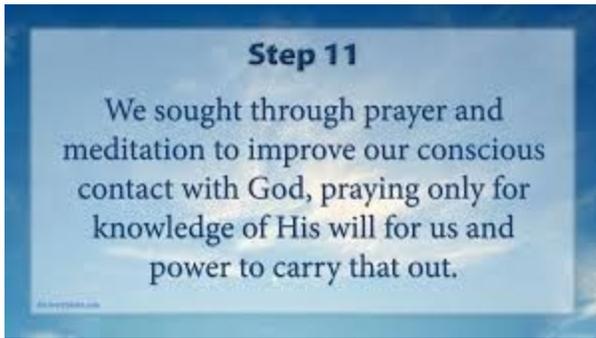


HOPE FOR RECOVERY COURSE

WEEK 11- STEP 11

Linda Larson Schlitz MS

This step is the foundation of everything I do and really everything I am. It is my relationship with God and praying for the knowledge of his will for me and the power to carry that out that began in September of 1976 and continues on to this day including writing this to and for you.



Spirituality runs through the 12 steps like a stream that we can return to the refresh our strength and sobriety which is why I call it a faucet of hope. In step One we realized we just couldn't do it and step two we embraced the idea of a higher power that was greater than we were in step three we turned our lives over to God and in step five through seven asked us to go through the work of admitting and surrendering our shortcomings so that are higher power God could cleanse us from all these character defects and give us a fresh start.

in step 11 we are going to learn the concept of mindfulness that we hear so much about these days. It truly is about our thinking process because what we think causes us to feel what we feel and what we feel leads us to do what we do. if we are thinking about drinking using eating gambling we are going to feel stress if we don't get to do that. If we think that the stress would be better if we engaged in doing those things that we're thinking about then our tendency is to do them to alleviate how we feel. You see it's a very simple process and a pretty simple solution but we have to think differently and that's where we need the power of God to remind us to do that when those crossroads and temptations come.

meditation has always been difficult for me because my mind goes so fast and in so many directions that it's hard to be quiet enough. It takes a decision and a commitment to take the time to not only pray for the knowledge of God's will but also to listen to what his will is for us. Praying isn't enough we must listen to that still Small voice to give us direction. once we have the direction of what it is we are supposed to be doing then we pray again that God gives us the strength and wisdom to carry that out. sometimes doing God's will is scary. It was scary to quit drinking. It was scary to consider giving up some of the foods that I love so much. All of these things must be surrendered.

So I have a process that if you've signed up for my daily meditations you already got my ebook on knowing God's will and how to hear him speak but more than likely you may not have read it for a while and perhaps you are not practicing what's in there. The same information is in the front of my book as well if you have that handy. If you don't you can either contact me for a signed copy or go to [amazon.com/authors/linda Larson Schlitz](http://amazon.com/authors/linda%20Larson%20Schlitz) to grab a copy. So here is the simple format that I use.

1) What step are you working on today? _____

2) What is your challenge you are working on. _____

I am including 7 of my Step 11 readings from my book so you have one for each day handy. I am also giving you a playlist of my Step 11 thoughts and some of my meditations with God down by the lake. Just click here [MEDITATION MINUTES](#)

#11

TOO MANY CHOICES

STEP 11- Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of God's will for us and the power to carry that out.

CHALLENGE

Whether it is choosing a store, a restaurant, a job, a gadget or a vitamin, life is full of choices. Maybe it is a choice to take or not take a drug, a drink, watch television, speed down the street or have a fling with someone that you know is not a long term fit for you, our choices ALWAYS lead to consequences. Are we taking the time and making the effort to find out and do God's plan for us so we can avoid making bad choices that will lead to uncomfortable and even deadly consequences?

HOPE

Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. Proverbs 3:5-6

PRAYER

God, help me today to truly listen to You when You are trying to direct me, moment by moment, to do what You desire of me.

SPEAK TO ME GOD

My Child,

I am always available to direct your path but you must not only ask for My direction you must listen to My voice and then do as you are told. I will give you the desires of your heart, peace, serenity, prosperity enough to meet your needs and the hope for the future if you only follow My plan for your life. Today is a new start as is every moment of every day. Take advantage of My power to lead you and give you the strength to make the right choices and reap the benefits of them according to My will for you.

