

## **JUN 01—AA Thought for the Day**

Some things I do not miss since becoming dry: that overall awful feeling physically, including the shakes, a splitting headache, pains in my arms and legs, bleary eyes, fluttering stomach, droopy shoulders, weak knees, and a flushed complexion. Also facing my loved one at breakfast. Also composing the alibi and sticking to it. Also trying to shave or put on makeup with a shaky hand. Also opening up my wallet to find it empty. I don't miss these things, do I?

### **Meditation for the Day**

You were born with a spark of the Divine within you. It had been all but smothered by the life you were living. That celestial fire has to be tended and fed so that it will grow eventually into a real desire to live the right way. By trying to do the will of God, you grow more and more in the new way of life. By thinking of God, praying to Him, and having communion with Him, you gradually grow more like Him. The way of your transformation from the material to the spiritual is the way of Divine Companionship.

### **Prayer for the Day**

I pray that I may tend the spark of the Divine within me so that it will grow. I pray that I may be gradually transformed from the old life to the new life.

\*\*\*\*\*

## **JUN 02 —AA Thought for the Day**

Some more things I do not miss since becoming dry: wondering if the car is in the garage and how I got home; struggling to remember where I was and what I did since my last conscious moment; trying to delay getting off to work, and wondering how I will look when I get there; dreading the day ahead of me. I'm quite sure that I don't miss these things, am I not?

### **Meditation for the Day**

You cannot believe in God and keep your selfish ways. The old self shrivels up and dies, and upon the reborn soul God's image becomes stamped. The gradual elimination of selfishness in the growth of love for God and your fellow human beings is the goal of life. At first, you have only a faint likeness to the Divine, but the picture grows and takes on more and more of the likeness of God until those who see you can see in you some of the power of God's grace at work in a human life.

### **Prayer for the Day**

I pray that I may develop that faint likeness I have to the Divine. I pray that others may see in me some of the power of God's grace at work.

\*\*\*\*\*

## **JUN 03—AA Thought for the Day**

Some more things I do not miss since becoming dry: running all over town to find a bar open to get that "pick-me-up," meeting my friends and trying to cover up that I feel awful, looking at myself in a

mirror and calling myself a damn fool, struggling with myself to snap out of it for two or three days, wondering what it is all about. I'm positive I don't miss these things, am I not?

### **Meditation for the Day**

Love is the power that transforms your life. Try to love your family and your friends and then try to love everybody that you possibly can, even the "sinners and publicans" — everybody. Love for God is an even greater thing. It is the result of gratitude to God, and it is the acknowledgment of the blessing that God has sent you. Love for God acknowledges His gifts and leaves the way open for God to shower yet more blessings on your thankful heart. Say "Thank you, God," until it becomes a habit.

### **Prayer for the Day**

I pray that I may try to love God and all people. I pray that I may continually thank God for all His blessings.

\*\*\*\*\*

### **JUN 04—AA Thought for the Day**

Some things I like since becoming dry: feeling good in the morning; full use of my intelligence; joy in my work; the love and trust of my children; lack of remorse; the confidence of my friends; the prospect of a happy future; the appreciation of the beauties of nature; knowing what it is all about. I'm sure that I like these things, am I not?

### **Meditation for the Day**

Molding your life means cutting and shaping your material into something good, something that can express the spiritual. All material things are the clay out of which we mold something spiritual. You must first recognize the selfishness in your desires and motives, actions and words, and then mold that selfishness until it is sublimated into a spiritual weapon for good. As the work of molding proceeds, you see more and more clearly what must be done to mold your life into something better.

### **Prayer for the Day**

I pray that I may mold my life into something useful and good. I pray that I may not be discouraged by the slow progress that I make.

\*\*\*\*\*

### **JUN 05—AA Thought for the Day**

We alcoholics are fortunate to be living in a day and age when there is such a thing as Alcoholics Anonymous. Before AA came into being, there was very little hope for the alcoholic. AA is a great builder of human wreckage. It takes men and women whose personality problem expresses itself in alcoholism and offers them a program that, if they are willing to accept it, allows them not only to get sober but also to find a much better way of living. Have I found a better way of living?

