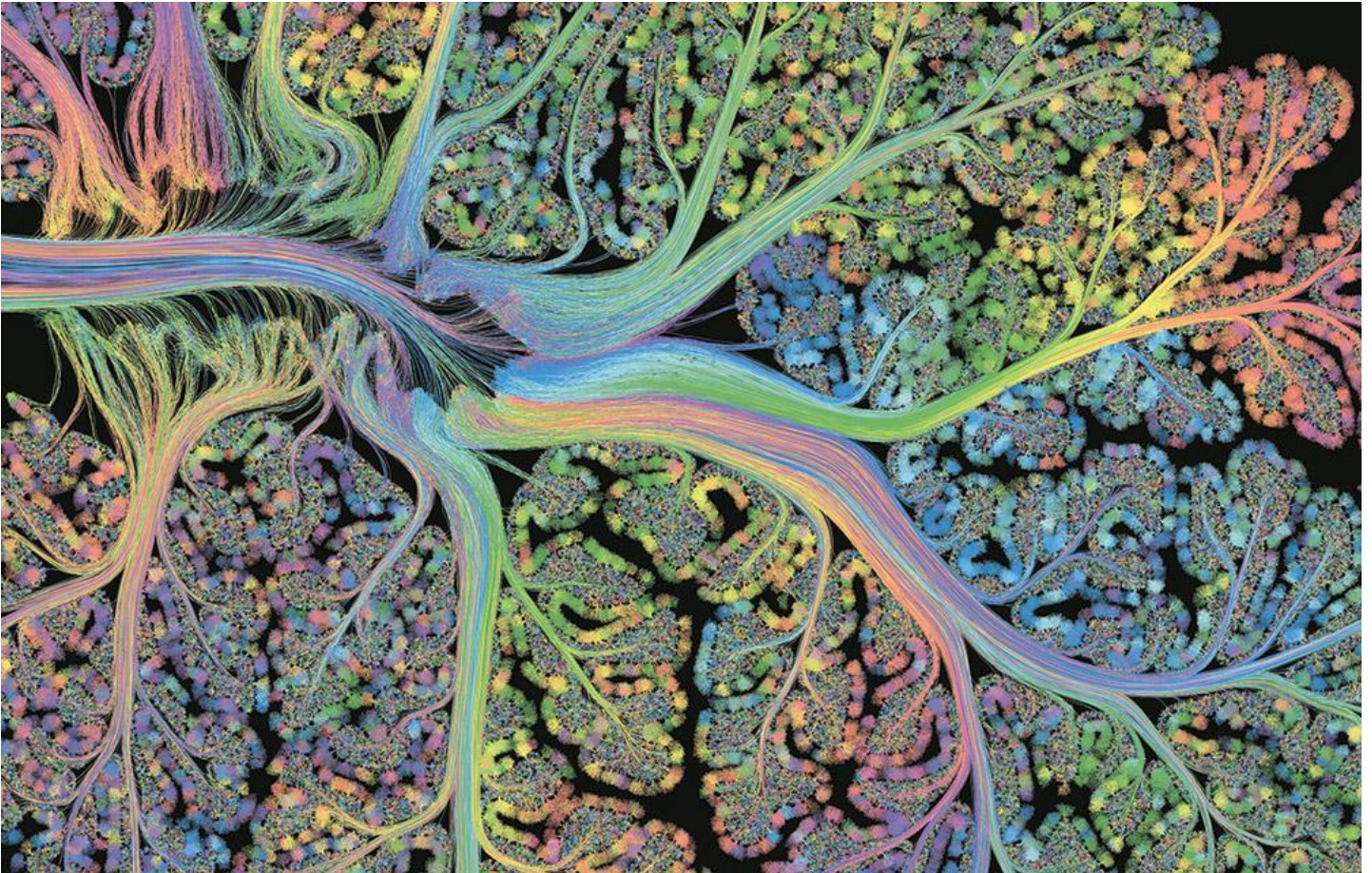
- Practice Silence for 28 minutes -

Pray: May the words of my mouth bring healing to those who need it most. Grant me a listening ear oh Lord for those I've hurt. May I always keep the door open to others. Amen.

