

MAR 01—AA Thought for the Day

When I find myself thinking about taking a drink, I say to myself: “Don’t reach out and take that problem back. You’ve given it to God and there’s nothing you can do about it.” So I forget about the drink. One of the most important parts of the AA program is to give our drinking problem to God honestly and fully, and never to reach out and take the problem back to ourselves. If we let God have it and keep it for good and then cooperate with Him, we’ll stay sober. Have I determined not to take the drinking problem back to myself?

Meditation for the Day

Constant effort is necessary if I am to grow spiritually and develop my spiritual life. I must keep the spiritual rules persistently, perseveringly, lovingly, patiently, and hopefully. By keeping them, every mountain of difficulty shall be laid low, the rough places of poverty of spirit shall be made smooth, and all who know me shall know that God is the Lord of all my ways. To get close to the spirit of God is to find life and healing and strength.

Prayer for the Day

I pray that God’s spirit may be everything to my soul. I pray that God’s spirit may grow within me.

MAR 02 —AA Thought for the Day

Over a period of drinking years, we’ve proved to ourselves and to everybody else that we can’t stop drinking by our own willpower. We have been proved helpless before the power of alcohol. So the only way we could stop drinking was by turning to a Power greater than ourselves. We call that Power God. The time that you really get this program is when you get down on your knees and surrender yourself to God, as you understand Him. Surrender means putting your life into God’s hands. Have I made a promise to God that I will try to live the way He wants me to live?

Meditation for the Day

Spirit-power comes from communication with God in prayer and times of quiet meditation. I must constantly seek spirit-communication with God. This is a matter directly between me and God. Those who seek it through the medium of the church do not always get the joy and the wonder of spirit-communication with God. From this communication comes life, joy, peace, and healing. Many people do not realize the power that can come to them from direct spirit-communication.

Prayer for the Day

I pray that I may feel that God’s power is mine. I pray that I may be able to face anything through that power.

MAR 03—AA Thought for the Day

After we’ve made a surrender, the drinking problem is out of our hands and in the hands of God. The thing we have to do is to be sure that we never reach out and take the problem back into our own

hands. Leave it in God's hands. Whenever I'm tempted to take a drink, I must say to myself: "I can't do that. I've made a bargain with God not to drink. I know God doesn't want me to drink and so I won't do it." At the same time I say a little prayer to God for the strength needed to keep the bargain with Him. Am I going to keep my bargain with God?

Meditation for the Day

I will try to grow in this new life. I will think of spiritual things often, and unconsciously, I will grow. The nearer I get to the new life, the more I will see my unfitness. My sense of failure is a sure sign that I am growing in the new life. It is only struggle that hurts. In sloth—physical, mental, or spiritual—there is no sense of failure or discomfort. With struggle and effort, I am conscious not of strength but of weakness until I am really living the new life. But in the struggle, I can always rely on the power of God to help me.

Prayer for the Day

I pray that I may see signs of my growth in the new life. I pray that I may always keep trying to grow.

MAR 04—AA Thought for the Day

Having surrendered our lives to God and put our drinking problem in His hands doesn't mean that we'll never be tempted to drink. So we must build up strength for the time when temptation will come. In this quiet time, we read and pray and get our minds in the right mood for the day. Starting the day right is a great help in keeping sober. As the days go by and we get used to the sober life, it gets easier and easier. We begin to develop a deep gratitude to God for saving us from that old life. And we begin to enjoy peace and serenity and quiet happiness. Am I trying to live the way God wants me to live?

Meditation for the Day

The elimination of selfishness is the key to happiness and can only be accomplished with God's help. We start out with a spark of the Divine Spirit but a large amount of selfishness. As we grow and come in contact with other people, we can take one of two paths. We can become more and more selfish and practically extinguish the Divine Spark within us, or we can become more unselfish and develop our spirituality until it becomes the most important thing in our lives.

Prayer for the Day

I pray that I may grow more and more unselfish, honest, pure, and loving. I pray that I may take the right path every day.