RESPONSE

God, today I will begin again to access Your power and direction for my future!

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WHERE ARE YOU GOD?

STEP 11- "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of God's will for us and the power to carry that out."

CHALLENGE

We wake up confused, frustrated and overwhelmed with life. We wonder where God is and why we are struggling so much. Does He not hear us? Does He not care? But then we hear that still small voice suggesting that maybe, just maybe we haven't really put that much effort into finding the peace that God offers when we are in His presence, Am I taking the time every day to find Him amidst my daily business?

HOPE

If you look for me wholeheartedly, you will find me. Jeremiah 29:13

PRAYER

God, there are days when I feel like I am in a dense forest and I can't find You amidst the thickets. I know You are calling for me to reveal yourself but I seem too distracted by everything around me. Help me to focus wholly on Your voice that is calling out to me. Help me to find You.

SPEAK TO ME GOD

My Child,

I am always waiting, patiently for you to take time for me. I have never left you or forsaken you and I never will. My love for you endures and longs for you to want to know what My plan is for you. I will guide you in the path that you should go if you will only take the time to be with Me and listen to My voice. I wait here with loving open arms to bring you the peace you seek and the direction to bring you joyful contentment. It is up to you to find Me.

RESPONSE

God, I will wait no longer to hear your voice.

#35

HOW TO STAY IN GOD'S PRESENCE

STEP 11- Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of God's will for us and the power to carry that out.

CHALLENGE

We are a wandering people that has great difficulty being still. To stay in God's presence means that we must fully engage our hearts and minds in surrender to the unseen in order to gain the strength to let go of our own ineffective ways of living life apart from God. First, we must choose to believe that He is there. Then we must choose to acknowledge His presence and then choose to not be led astray so we can remain in His all consuming and overcoming power and love. Have we chosen to be in God's presence?

HOPE

"Search for the Lord and for his strength; continually seek him." 1 Chronicles 16:11

PRAYER

God, it is so easy to stray from your presence and the power that is there when I am with you. Give me the strength and the courage to let go of my own way of doing things to rest in the assurance you promised that you can do all things in and through me.

SPEAK TO ME GOD

My Child,

How I long to spend time with you and have you in the shelter of My arms. How I wait for you to let go of the cares of this world to rest in the hope of My presence. I can do all things like I have promised but you must let go of your own ways and abide in Me. Let Me cover you and shelter you and strengthen you so you can rest. Just rest my child. I have it all under control.

RESPONSE

God I surrender. Please stay with me.

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SQUIRREL! WHY CAN'T I FOCUS?

STEP 11- "Sought through prayer and meditation to improve our conscious contact with God as we Him, praying only for knowledge of His will for us and the power to carry that out."

CHALLENGE

How many times have we set out to do something and have been distracted by a shiny object, a facebook post, a phone call, that 2 for 1 candy bar deal or that tower of booze or a squirrel? Distractions take us off track to our goals of being healthy, productive, successful and happy because they undermine our serenity. Am I focused on what's important today or am I a flitting around like a hungry fish willing to bite on that shiny object that ultimately becomes the death of him?

HOPE

"Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit." Romans 8:5.

PRAYER

God, today is a new day with the opportunity to get one step closer to the abundant life You have promised me in John 10:10. Help me to stay focused on what it is You have called me to do today that I might have the peace You offer and be the example You want me to be.

SPEAK TO ME GOD

My Child

There will always be distractions to lead you astray, but you are not of this world. I have given you a new life that can be managed by My miraculous Spirit that gives you the ability to resist the temptations of this world. My Word is your key to success and the way of salvation from the enemy's wiles to distract you and lead you away from My plan for your life. My plan is the way of peace and prosperity, so just rest in the path I have for you, for My way is easy if you allow Me to walk with you along life's journey to eternity. You are loved.

RESPONSE

God, today I will stay focused on You and Your perfect plan for me.

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ACCEPT IT OR CHANGE IT-IT'S YOUR CHOICE

STEP 11- "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of God's will for us and the power to carry that out."