### **Meditation for the Day**

Very quietly God speaks through your thoughts and feelings. Heed the Divine Voice of your conscience. Listen for this and you will never be disappointed in the results in your life. Listen for this small, still voice and your tired nerves will become rested. The Divine Voice comes to you as strength as well as tenderness, as power as well as restfulness. Your moral strength derives its effectiveness from the power that comes when you listen patiently for the still, small voice.

### **Prayer for the Day**

I pray that I may listen for the still, small voice of God. I pray that I may obey the leading of my conscience.

\*\*\*\*\*

### **JUN 06—AA Thought for the Day**

Drinking is the way we alcoholics express our maladjustments to life. I believe that I was a potential alcoholic from the start. I had an inferiority complex. I didn't make friends easily. There was a wall between me and other people. And I was lonely. I was not well adjusted to life. Did I drink to escape from myself?

### **Meditation for the Day**

According to the varying needs of each person, so does each person think of God. It is not necessary that you think of God as others think of Him, but it is necessary that you think of Him as supplying what you personally need. The weak need God's strength. The strong need God's tenderness. The tempted and fallen need God's saving grace. The righteous need God's pity for sinners. The lonely need God as a friend. The fighters for righteousness need a leader in God. You may think of God in any way you wish. We usually do not turn to God until we need Him.

### **Prayer for the Day**

I pray that I may think of God as supplying my needs. I pray that I will bring all my problems to Him for help in meeting them.

\*\*\*\*\*

### **JUN 07—AA Thought for the Day**

Alcoholism is a progressive illness. We go through the three stages of social drinking, trouble drinking, and merry-go-round drinking. We land in hospitals and jails. We eventually lose our homes, our families, and our selfrespect. Yes, alcoholism is a progressive illness and there are only three ends to it—the insane asylum, the morgue, or total abstinence. Will I choose not to take the first drink?

### **Meditation for the Day**

You not only can live a new life, but you also can grow in grace and power and beauty. Reach ever forward and upward after the things of the spirit. In the animal world, the very form of an animal changes to enable it to reach that upon which it delights to feed. Your whole character changes as you reach upward for the things of the spirit—for beauty, for love, for honesty, for purity, and for unselfishness. Reaching after these things of the spirit, your whole nature becomes changed so that you can best receive and delight in the wonders of the abundant life.

### **Prayer for the Day**

I pray that I may reach forward and upward. I pray that my character may be changed by this reaching upward for the things of the spirit.

\*\*\*\*\*

### **JUN 08—AA Thought for the Day**

Once an alcoholic, always an alcoholic. We always get worse, never better. We are never cured. Our alcoholism can only be arrested. No matter how long we have been sober, if we try liquor again, we're as bad or worse than we ever were. There is no exception to this rule in the whole history of AA. We can never recapture the good times of the past. They are gone forever. Will I try to recapture them? .

### **Meditation for the Day**

Your life has been given to you mainly for the purpose of training your soul. This life we live is not so much for the body as for the soul. We often choose the way of life that best suits the body, not the way that best suits the soul. God wants you to choose what suits the soul as well as the body. Accept this belief and a wonderful molding of character is the result. Reject it and God's purpose for your life is frustrated, and your spiritual progress is delayed. Your soul is being trained by the good you choose. Thus the purpose of your life is being accomplished.

### **Prayer for the Day**

I pray that I may choose what is good for my soul. pray that I may realize God's purpose for my life.

\*\*\*\*\*

### **JUN 09—AA Thought for the Day**

We finally came to the bottom. We did not have to be financially broke, although many of us were. But we were spiritually bankrupt. We had a soul-sickness, a revulsion against ourselves and against our way of living. Life had become impossible for us. We had to end it all or do something about it. Am I glad I did something about it?

### **Meditation for the Day**

Faith is not seeing, but believing. I am in a box of space and time, and cannot see spacelessness or eternity. But God is not within the shell of time and space. He is timeless and spaceless. He cannot be fully comprehended by our finite minds. But we must try to make a union between our purposes and the purposes of God. By trying to merge our minds with the mind of God, a oneness of purpose

results. This oneness of purpose puts us in harmony with God and others. Evil comes from being in disharmony with God, and good comes from being in harmony with Him.