MAR 05—AA Thought for the Day

Sometimes we try too hard to get this program. It is better to relax and accept it. It will be given to us, with no effort on our part, if we stop trying too hard to get it. Sobriety can be a free gift of God, which He gives us by His grace when He knows we are ready for it. But we have to be ready. Then we must

relax, take it easy, and accept the gift with gratitude and humility. We must put ourselves in God's hands. We must say to God: "Here am I and here are all my troubles. I've made a mess of things and can't do anything about it. You take me and all my troubles and do anything you want with me." Do I believe that the grace of God can do for me what I could never do for myself?

Meditation for the Day

Fear is the curse of the world. Many are our fears. Fear is everywhere. I must fight fear as I would a plague. I must turn it out of my life. There is no room for fear in the heart in which God dwells. Fear cannot exist where true love is or where faith abides. So I must have no fear. Fear is evil, but "perfect love casteth out all fear." Fear destroys hope, and hope is necessary for all of humanity.

Prayer for the Day

I pray that I may have no fear. I pray that I may cast all fear out of my life.

MAR 66—AA Thought for the Day

In AA we must surrender, give up, admit that we're helpless. We surrender our lives to God and ask Him for help. When He knows that we're ready, He gives us by His grace the free gift of sobriety. And we can't take any credit for having stopped drinking, because we didn't do it by our own willpower. There's no place for pride or boasting. We can only be grateful to God for doing for us what we could never do for ourselves. Do I believe that God has made me a free gift of the strength to stay sober?

Meditation for the Day

I must work for God, with God, and through God's help. By helping to bring about a true fellowship of human beings, I am working for God. I am also working with God because this is the way God works, and He is with me when I am doing such work. I cannot do good work, however, without God's help. In the final analysis, it is through the grace of God that any real change in human personality takes place. I have to rely on God's power, and anything I accomplish is through His help.

Prayer for the Day

I pray that I may work for God and with God. I pray that I may be used to change human personalities through God's help.

MAR 07—AA Thought for the Day

There are two important things we have to do if we want to get sober and stay sober. First, having admitted that we're helpless before alcohol, we have to turn our alcoholic problem over to God and trust Him to take care of it for us. This means asking Him every morning for the strength to stay sober that day and thanking Him every night. It means really leaving the problem in God's hands and not reaching out and taking the problem back to ourselves. Second, having given our drinking problem to God, we must cooperate with Him by doing something about it ourselves. Am I doing these two things?

Meditation for the Day

I must prepare myself by doing each day what I can to develop spiritually and to help others to do so. God tests me and trains me and bends me to His will. If I am not properly trained, I cannot meet the test when it comes. I must want God's will for me above all else. I must not expect to have what I am not prepared for. This preparation consists of quiet communion with God every day and gradually gaining the strength I need.

Prayer for the Day

I pray that I may really try to do God's will in all my affairs. I pray that I may do all I can to help others find God's will for them.

MAR 08—AA Thought for the Day

We must go to AA meetings regularly. We must learn to think differently. We must change from alcoholic thinking to sober thinking. We must re-educate our minds. We must try to help other alcoholics. We must cooperate with God by spending at least as much time and energy on the AA program as we did on drinking. We must follow the AA program to the best of our ability. Have I turned my alcoholic problem over to God and am I cooperating with Him?

Meditation for the Day

The joy of true fellowship shall be mine in full measure. I will revel in the joy of real fellowship. There will come back a wonderful joy, if I share in fellowship now. Fellowship among spiritually minded people is the embodiment of God's purpose for this world. To realize this will bring me a new life-joy. If I share in humanity's joy and travails, a great blessing will be mine. I can truly live a life not of earth, but a heaven—life here and now.

Prayer for the Day

I pray that I may be helped and healed by true spiritual fellowship. I pray that I may sense His presence in spiritual fellowship with His children.

MAR 09—AA Thought for the Day

If we had absolute faith in the power of God to keep us from drinking and if we turned our drinking problem entirely over to God without reservations, we wouldn't have to do anything more about it. We'd be free from drink once and for all. But since our faith is apt to be weak, we have to strengthen and build up this faith. We do this in several ways. One way is by going to meetings and listening to others tell how they have found all the strength they need to overcome drink. Is my faith being strengthened by this personal witness of other alcoholics?