Monday March 30th

For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like.

James 1:23-24



Self Reflected by Greg Dunn and Brian Edwards

STEP 9 - MAKING AMENDS, DOING NO HARM

WE have a myth of “total disclosure” in our culture that is not always fair or even helpful. You need to pray and discern about what the other needs to hear and also has the right to hear. What people want to hear in salacious and gossipy detail has now been fed by our media-saturated society, and our wanting to know has become our right to know. Gossip is not a right but a major obstacle to human love and spiritual wisdom.

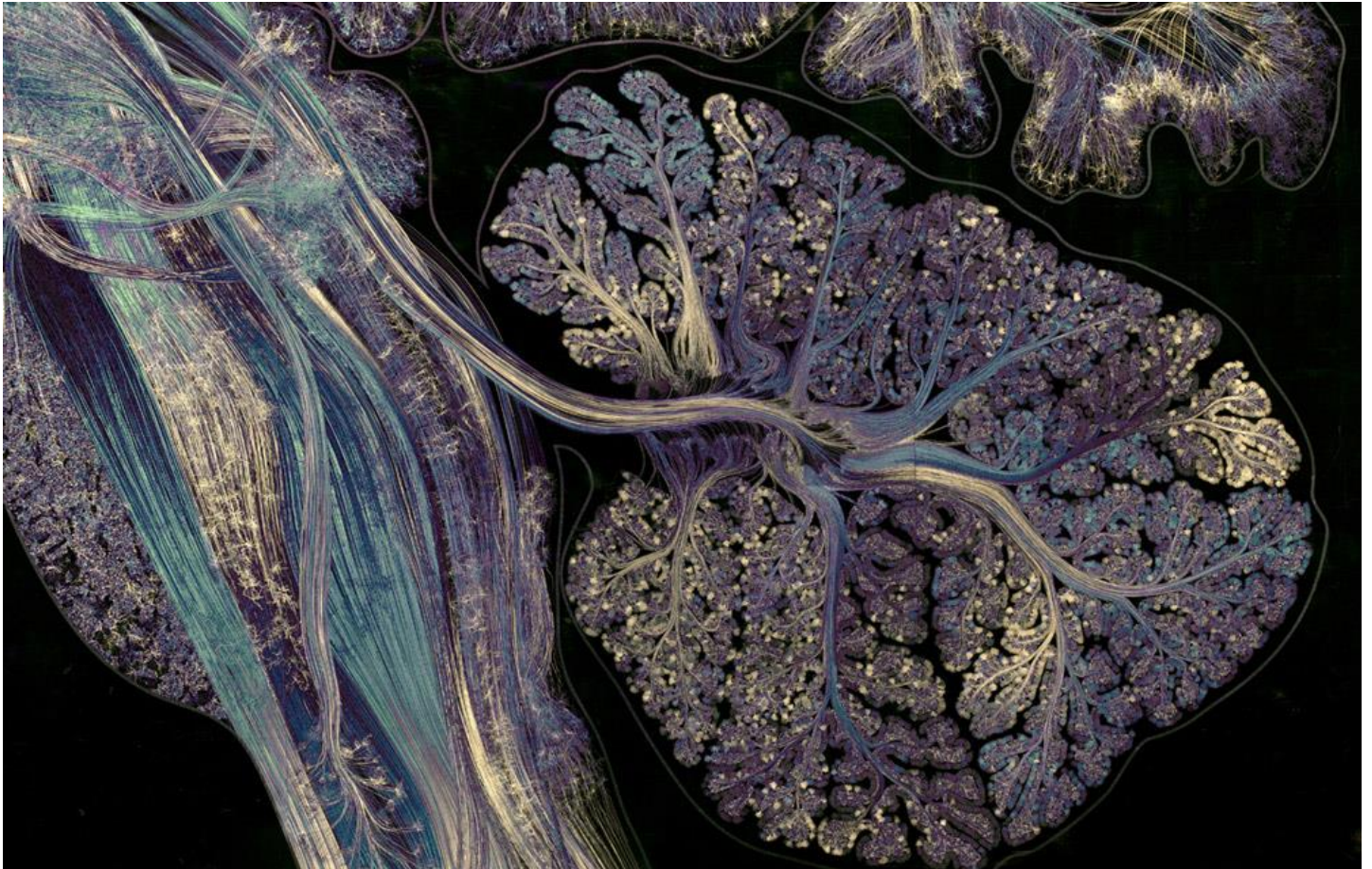
- Practice Silence for 29 minutes -

Pray: God help me avoid gossip and speak only when something needs to be said. Amen.

