

Morning Thoughts

Upon awakening, let us think about the twenty-four hours ahead. We ask God to direct our thinking, especially asking that it be divorced from self-pity and from dishonest or self-seeking motives. Free of these, we can employ our mental faculties with assurance, for God gave us brains to use. Our thought-life will be on a higher plane when our thinking begins to be cleared of wrong motives.

If we have to determine which of two courses to take, we ask God for inspiration, an intuitive thought, or a decision. Then we relax and take it easy, and we are often surprised how the right answers come after we have tried this for a while.

We usually conclude our meditation with a prayer that we be shown all through the day what our next step is to be, asking especially for freedom from damaging self-will.

Alcoholics Anonymous, PP. 86, 87