Meditation for the Day

It is the quality of my life that determines its value. In order to judge the value of a person's life, we must set up a standard. The most valuable life is one of honesty, purity, unselfishness, and love. All

people's lives ought to be judged by this standard in determining their value to the world. By this standard, most of the so-called heroes of history were not great humans. "What shall it profit a man if he shall gain the whole world, and lose his own soul?"

Prayer for the Day

I pray that I may be honest, pure, unselfish, and loving. I pray that I may make the quality of my life good by these standards.

MAR 10—AA Thought for the Day

We also strengthen our faith by working with other alcoholics and finding that we can do nothing ourselves to help them, except to tell them our own story of how we found the way out. If the other person is helped, it's by the grace of God and not by what we do or say. Our own faith is strengthened when we see another alcoholic find sobriety by turning to God. And finally we strengthen our faith by having quiet times every morning. Do I ask God in this quiet time for the strength to stay sober this day?

Meditation for the Day

My five senses are my means of communication with the material world. They are the links between my physical life and the material manifestations around me. But I must sever all connections with the material world when I wish to hold communion with the Great Spirit of the universe. I have to hush my mind and bid all my senses be still, before I can become attuned to receive the music of the heavenly spheres.

Prayer for the Day

I pray that I may get my spirit in tune with the Spirit of the universe. pray that through faith and communion with Him I may receive the strength I need.

MAR 11—AA Thought for the Day

By having quiet times each morning, we come to depend on God's help during the day, especially if we should be tempted to take a drink. And we can honestly thank Him each night for the strength He has given us. So our faith is strengthened by these quiet times of prayer. By listening to other members, by working with other alcoholics, by times of quiet meditation, our faith in God gradually becomes strong. Have I turned my drinking problem entirely over to God, without reservations?

Meditation for the Day

It seems as though, when God wants to express to us what He is like, He makes a very beautiful character. Think of a personality as God's expression of character attributes. Be as fit an expression of God-like character as you can. When the beauty of a person's character is impressed upon us, it leaves an image which in turn reflects through our own actions. So look for beauty of character in those around you.

Prayer for the Day

I pray that I may look at great souls until their beauty of character becomes a part of my soul. I pray that I may reflect this character in my own life.

MAR 12—AA Thought for the Day

The prodigal son “took his journey into a far country and wasted his substance with riotous living.” That’s what we alcoholics do. We waste our substance with riotous living. “When he came to himself, he said: ‘I will arise and go to my father.’” That’s what you do in AA. You come to yourself. Your alcoholic self is not your real self. Your sane, sober, respectable self is your real self. That’s why we alcoholics are so happy in AA. Have I come to myself?

Meditation for the Day

Simplicity is the keynote of a good life. Choose the simple things always. Life can become complicated if you let it be so. You can be swamped by difficulties if you let them take up too much of your time. Every difficulty can be either solved or ignored and something better substituted for it. Love the humble things of life. Revere the simple things. Your standard must never be the world’s standard of wealth and power.

Prayer for the Day

I pray that I may love the simple things of life. I pray that I may keep my life uncomplicated and free.

MAR 13—AA Thought for the Day

We’ve gotten rid of our false, drinking selves and found our real, sober selves. And we turn to God, our Father, for help, just as the prodigal son arose and went to his father. At the end of the story, the father of the prodigal son says: “He was dead and is alive again, he was lost and is found.” We alcoholics who have found sobriety in AA were certainly dead and are alive again. We were lost and are found. Am I alive again?

Meditation for the Day

Gently breathe in God’s spirit, that spirit which, if not barred out by selfishness, will enable you to do good works. This means rather that God will be enabled to do good works through you. You can become a channel for God’s spirit to flow through you and into the lives of others. The works that you can do will only be limited by your spiritual development. Let your spirit be in harmony with God’s spirit and there is no limit to what you can do in the realm of human relationships.

Prayer for the Day

I pray that I may become a channel for God’s spirit. I pray that God’s spirit may flow through me into the lives of others.