### **Prayer for the Day**

I pray that I may be in harmony with God. I pray that I may get into the stream of goodness in the universe.

\*\*\*\*\*

### **JUN 10—AA Thought for the Day**

When we reach the bottom, at this crucial moment when we're thoroughly licked, we turn instinctively to whatever decency is left in us. We call upon whatever reserves of morality and faith are left down deep in our heart. Have I had this spiritual experience?

Meditation for the Day The world wonders when it sees a person who can unexpectedly draw large and unsuspected sums from the bank for some emergency. But what the world has not seen are the countless small sums paid into that bank, earned by faithful work over a long time. And so is the bank of the spirit. The world sees the person of faith make a demand on God's stores of power, and the demand is met. The world does not see what that person has been putting in, in thanks and praise, in prayer and communion, in small good deeds done faithfully, steadily over the years.

### **Prayer for the Day**

I pray that may keep making deposits in God's bank. pray that in my hour of need, I may call upon these.

\*\*\*\*\*

### **JUN 11—AA Thought for the Day**

We alcoholics have to believe in some Power greater than ourselves. Yes, we have to believe in a Higher Power. We turn to that Divine Principle in the universe that we call God when we realize that only something greater than us can heal our disease, and we surrender control of our unmanageable lives. Have I stopped trying to run my own life?

Meditation for the Day "Lord, we thank Thee for the great gift of peace, that peace which passeth all understanding, that peace which the world can neither give nor take away." That is the peace that only God can give in the midst of a restless world and surrounded by trouble and difficulty. To know that peace is to have received the stamp of the Kingdom of God. When you have earned that peace, you are fit to judge between true and false values, between the values of the Kingdom of God and the values of all that the world has to offer.

### **Prayer for the Day**

I pray that today I may have inner peace. I pray that today I may be at peace with myself.

\*\*\*\*\*

### **JUN 12—AA Thought for the Day**

When we came into AA, we made a tremendous discovery. We found that we were sick persons rather than moral lepers. We were not such odd ducks as we thought we were. We found other people who had the same illness that we had, who had been through the same experiences that we had been through. They had recovered. If they could do it, we could do it. Was hope born in me the day I walked into AA?

### **Meditation for the Day**

“He that heareth these sayings and doeth them is like unto a man who built his house upon a rock and the rain descended and the floods came and the wind blew and beat upon that house and it fell not for it was founded upon a rock.” When your life is built upon obedience to God and upon doing His will as you understand it, you will be steadfast and unmovable even in the midst of storms. The serene, steadfast, unmovable life—the rock home—is laid stone by stone—foundation, walls, and roof—by acts of obedience to the Heavenly Vision. The daily following of God’s guidance and the daily doing of His will shall build your house upon a rock.

### **Prayer for the Day**

I pray that my life may be founded upon the rock of faith. I pray that I may be obedient to the heavenly vision.

\*\*\*\*\*

### **JUN 13—AA Thought for the Day**

In AA we have to re-educate our minds. We have to learn to think differently. We have to take a long view of drinking instead of a short view. We have to look through the glass to what lies beyond it. We have to look through the night before to the morning after. No matter how good liquor looks from the short view, we must realize that in the long run it is poison to us. Have I learned to look through the bottle to the better life that lies ahead?

### **Meditation for the Day**

If you are honestly trying to live the way you believe God wants you to live, you can get guidance from God in times of quiet communion with Him, provided your thoughts are directed toward God’s will and all good things. The attitude of “Thy will, not mine, be done” leads to clear guidance. Act on this guidance and you will be led to better things. Your impulses seem to become less your own and more the leading of God’s spirit acting through your thoughts. Obeyed, they will bring you the answers to your prayers.

### **Prayer for the Day**

I pray that I may try to think God’s thoughts after Him. I pray that my thoughts may be guided by His thoughts.

\*\*\*\*\*

### **JUN 14—AA Thought for the Day**

In AA we have to learn that drink is our greatest enemy. Although we used to think that liquor was our friend, the time came when it turned against us and became our enemy. We don't know just when this happened, but we know that it did because we began to get into trouble—jails and hospitals. We realize now that liquor is our enemy. Is it still my main business to keep sober?