Tuesday March 31st

*I will get up and go to my father, and I will say to him,
“Father, I have sinned against heaven and before you;
I am no longer worthy to be called your son; treat me like one of your hired hands.”*

Luke 15:18-19



Self Reflected by Greg Dunn and Brian Edwards

STEP 9 - MAKING AMENDS, DOING NO HARM

Skillful means is not just to make amends but to make amends in ways that “do not injure others.” Truth is not just factual truth (the great mistake of fundamentalists), but a combination of both text and context, style and intent...The twelve steps are about two things: making amends and keeping us from wounding one another further.

- Practice Silence for 30 minutes -

Pray: Spirit of wisdom give me the skillful means to make amends with those I have harmed. Help me to be conscious of the context of others so that I might not cause injury. Amen.

Step 10

**Continued to take
personal inventory and
when we were wrong
promptly admitted it.**

Wednesday April 1st

But who can detect their errors? Clear me from hidden faults.

Psalm 19:12



Haish by Jacob van Loon

STEP 10 - EXAMINATION OF CONSCIOUSNESS

Many ancient peoples seemed to have lived in daily connection with the soulful level of everything -trees, air, the elements, animals, the earth itself, along with the sun, moon, and stars... Everything had "soul" and spirituality could be taken seriously and even came naturally. Most of us no longer enjoy this consciousness in our world.

- Practice Silence for 31 minutes -

Pray: Creator of all that is seen and unseen, give me eyes to reconnect to that which you have made. Wake me up to the universe by getting me outside to admire all you have made. Amen.

Thursday April 2nd

*Bless those who persecute you; bless and do not curse them.
Rejoice with those who rejoice, weep with those who weep.*

Romans 12:14-15



8th & Main by Jacob van Loon

STEP 10 - EXAMINATION OF CONSCIOUSNESS

Wisely, Step 10 does not emphasize a moral inventory, which becomes too self-absorbed and self-critical, but it speaks of a “personal inventory.” In other words, just watch yourself objectively, calmly, and compassionately. Anthony de Mello, used to say, “Awareness, awareness, awareness!”

- Practice Silence for 32 minutes -

Pray: Jesus wash me in awareness of you. Cleanse me of anything that keeps me from seeing clearly my actions, thoughts, and words. Keep me calm and compassionate Lord. Amen.

Friday April 3rd

He said to him the third time, "Simon son of John, do you love me?" Peter felt hurt because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep.

John 21:17



Pershing by Jacob van Loon

STEP 10 - EXAMINATION OF CONSCIOUSNESS

People who know who they are find it easiest to know who they aren't. Whenever we do anything stupid, cruel, evil, or destructive to ourselves or others, we are at that moment unconscious, and unconscious of our identity. Loving people, are always highly conscious people.