MAR 14—AA Thought for the Day

Can I get well? If I mean, “Can I ever drink normally again?” the answer is no. But if I mean, “Can I stay sober?” the answer is definitely yes. I can get well by turning my drinking problem over to a Power greater than myself, that Divine Principle in the universe which we call God, and by asking that Power each morning to give me the strength to stay sober for the next twentyfour hours. I know from the experience of thousands of people that if I honestly want to get well, I can get well. Am I faithfully following the AA program?

Meditation for the Day

Persevere in all that God’s guidance moves you to do. The persistent carrying out of what seems right and good will bring you to that place where you would be. If you look back over God’s guidance, you will see that His leading has been very gradual and that only as you have carried out His wishes, as far as you can understand them, has God been able to give you more clear and definite leading. You are led by God’s touch on a quickened, responsive mind.

Prayer for the Day

I pray that I may persevere in doing what seems right. I pray that I may carry out all of God’s leading, as far as I can understand it.

MAR 15—AA Thought for the Day

We alcoholics were on a merry-go-round, going round and round, and we couldn’t get off. That merry-go-round is a kind of hell on earth. In AA I got off that merry-go-round by learning to stay sober. I pray to my Higher Power every morning to help me keep sober. And I get the strength from that Power to do what I could never do with my own strength. I do not doubt the existence of that Power. We’re not speaking into a vacuum when we pray. That Power is there, if we will use it. Am I off the merry-go-round of drinking for good?

Meditation for the Day

I must remember that in spiritual matters I am only an instrument. It is not mine to decide how or when I am to act. God plans all spiritual matters. It is up to me to make myself fit to do God’s work. All that hinders my spiritual activity must be eliminated. I can depend on God for all the strength I need to overcome those faults that are blocks. I must keep myself fit, so that God can use me as a channel for His spirit.

Prayer for the Day

I pray that my selfishness may not hinder my progress in spiritual matters. I pray that I may be a good instrument for God to work with.

MAR 16—AA Thought for the Day

Before we decide to quit drinking, most of us have to come up against a blank wall. We see that we're licked, that we have to quit. But we don't know which way to turn for help. There seems to be no door in that blank wall. AA opens the door that leads to sobriety. By encouraging us to honestly admit that we're alcoholics and to realize that we can't take even one drink, and by showing us which way to turn for help, AA opens the door in that blank wall. Have I gone through that door to sobriety?

Meditation for the Day

I must have a singleness of purpose to do my part in God's work. I must not let material distractions interfere with my job of improving personal relationships. It is easy to become distracted by material affairs, so that I lose my singleness of purpose. I do not have time to be concerned about the multifarious concerns of the world. I must concentrate and specialize on what I can do best.

Prayer for the Day

I pray that I may not become distracted by material affairs. I pray that I may concentrate on doing what I can do best.

MAR 17—AA Thought for the Day

AA also helps us to hang on to sobriety. By having regular meetings so that we can associate with other alcoholics who have come through that same door in the wall, by encouraging us to tell the story of our own sad experiences with alcohol, and by showing us how to help other alcoholics, AA keeps us sober. Our attitude toward life changes from one of pride and selfishness to one of humility and gratitude. Am I going to step back through that door in the wall to my old helpless, hopeless, drunken life?

Meditation for the Day

Withdraw into the calm of communion with God. Rest in that calm and peace. When the soul finds its home of rest in God, then real life begins. Only when you are calm and serene can you do good work. Emotional upsets make you useless. The eternal life is calmness, and when you enter into that, then you live as an eternal being. Calmness is based on complete trust in God. Nothing in this world can separate you from the love of God.

Prayer for the Day

I pray that I may wear the world like a loose garment. I pray that I may keep serene at the center of my being.

MAR 18—AA Thought for the Day

When we alcoholics first come into AA and we face the fact that we must spend the rest of our life without liquor, it often seems like an impossibility to us. So AA tells us to forget about the future and take it one day at a time. All we really have is now. We have no past time and no future time. As the saying goes: "Yesterday is gone, forget it; tomorrow never comes, don't worry; today is here, get

busy.” All we have is the present. The past is gone forever and the future never comes. When tomorrow gets here, it will be today. Am I living one day at a time?