**Meditation for the Day** It is not your circumstances that need altering so much as yourself. After you have changed, conditions will naturally change. Spare no effort to become all that God would have you become. Follow every good leading of your conscience. Take each day with no backward look. Face the day's problems with God, and seek God's help and guidance as to what you should do in every situation that may arise. Never look back. Never leave until tomorrow the thing that you are guided to do today.

### **Prayer for the Day**

I pray that God will help me to become all that He would have me be. I pray that I may face today's problems with good grace.

\*\*\*\*\*

### **JUN 15—AA Thought for the Day**

In AA we have three things: fellowship, faith, and service. Fellowship is wonderful, but its wonder lasts just so long. Then some gossip, disillusionment, and boredom may come in. Worry and fear come back at times and we find that fellowship is not the whole story. Then we need faith. When we're alone, with nobody to pat us on the back, we must turn to God for help. Can I say: "Thy will be done" —and mean it?

### **Meditation for the Day**

There is beauty in a God-guided life. There is wonder in the feeling of being led by God. Try to realize God's bounty and goodness more and more. God is planning for you. Wonderful are His ways—they are beyond your knowledge. But God's leading will enter your consciousness more and more, and bring you ever more peace and joy. Your life is being planned and blessed by God. You may count all material things as loss if they prevent your winning your way to the consciousness of God's guidance.

### **Prayer for the Day**

I pray that I may earn the rewards of God's power and peace. I pray that I may develop the feeling of being led by God.

\*\*\*\*\*

### **JUN 16—AA Thought for the Day**

But even faith is not the whole story. There must be service. We must give this thing away if we want to keep it. The Dead Sea has no outlet and it is stagnant and full of salt. The Sea of Galilee is clear and clean and blue, as the Jordan River carries it out to irrigate the desert. To be of service to other people makes our lives worth living. Does service to others give me a real purpose in life?

### **Meditation for the Day**

Seek God early in the day, before He gets crowded out by life's problems, difficulties, or pleasures. In that early, quiet time gain a calm, strong confidence in the goodness and purpose in the universe. Do not seek God only when the world's struggles prove too much and too many for you to bear or face alone. Seek God early, when you can have a consciousness of God's spirit in the world. People often only seek God when their difficulties are too great to be surmounted in any other way, forgetting that if they sought God's companionship before they needed it, many of their difficulties would never arise.

### **Prayer for the Day**

I pray that I may not let God be crowded out by the hurly-burly of life. I pray that I may seek God early and often.

\*\*\*\*\*

### **JUN 17—AA Thought for the Day**

We in AA have the privilege of living two lives in one lifetime. One life of drunkenness, failure, and defeat. Then, through AA, another life of sobriety, peace of mind, and usefulness. We who have recovered our sobriety are modern miracles. And we're living on borrowed time. Some of us might have been dead long ago. But we have been given another chance to live. Do I owe a debt of gratitude to AA that I can never repay as long as I live?

### **Meditation for the Day**

Thinking about God in love and worship drives away evil. It is the thought before that the hosts of evil flee. The thought of a Power greater than yourself is the call for a lifeline to rescue you from temptation. The thought of God banishes loneliness and dispels gloom. It summons help to conquer your faults. Think of God as often as possible. Use the thought prayerfully and purposefully. It will carry your thoughts away from material things and toward the spiritual things that make life worthwhile.

### **Prayer for the Day**

I pray that I may think of God often. I pray that I may rest in peace at the thought of His love and care.

\*\*\*\*\*

### **JUN 18—AA Thought for the Day**

The AA way of living is not an easy one. But it's an adventure in living that is really worthwhile. And it's so much better than our old drunken way of living that there's no comparison. Our lives without AA would be worth nothing. With AA, we have a chance to live reasonably good lives. It's worth the battle, no matter how tough the going is from day to day. Isn't it worth the battle?