CHALLENGE

All our emotional troubles in life transpire when things don't go our way. We set ourselves up for stress, hurt, anger and discontent when we have a plan and it doesn't pan out as we had hoped. We ask why, we get mad and we waste a great deal of time in a tizzy over the if only's the could have's, should have's and why didn't you's. If God is in control of our lives and we are maintaining conscious contact with Him then why are we at such unrest? Am I ready to practice the Serenity Prayer and "accept the things I cannot change, change the things I can and pray for wisdom to know the difference?"

HOPE

"And we know that God causes everything to work together[a] for the good of those who love God and are called according to his purpose for them." Romans 8:28

PRAYER

God it is so easy to blame everyone else for my failures and disappointments but it boils down to me doing what You have asked. You promised to give me wisdom if I asked but even when You do I don't use it. Help me God to pray for the wisdom to know what to accept, what to change and then give me the power to carry that out!

SPEAK TO ME GOD

My Child,

You have heard it said, "In the world you will have tribulation, but I have overcome the world." It is true. I have already done all that I can do is to give you the peace and contentment that you seek. All you have to do is accept it. You can't work your way into it. It is a free gift. You just need to decide. When you finally decide to accept My grace and cease striving from all of your own efforts you will have the wisdom and power to do all that I have asked of you. Stay close to Me moment by moment and there will be no need to be confused about what to do next. My love will sustain you.

RESPONSE- God, today I will spend time listening to you so my day will go according to your plan, not mine.

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TOO MUCH ON YOUR TO DO LIST?

STEP 11- Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of God's will for us and the power to carry that out.

CHALLENGE

Have you ever been frustrated because some things NEVER get off your list? Maybe it is cleaning the closet or losing weight. Perhaps it is making amends to someone, write a book or get a job you love. The problem with lists is that sometimes we have things on our list that don't belong there. It isn't God's plan for us to have an insurmountable list of things to do. It is His will for us to be at peace and have joy, so others would desire what we have. The 1st thing on our list should be to maintain constant communion with God because only then will everything else fall into place. Do I have my list priorities straight?

PROMISE

Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control. PRAYER

God I need a "listectomy." A procedure that ensures that I only have YOUR things on my list that will move forward Your purpose in my life so I might have the farthest reach and the best chance of helping YYou change the world.

SPEAK TO ME GOD

My child, I have never asked you to do anything that is beyond your ability, but you have failed to use the tools I have given you to succeed. The Holy Spirit will speak to you, My Word will guide you and My Son will remind you of the grace that I have bestowed on you, aware that you are not perfect but you are forgiven when you get off track. Today, right now, turn it over and let Me lead you in the way you should go, for then you will know the peace that passes all understanding.

RESPONSE

God, today I will give you my whole list and let You help me write the one you want me to write.

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PROBLEM-TOXIC THOUGHTS

STEP 11- Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of God's will for us and the power to carry that out.

CHALLENGE

Anxiety, depression, hurt, anger, fear and every other emotion that we have comes from our thoughts. Thoughts bring feelings and feelings bring action. When we do not hold our negative thoughts captive and change them into a positive force that moves us past the negative, they eventually will destroy us and all that matters to us. Am I aware of my toxic thoughts and the damage that they are bringing to my life and my serenity?

HOPE

...and now nothing they have imagined they can do will be impossible for them." -Genesis 11:6 (AMP)

PRAYER

God, I know that my thoughts have held me back in my relationships, my career, my family and all the rest of my life. I react to my negative thinking in ways that are harmful to me and others. Please help me to fight the battle of negative thoughts and emotions that I may accomplish those things that I have only imagined in the past.

SPEAK TO ME GOD

My Child,

You can do nothing apart from Me. I am your armor against the enemy and only I and My Word can fill your mind and heart with goodness. I created you for a purpose and I have brought people into your life for a reason and it is my intention that you treat them as I have treated you. It is my intention that you are fruitful, and multiply and that you are well taken care of. That can only happen if you let me into your life to teach you how to live My way. Today is a new day of wholeness and newness of life. Walk in it rejoicing for I have overcome the world, and your thoughts. You are loved.

RESPONSE God, send me. I am ready.