Meditation for the Day

Persistence is necessary if you are to advance in spiritual things. By persistent prayer—persistent, firm, and simple trust—you achieve the treasures of the spirit. By persistent practice, you can eventually obtain joy, peace, assurance, security, health, happiness, and serenity. Nothing is too great in the spiritual realm for you to obtain, if you persistently prepare yourself for it.

Prayer for the Day

I pray that I may persistently carry out my spiritual exercises every day. I pray that I may strive for peace and serenity.

MAR 19—AA Thought for the Day

When we were drinking, we used to be ashamed of the past. Remorse is terrible mental punishment: ashamed of ourselves for the things we’ve said and done, afraid to face people because of what they might think of us, afraid of the consequences of what we did when we were drunk. In AA we forget about the past. Do I believe that God has forgiven me for everything I’ve done in the past, no matter how horrible it was, provided I’m honestly trying to do the right thing today?

Meditation for the Day

God’s spirit is all around you all day long. You have no thoughts, no plans, no impulses, no emotions that He does not know about. You can hide nothing from Him. Do not make your conduct conform only to that of the world and do not depend on the approval or disapproval of others. God sees in secret, but He rewards openly. If you are in harmony with the Divine Spirit, doing your best to live the way you believe God wants you to live, you will be at peace.

Prayer for the Day

I pray that I may always feel God’s presence. I pray that I may realize this Presence constantly all through the day.

MAR 20—AA Thought for the Day

When we were drinking, we used to worry about the future. Worry is terrible mental punishment. What’s going to become of me? Where will I end up? In the gutter or the sanitarium? We can see ourselves slipping, getting worse and worse, and we wonder what the finish will be. Sometimes we get so discouraged in thinking about the future that we toy with the idea of suicide. In AA, have I stopped worrying about the future?

Meditation for the Day

Functioning on a material plane alone takes me away from God. I must also try to function on a spiritual plane. Functioning on a spiritual plane as well as on a material plane will make life what it should be. All material activities are valueless in themselves alone. But all activities, seemingly trivial or of seemingly great importance, are all alike if directed by God's guidance. I must try to obey God as I would expect a faithful, willing servant to carry out directions.

Prayer for the Day

I pray that the flow of God's spirit may come to me through many channels. I pray that I may function on a spiritual plane as well as on a material plane.

MAR 21—AA Thought for the Day

In AA we forget about the future. We know from experience that as time goes on, the future takes care of itself. Everything works out well, as long as we stay sober. All we need to think about is today. When we get up in the morning and see the sun shining in the window, we thank God that He has given us another day to enjoy because we're sober, a day in which we may have a chance to help somebody. Do I know that this day is all I have and that with God's help I can stay sober today?

Meditation for the Day

All is fundamentally well. That does not mean that all is well on the surface of things. But it does mean that God's in His heaven and that He has a purpose for the world, which will eventually work out when enough human beings are willing to follow His way. "Wearing the world as a loose garment" means not being upset by the surface wrongness of things, but feeling deeply secure in the fundamental goodness and purpose in the universe.

Prayer for the Day

I pray that God may be with me in my journey through the world. I pray that I may know that God is planning that journey.

MAR 22—AA Thought for the Day

We're all looking for the power to overcome drinking. When we alcoholics come into AA, our first question is: "How do I get the strength to quit?" At first it seems to us that we will never get the necessary strength. We see older members who have found the power we are looking for, but we don't know the process by which they got it. This necessary strength comes in many ways. Have I found all the strength I need?

Meditation for the Day

You cannot have a spiritual need that God cannot supply. Your fundamental need is a spiritual need, the need of power to live the good life. The best spiritual supply is received by you when you want it to pass on to other people. You get it largely by giving it away. God gives you strength as you pass it on to another person. That strength means increased health, increased health means more good

work, and more good work means more people helped. And so it goes on, a constant supply to meet all spiritual needs.

Prayer for the Day

I pray that my every spiritual need will be supplied by God. I pray that I may use the power I receive to help others.