### **Meditation for the Day**

The spiritual life has two parts. One is the life apart— the life of prayer and quiet communion with God. You spend this part of your life apart with God. Every day your mind can be set in the right direction so that your thoughts will be of the right kind. The other is the life impart—imparting to others what you have learned from your own meditative experience. The victories you have won over



yourself through the help of God can be shared with others. You can help them by imparting to them some of the victory and security that you have gained in your life apart.

### **Prayer for the Day**

I pray that I may grow strong from my times apart with God. I pray that I may pass on some of this strength to others.

\*\*\*\*\*

### **JUN 19—AA Thought for the Day**

We have this choice every day of our lives. We can take the path that leads to insanity and death. And remember, our next drunk could be our last one. Or we can take the path that leads to a reasonably happy and useful life. The choice is ours each day of our lives. God grant that we take the right path. Have I made my choice today?

### **Meditation for the Day**

Your real work in life is to grow spiritually. To do this you must follow the path of diligently seeking good. The hidden spiritual wonders are revealed to those who diligently seek this treasure. From one point to the next, you have to follow the way of obedience to God's will until finally you reach greater and greater spiritual heights. Work on the material plane should be secondary to your real life's work. The material things that you need most are those that help you to attain the spiritual.

### **Prayer for the Day**

I pray that I may keep growing spiritually. I pray that I may make this my real life's work.

\*\*\*\*\*

### **JUN 20—AA Thought for the Day**

You should be ready and willing to carry the AA message when called upon to do so. Live for some purpose greater than yourself. Each day you will have something to work for. You have received so much from this program that you should have a vision that gives your life a direction and a purpose that gives meaning to each new day. Let us not slide along through life. Let us have a purpose for each day, and let us make that purpose for something greater than just ourselves. What is my purpose for today?

### **Meditation for the Day**

To see God with eyes of faith is to cause God's power to manifest itself in the material world. God cannot do His work because of unbelief. In response to your belief, God can work a miracle in your personality. All miracles happen in the realm of personality and all are caused by and based on belief in God's never-failing power. But God's power cannot manifest itself in personalities unless those personalities make His power available by their faith. We can only see God with the eyes of faith, but this kind of seeing produces a great change in our way of living.

### **Prayer for the Day**

I pray that I may see God with the eyes of faith. I pray that this seeing will produce a change in my personality.

\*\*\*\*\*

## **JUN 21—AA Thought for the Day**

Intelligent faith in a Power greater than ourselves can be counted on to stabilize our emotions. It has an incomparable capacity to help us look at life in balanced perspective. We look up, around, and away from ourselves, and we see that nine out of ten things that at the moment upset us will shortly disappear. Problems solve themselves; criticism and unkindness vanish as though they had never been. Have I got the proper perspective toward life?

### **Meditation for the Day**

A truly spiritual man or woman would like to have a serene mind. The only way to keep calm in this troubled world is to have a serene mind. The calm and sane mind sees spiritual things as the true realities and material things as only temporary and fleeting. That sort of mind you can never obtain by reasoning, because your reasoning powers are limited by space and time. That kind of a mind you can never obtain by reading, because other minds are also limited in the same way. You can only have that mind by an act of faith, by making the venture of belief.

### **Prayer for the Day**

I pray that I may have a calm and sane mind. I pray that I may look up, around, and away from myself.

\*\*\*\*\*

## **JUN 22—AA Thought for the Day**

If you have any doubt, just ask any of the older members of the AA group, and they will readily tell you that since they turned their lives over to the care of God as they understand Him, many of their problems have banished into the forgotten yesterdays. When you allow yourself to be upset over one thing, you succeed only in opening the door to the coming of hundreds of other upsetting things. Am I allowing myself to be upset over little things?

### **Meditation for the Day**

I would do well not to think of the Red Sea of difficulties that lies ahead. I am sure that when I come to that Red Sea, the waters will part, and I will be given all the power I need to face and overcome many difficulties and meet what is in store for me with courage. I believe that I will pass through that Red Sea to the promised land, the land of the spirit where many souls meet in perfect comradeship. I believe that when that time comes, I will be freed of material things and find peace.

### **Prayer for the Day**

I pray that I may face the future with courage. I pray that I may be given strength to face both life and death fearlessly.

