

**12 Step Journals: Step #11**  
**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.”**

## **Step 11 Questions**

Our step work wouldn't be complete without questions that we can seek to answer as we continue to work the 12 steps of AA. Here are some Step 11 guideline questions that I have found the most useful- both in the beginning of Step 11 work and at various intervals in recovery. Please answer the following questions for your journals:

- How has my understanding of a “higher power” changed since starting my step work?
- Do I have a specific spiritual path- and how might it contribute to my recovery?
- What is the difference between a religion and spirituality?
- What have I done to explore my own spirituality?
- How do I pray? How do I meditate?
- How do I feel about praying and meditating?
- Does prayer and meditation help me put things in perspective?
- In what ways have I seen any changes in my life as a result of prayer and meditation?
- When do I notice the presence of a higher power in my life? What does it feel like?
- What am I doing to improve my conscious contact with a God of my understanding?
- What were some situations in my life where I tried to align my will with Gods? What were those results?
- Why should I pray only for the “knowledge of God’s will” for me and the “power to carry that out?”
- How am I showing my commitment to working the 11th Step in my recovery?
- Did I pray or meditate today? This week? Do I have faith that I will be given the knowledge and courage to carry out my higher powers will?

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