- Practice Silence for 33 minutes -

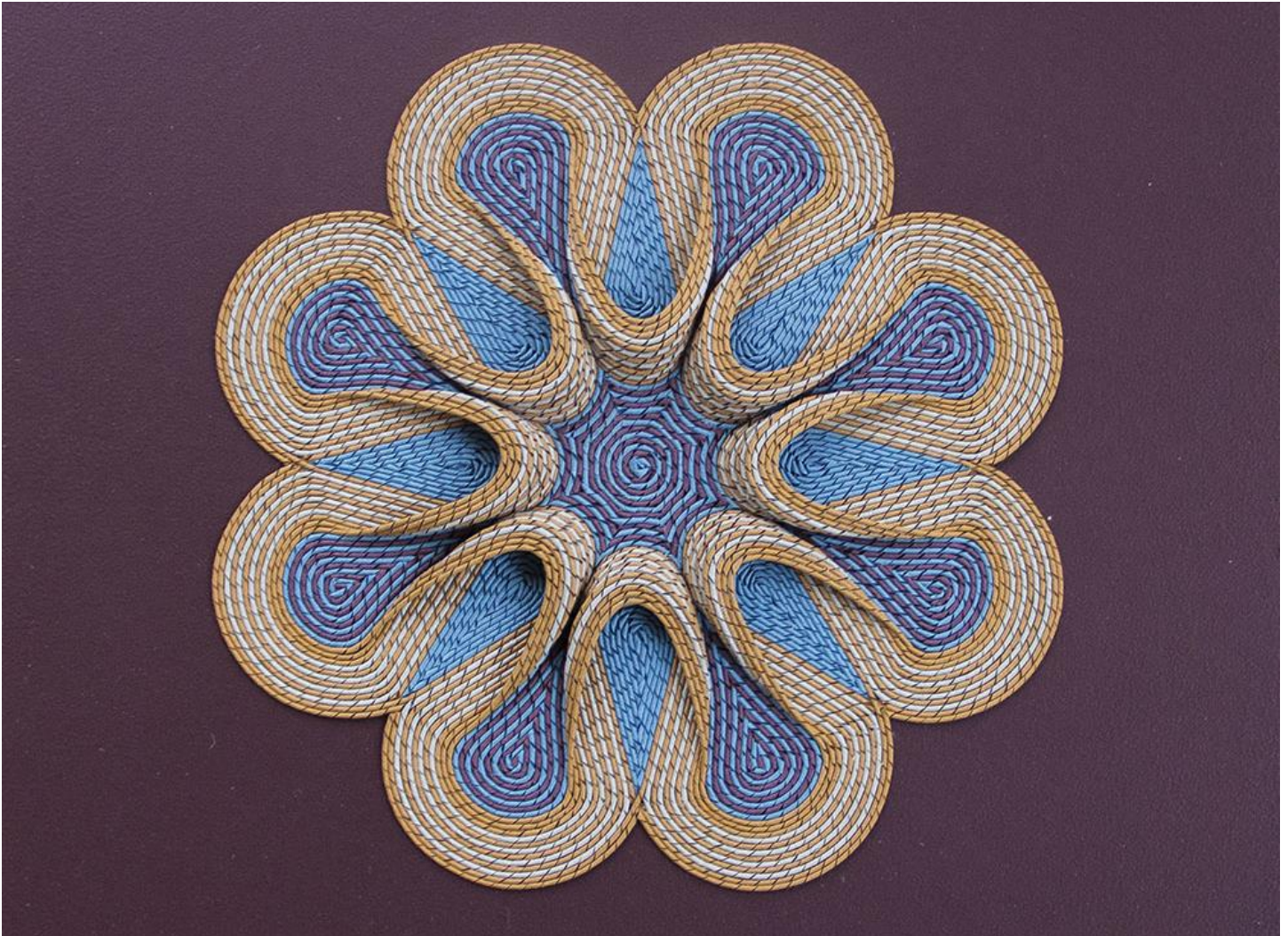
Pray: Holy Spirit I have done stupid, cruel, and destructive things. Remind me each day of who I am in you so that I might never do those things again. Wake me up to love. Amen.

Step 11

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.

Saturday April 4th

Be still, and know that I am God! – Psalm 46:10



Place for Prayer by Gunjan Aylawadi

STEP 11 - PRAYER AND MEDITATION

*The word 'prayer,' which Bill Wilson rightly juxtaposes with the word 'meditation,' is a code word for an entirely different way of processing life. When you 'pray,' you are supposed to take off one 'thinking cap' and put on another 'thinking cap' that will remove you from an egocentric perspective to a soul-centric perspective... because most people do not see things as they **are**, they see things as **they** are.*

- Practice Silence for 34 minutes -

Pray: Holy Spirit move me from a calculating mind to a contemplative mind that focuses on you and not me. Give me a wider lens through which to see the bigger picture you are painting. Help me to see things as they are and not as I am. Amen.