MAR 23—AA Thought for the Day

Strength comes from the fellowship you find when you come into AA. Just being with men and women who have found the way out gives you a feeling of security. You listen to the speakers, you talk with other members, and you absorb the atmosphere of confidence and hope that you find in the place. Am I receiving strength from the fellowship with other AA members?

Meditation for the Day

God is with you to bless and help you. His spirit is all around you. Waver not in your faith or in your prayers. All power is the Lord's. Say that to yourself often and steadily. Say it until your heart sings with joy for the safety and personal power that it means to you. Say it until the very force of the utterance drives back and puts to naught all the evils against you. Use it as a battle cry. All power is the Lord's. Then you will pass on to victory over all your sins and temptations, and you will begin to live a victorious life.

Prayer for the Day

I pray that with strength from God I may lead an abundant life. I pray that I may lead a life of victory.

MAR 24—AA Thought for the Day

Strength comes from honestly telling your own experiences with drinking. In religion, they call it confession. We call it witnessing or sharing. You give a personal witness, you share your past experiences, the troubles you got into, the hospitals, the jails, the break-up of your home, the money wasted, the debts, and all the foolish things you did when you were drinking. This personal witness lets out the things you had kept hidden, brings them out into the open, and you find release and strength. Am I receiving strength from my personal witnessing?

Meditation for the Day

We cannot fully understand the universe. The simple fact is that we cannot even define space or time. They are both boundless, in spite of all we can do to limit them. We live in a box of space and time, which we have manufactured by our own minds, and on that depends all our so-called knowledge of the universe. The simple fact is that we can never know all things, nor are we made to know them. Much of our lives must be taken on faith.

Prayer for the Day

I pray that my faith may be based on my own experience of the power of God in my life. I pray that I may know this one thing above all else in the universe.

MAR 25—AA Thought for the Day

Strength comes from coming to believe in a Higher Power that can help you. You can't define this Higher Power, but you can see how it helps other alcoholics. You hear them talk about it and you begin to get the idea yourself. You try praying in a quiet time each morning and you begin to feel stronger, as though your prayers were heard. So you gradually come to believe there must be a Power in the world outside yourself, which is stronger than you and to which you can turn for help. Am I receiving strength from my faith in a Higher Power?

Meditation for the Day

Spiritual development is achieved by daily persistence in living the way you believe God wants you to live. Like the wearing away of a stone by steady drops of water, so will your daily persistence wear away all the difficulties and gain spiritual success for you. Never falter in this daily, steady persistence. Go forward boldly and unafraid. God will help and strengthen you, as long as you are trying to do His will.

Prayer for the Day

I pray that I may persist day by day in gaining spiritual experience. I pray that I may make this a lifetime's work.

MAR 26—AA Thought for the Day

Strength comes also from working with other alcoholics. When you are trying to help a new prospect with the program, you are building up your own strength at the same time. You see the other person in the condition you might be in yourself and it makes your resolve to stay sober stronger than ever. Often you help yourself more than the other person, but if you do succeed in helping the prospect to get sober, you are stronger from the experience of having helped another person. Am I receiving strength from working with others?

Meditation for the Day

Faith is the bridge between you and God. It is the bridge that God has ordained. If all were seen and known, there would be no merit in doing right. Therefore God has ordained that we do not see or know directly. But we can experience the power of His spirit through our faith. It is the bridge between us and Him, which we can take or not, as we will. There could be no morality without free will. We must make the choice ourselves. We must make the venture of belief.

Prayer for the Day

I pray that I may choose and decide to cross the bridge of faith. I pray that by crossing this bridge I may receive the spiritual power I need.

MAR 27—AA Thought for the Day

You get the power to overcome drinking through the fellowship of other alcoholics who have found the way out. You get power by honestly sharing your past experience through personal witness. You get power by coming to believe in a Higher Power, the Divine Principle in the universe which can help you. You get power by working with other alcoholics. In these four ways, thousands of alcoholics have found all the power they needed to overcome drinking. Am I ready and willing to accept this power and work for it?

