

## Arizona Step Study Step Eleven Assignments

*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.*

### Do these four assignments in Week One if you can:

- Define all the words in Step Eleven.
- Read all the literature you have on Step Eleven, including the COSA Step Eleven booklet.
- Answer questions in COSA's Step Eleven booklet.
- Set aside a time each day to build your relationship with HP. Putting it in your schedule can make a big difference.

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### Continue with your Step Eleven work ... for the rest of your life:

- Try at least three different types of prayer and/or meditation in the next few weeks. If one works particularly well for you, continue it on a regular basis.
- Write about God as you understand God today. Compare that with your work in the Second Step to see how your understanding of God has evolved.
- Some possible forms of prayer:
  - Silent prayer
  - Memorized prayers
  - Praying aloud
  - Group prayer- praying with others
  - Conversation with God
  - Journaling prayer- writing to God
  - Listening to music that speaks to you spiritually. Try songs or hymns
- Some possible forms of meditation:
  - Silent meditation, trying to keep your mind still
  - Silent meditation, focusing on one spiritual idea
  - Walking meditation
  - Mindfulness meditation (being very aware of all your surroundings)

- Nine Minute Meditation: three minutes of writing, followed by three minutes of silence, then three more minutes of writing
- Breathing exercise- Breathing God's love in
- Start a gratitude list recognizing the blessings that happens when you spend the time to improve your conscience contact with HP.
- Write about times you have taken action based on your will rather than seeking God's will.
- Celebrate your successes. Remember that an attempt at prayer or meditation is a success- whether you get the desired results or not.

**Some tools to remember when working Step Eleven:**

- We are improving our conscience contact with God so where ever you are it is okay it is about improvement not perfection.
- This step is about spirituality and a personal relationship with your Higher Power. If you have issues with a religion just focus on your personal relationship with your Higher Power, as you understand your Higher Power today.