Monday April 6th

*You were taught to put away your former way of life, your old self, corrupt and deluded by its lusts, and to be renewed in the spirit of your minds, - **Ephesians 4:22-23***



Place for Prayer by Gunjan Aylawadi

STEP 11 - PRAYER AND MEDITATION

Only contemplative prayer or meditation invades, touches, and heals the unconscious! This is where all the garbage lies – but also where God hides and reveals. How you pray determines how you finally live. How you first live inside is how you will deal with things outside.

- Practice Silence for 35 minutes -

Pray: God help me to find that secret place inside that is quiet enough to hear your voice. May you be revealed to me so that I can take out the garbage and be transformed by you. Amen.

Tuesday April 7th

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. – Mark 1:35



Place for Prayer by Gunjan Aylawadi

STEP 11 - PRAYER AND MEDITATION

People's willingness to find God in their own struggle with life – and let it change them – is their deepest and truest obedience to God's eternal will. The heartfelt desire to do the will of God is, in fact, the truest will of God. At that point, God has won, and the ego has lost, and your prayer has already been answered.

- Practice Silence for 36 minutes -

Pray: Jesus help me watch my thoughts, for they become words. Help me watch my words for they become actions. And actions for they become habits. And my habits for they become my character. And my character because it becomes my destiny. Amen.