Meditation for the Day

The power of God's spirit is the greatest power in the universe. Our conquest of each other—the great kings and conquerors, the conquest of wealth, the leaders of the money society—all amount to very little in the end. But he who conquers himself is greater than he who conquers a city. Material things have no permanence. But God's spirit is eternal. Everything really worthwhile in the world is the result of the power of God's spirit.

Prayer for the Day

I pray that I may open myself to the power of God's spirit. I pray that my relationships with others may be improved by this spirit.

MAR 28—AA Thought for the Day

When you come into an AA meeting, you're not just coming into a meeting, you're coming into a new life. I'm always impressed by the change I see in people after they've been in AA for a while. I sometimes take an inventory of myself, to see whether I have changed and, if so, in what way. Before I met AA, I was very selfish. I wanted my own way in everything. I don't believe I ever grew up. When things went wrong, I sulked like a spoiled child and often went out and got drunk. Am I still all "get" and no "give"?

Meditation for the Day

There are two things that we must have if we are going to change our way of life. One is faith, the confidence in things unseen, the fundamental goodness and purpose in the universe. The other is obedience: that is, living according to our faith, living each day as we believe that God wants us to live, with gratitude, humility, honesty, purity, unselfishness, and love. Faith and obedience—these two will give us all the strength we need to overcome sin and temptation, and to live a new and more abundant life.

Prayer for the Day

I pray that I may have more faith and obedience. I pray that I may live a more abundant life as a result of these things.

MAR 29—AA Thought for the Day

Before I met AA, I was very dishonest. I lied to my spouse constantly about where I had been and what I'd been doing. I took time off from my work and pretended I'd been sick or gave some other dishonest excuse. I was dishonest with myself, as well as with other people. I would never face myself as I really was or admit when I was wrong. I pretended to myself that I was as good as the next person, although I suspected I wasn't. Am I now really honest?

Meditation for the Day

I must live in the world and yet live apart with God. I can go forth from my secret times of communion with God to the work of the world. To get the spiritual strength I need, my inner life must be lived apart from the world. I must wear the world as a loose garment. Nothing in the world should seriously upset me, as long as my inner life is lived with God. All successful living arises from this inner life.

Prayer for the Day

I pray that I may live my inner life with God. I pray that nothing shall invade or destroy that secret place of peace.

MAR 30—AA Thought for the Day

Before I met AA, I was very unloving. From the time I went away to school, I paid very little attention to my mother and father. I was on my own and didn't even bother to keep in touch with them. After I got married, I was very unappreciative of my spouse. Many a time I would go out all by myself to have a good time. I paid too little attention to our children and didn't try to understand them or show them affection. My few friends were only drinking companions, not real friends. Have I gotten over loving nobody but myself?

Meditation for the Day

Be calm, be true, be quiet. Do not get emotionally upset by anything that happens around you. Feel a deep, inner security in the goodness and purpose in the universe. Be true to your highest ideals. Do not let yourself slip back into the old ways of reacting. Stick to your spiritual guns. Be calm always. Do not talk back or defend yourself too much against accusation, whether false or true. Accept criticism as well as you accept praise. Only God can judge the real you.

Prayer for the Day

I pray that I may not be upset by the judgment of others. I pray that I may let God be the judge of the real me.

MAR 31—AA Thought for the Day

Since I've been in AA, have I made a start toward being more unselfish? Do I no longer want my own way in everything? When things go wrong and I can't have what I want, do I no longer sulk? Am I

trying not to waste money on myself? And does it make me happy to see my family and my home have enough attention from me? Am I trying not to be all “get” and no “give”?

Meditation for the Day

Each day is a day of progress—steady progress forward, if you make it so. You may not see it, but God does. God does not judge by outward appearance. He judges by the heart. Let Him see in your heart a simple desire always to do His will. Though you may feel that your work has been spoiled or tarnished, God sees it as an offering for Him. When climbing a steep hill, people are often more conscious of the weakness of their stumbling feet than of the view, the grandeur, or even of the upward progress.

Prayer for the Day

I pray that I may persevere in all good things. I pray that I may advance each day in spite of my stumbling feet.