\*\*\*\*\*

## **JUN 23—AA Thought for the Day**

No chain is stronger than its weakest link. Likewise, if you fail in the day-by-day program, in all probability it will be at your weakest point. Great faith and constant contact with God's power can help you discover, guard, and undergird your weakest point with a strength not your own. Intelligent faith in God's power can be counted on to help you master your emotions, help you to think kindly of others, and help you with any task that you undertake, no matter how difficult. Am I master of my emotions?

### **Meditation for the Day**

You need to be constantly recharged by the power of the spirit of God. Commune with God in quiet times until the life from God, the Divine life, by that very contact, flows into your being and revives your fainting spirit. When weary, take time out and rest. Rest and gain power and strength from God, and then you will be ready to meet whatever opportunities come your way. Rest until every care and worry and fear have gone and then the tide of peace and serenity, love and joy, will flow into your consciousness.

### **Prayer for the Day**

I pray that I may rest and become recharged. I pray that I may pause and wait for the renewing of my strength.

\*\*\*\*\*

## **JUN 24—AA Thought for the Day**

Alcohol is our weakness. We suffer from mental conflicts from which we look for escape by drowning our problems in drink. We try through drink to push away from the realities of life. But alcohol does not feed, alcohol does not build, it only borrows from the future, and it ultimately destroys. We try to drown our feelings in order to escape life's realities, little realizing or caring that in continued drinking we are only multiplying our problems. Have I got control over my unstable emotions?

### **Meditation for the Day**

When I let personal piques and resentments interfere with what I know to be my proper conduct, I am on the wrong track, and I am undoing all I have built up by doing the right thing. I must never let personal piques interfere with living the way I know God wants me to live. When I have no clear guidance from God, I must go forward quietly along the path of duty. The attitude of quiet faith will receive its reward as surely as acting upon God's direct guidance. I must not weaken my spiritual power by letting personal piques upset me.

### **Prayer for the Day**

I pray that I may not let myself become too upset. I pray that I may go quietly along the path I have chosen.

\*\*\*\*\*

## **JUN 25—AA Thought for the Day**

One of the most encouraging facts of life is that your weakness can become your greatest asset. Kites and airplanes rise against the wind. In climbing up a high mountain, we need the stony crags and rough places to aid us in our climb. So your weakness can become an asset if you will face it, examine it, and trace it to its origin. Set it in the very center of your mind. No weakness, such as drinking, ever turned into an asset until it was first fairly faced. Am I making my weakness my greatest asset?

### **Meditation for the Day**

Whenever we seek to worship God, we think of the great universe that God rules over, of creation, and of mighty law and order throughout the universe. Then we feel the awe that precedes worship. I, too, must feel awe—feel the desire to worship God in wondering amazement. My mind is in a box of space and time and it is so made that I cannot conceive of what is beyond space or time, the limitless and the eternal. But I know that there must be something beyond space and time, and that something must be the limitless and eternal Power behind the universe. I also know that I can experience that Power in my life.

### **Prayer for the Day**

I pray that I may accept the limitless and eternal Spirit. I pray that it may express itself in my life.

\*\*\*\*\*

### **JUN 26—AA Thought for the Day**

We must know the nature of our weakness before we can determine how to deal with it. When we are honest about it, we can change our lives through a change of thinking. We admit that we are alcoholics and we would be foolish if we refused to accept our disease or do something about it. So by honestly facing our weakness and keeping ever present the knowledge that for us alcoholism is a disease with which we are afflicted, we can take the necessary steps to arrest it. Have I fully accepted my handicap?

### **Meditation for the Day**

There is a proper time for everything. I must learn not to do things at the wrong time, that is, before I am ready or before conditions are right. It is always a temptation to do something at once instead of waiting until the proper time. Timing is important. I must learn, in the little daily situations of life, to delay action until I am sure that I am doing the right thing at the right time. So many lives lack balance and timing. In the momentous decisions and crises of life, they may ask God's guidance, but into the small situations of life, they rush alone.

### **Prayer for the Day**

I pray that I may delay action until I feel that I am doing the right thing. I pray that I may not rush in alone.