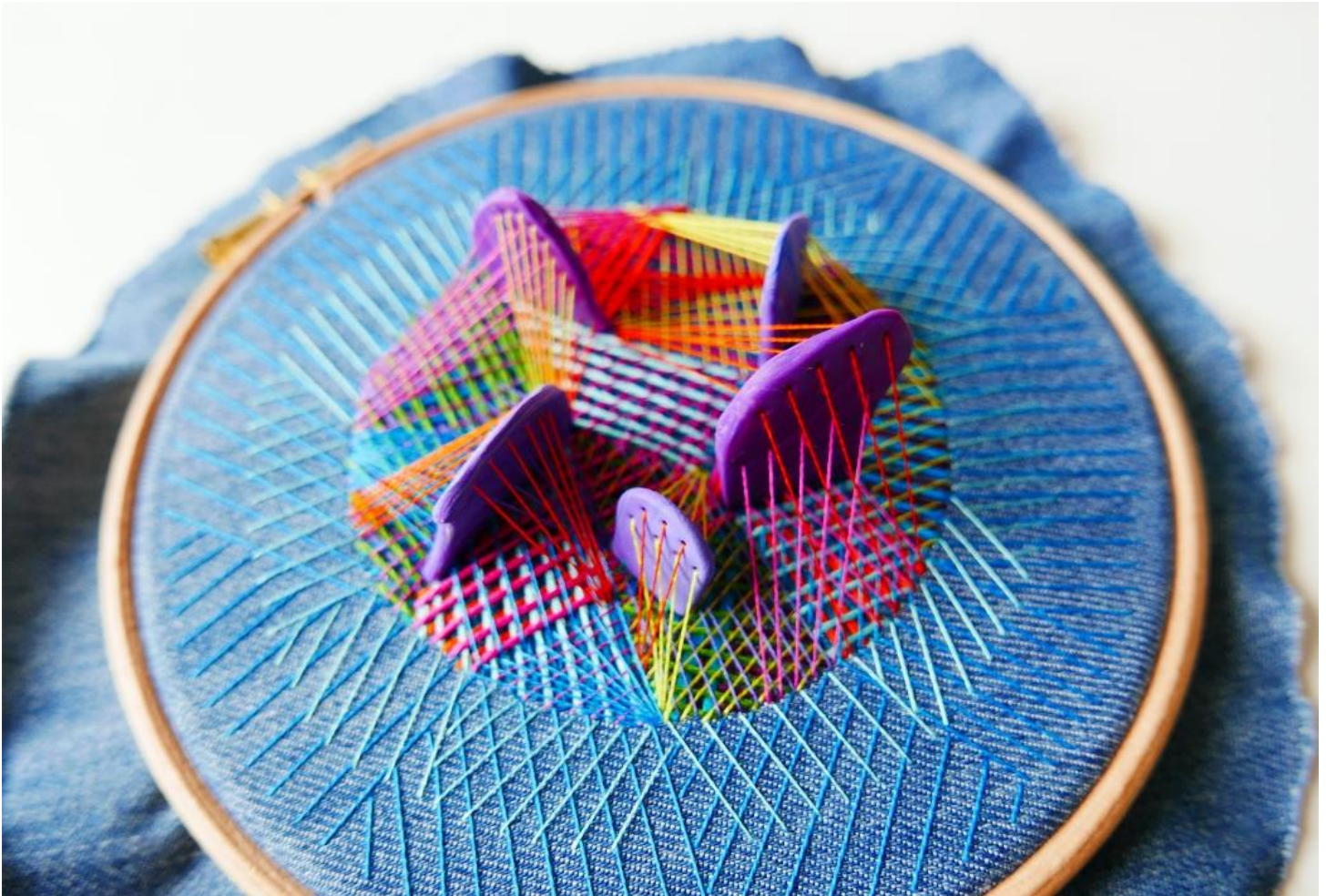
Step 12

**Having had a
spiritual awakening
as a result of these
steps, we tried to
carry this message to
alcoholics, and to
practice these
principles in
all our affairs.**

Wednesday April 8th

O Lord, by these things people live, and in all these is the life of my spirit.

Oh, restore me to health and make me live! Surely it was for my welfare that I had great bitterness; but you have held back my life from the pit of destruction, for you have cast all my sins behind your back. The living, the living, they thank you, as I do this day; fathers make known to children your faithfulness. Isaiah 38:16-17,19



Art by Justyna Wołodkiewicz

STEP 12 - CARRY THIS MESSAGE TO ALL

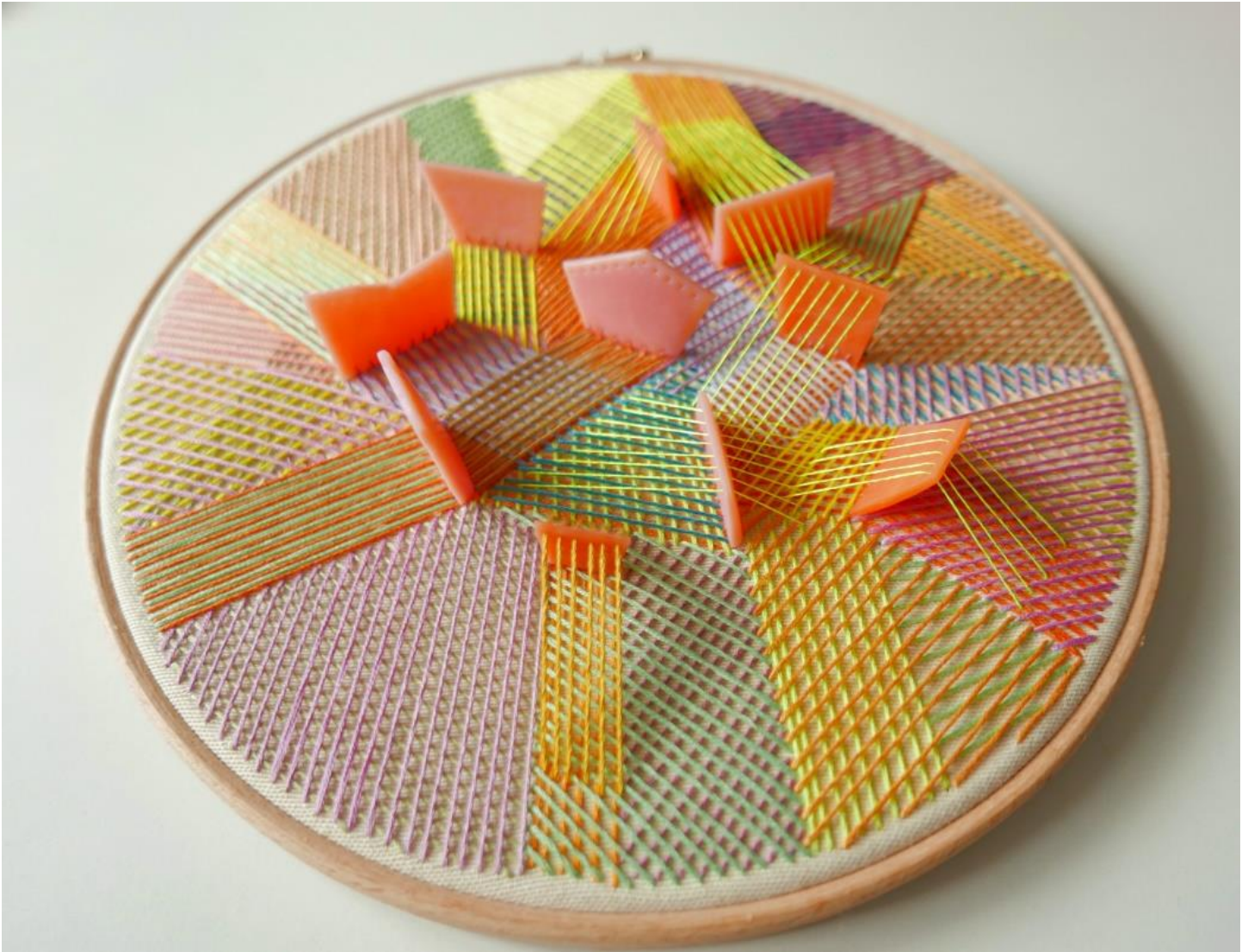
Serving others is not an option, not something we might eventually be “called” to after thirty five religious retreats and fifty years of church services; it is not something we do when we get our act together. No, we do not truly comprehend any spiritual thing until we give it away.

- Practice Silence for 37 minutes -

Pray: Jesus give me your heart to serve others so that I might give my life away. Help me turn away from my adolescent self, and outward toward you and my neighbor. Amen

Thursday April 9th

*Things that we have heard and known, that our ancestors have told us.
We will not hide them from their children; we will tell to the coming generation the glorious
deeds of the LORD, and his might, and the wonders that he has done. – Psalm 78:3-4*



Art by Justyna Wołodkiewicz

STEP 12 - CARRY THIS MESSAGE TO ALL

God could have created us already awakened... but God loves and respects freedom – to the final and full and riskiest degree. Good religion keeps God free for people and people free for God.

- Practice Silence for 38 minutes -

Pray: God I thank you for the freedom you have given me in Christ Jesus. Help me now to share that freedom by helping to set others free. Amen.

Friday April 10th

*Cure the sick, raise the dead, cleanse the lepers, cast out demons.
You received without payment; give without payment. – Matthew 10:8*



Art by Justyna Wołodkiewicz

STEP 12 - CARRY THIS MESSAGE TO ALL

Addiction emerges out of a lack of inner experience of intimacy with oneself, God, life, and the moment. many addicts tend to confuse intensity with intimacy, just as most young people do with noise, artificial highs, and overstimulation of any sort. But manufactured intensity and true intimacy are complete opposites.

- Practice Silence for 39 minutes -

Pray: Holy Spirit show me those places where I tend to choose manufactured intensity over true intimacy. Guide me past the noise, artificial highs, overstimulation, and into you. Amen.

Saturday April 11th

Jesus answered, "Those who are well have no need of a physician, but those who are sick; I have come to call not the righteous but sinners to repentance." – **Luke 5:31-32**