\*\*\*\*\*

### **JUN 27—AA Thought for the Day**

If you can take your troubles as they come, if you can maintain your calm and composure amid pressing duties and unending engagements, if you can rise above the distressing and disturbing circumstances in which you are set down, you have discovered a priceless secret of daily living. Even if you are forced to go through life weighed down by some unescapable misfortune or disease and yet live each day as it comes with poise and peace of mind, you have succeeded where most people have failed. You have wrought a greater achievement than a person who rules a nation. Have I achieved poise and peace of mind?

### **Meditation for the Day**

Take a blessing with you wherever you go. You have been blessed, so bless others. Such stores of blessings are awaiting you in the months and years that lie ahead. Pass on your blessings. Blessing can and does go around the world, passed on from one person to another. Shed a little blessing in the heart of one person. That person is cheered to pass it on, and so God's vitalizing, joy-giving message travels on. Be a transmitter of God's blessings.

### **Prayer for the Day**

I pray that I may pass on my blessings. I pray that they may flow into the lives of others.

\*\*\*\*\*

### **JUN 28—AA Thought for the Day**

You can prove to yourself that life is basically and fundamentally an inner attitude. Just try to remember what troubled you most a week ago. You probably will find it difficult to remember. Why then should you unduly worry or fret over the problems that arise today? Your attitude toward them can be changed by putting yourself and your problems in God's hands and trusting Him to see that everything will turn out all right, provided you are trying to do the right thing. Your changed mental attitude toward your problems relieves you of their burden, and you can face them without fear. Has my mental attitude changed?

### **Meditation for the Day**

You cannot see the future. It's a blessing that you cannot. You could not bear to know all the future. That is why God only reveals it to you day by day. The first step each day is to lay your will before God as an offering, ready for God to do what is best for you. Be sure that, if you trust God, what He does for you will be for the best. The second step is to be confident that God is powerful enough to do anything He wills, and that no miracle in human lives is impossible with Him. Then leave the future to God.

### **Prayer for the Day**

I pray that I may gladly leave my future in God's hands. I pray that I may be confident that good things will happen, as long as I am on the right path.

\*\*\*\*\*

### **JUN 29—AA Thought for the Day**

The program of Alcoholics Anonymous involves a continuous striving for improvement. There can be no long resting period. We must try to work at it all the time. We must continually keep in mind that it is a program not to be measured in years, because we never fully reach our goals nor are we ever cured. Our alcoholism is only kept in abeyance by daily living of the program. It is a timeless program in every sense. We live it day by day, or more precisely, moment by moment—now. Am I always striving for improvement?

### **Meditation for the Day**

Life is all a preparation for something better to come. God has a plan for your life and it will work out, if you try to do His will. God has things planned for you, far beyond what you can imagine now. But you must prepare yourself so that you will be ready for the better things to come. Now is the time for discipline and prayer. The time of expression will come later. Life can be flooded through and through with joy and gladness. So prepare yourself for those better things to come.

### **Prayer for the Day**

I pray that I may prepare myself for better things that God has in store for me. I pray that I may trust God for the future.

\*\*\*\*\*

### **JUN 30—AA Thought for the Day**

Alcoholics are unable or unwilling, during their addiction to alcohol, to live in the present. The result is that they live in a constant state of remorse and fear because of their unholy past and its morbid attraction, or the uncertain future and its vague forebodings. So the only real hope for the alcoholic is to face the present. Now is the time. Now is ours. The past is beyond recall. The future is as uncertain as life itself. Only the now belongs to us. Am I living in the now?

### **Meditation for the Day**

I must forget the past as much as possible. The past is over and gone forever. Nothing can be done about the past, except to make what restitution I can. I must not carry the burden of my past failures. I must go on in faith. The clouds will clear and the way will lighten. The path will become less stony with every forward step I take. God has no reproach for anything that He has healed. I can be made whole and free, even though I have wrecked my life in the past. Remember the saying: "Neither do I condemn thee; go and sin no more."

### **Prayer for the Day**

I pray that I may not carry the burden of the past. I pray that I may cast it off and press on in faith.

\*\*\*\*\*