I Sprouted Into New Dimensions by Kaarina Kaikkonen

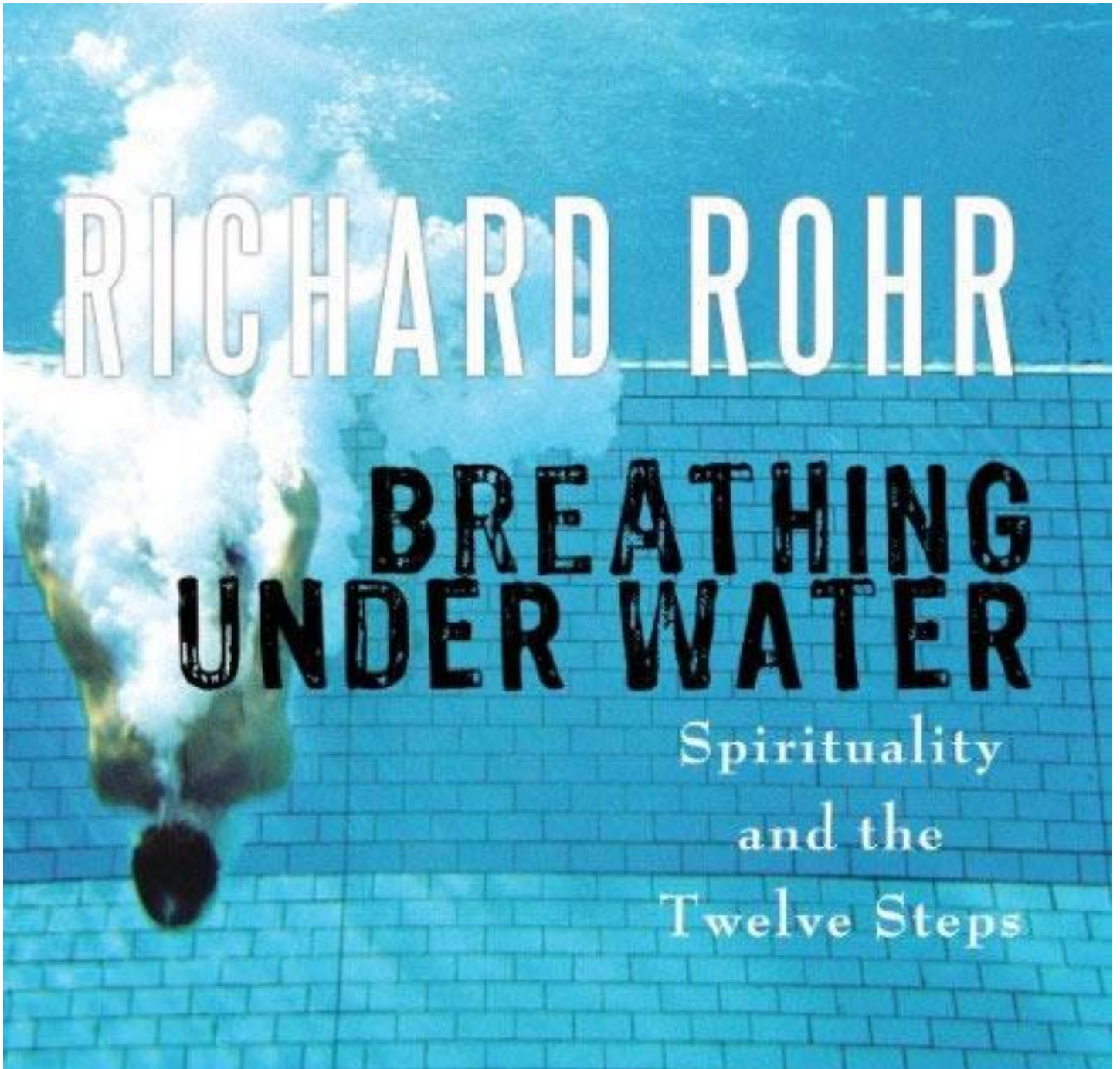
THE GOD WHO SUFFERS WITH US AND FOR US

Origen in his writing on Prayer says, "Who among those who have read the gospels does not know that Christ makes all suffering his own?"

- Practice Silence for 40 minutes -

Pray: I abandon myself into your hands, do with me what you will. Whatever you may do, I thank you; I am ready for all, I accept all. Let only your will be done in me, and in all your creatures, I wish no more than this O Lord. Amen. - Prayer by Charles De Foucauld

All Biblical Passages are from the New Revised Standard Version



All Quotes come from Richard Rohr and his book
Breathing Under Water Spirituality and the Twelve Steps.

All prayers, unless otherwise quoted, were written by Jason Fisher.