

The Twelve Steps – a Spiritual Journey: Step Eleven: Pray and Meditate

Written by Chris Jordan, the President of Overcomers Outreach of Canada.

Step #11 of the Twelve Step Program reads thus:

“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.”

Because prayer and meditation are such an important part of our spiritual journey towards wholeness – daily keeping in touch with God – I thought it would be helpful to look at what exactly is meant by prayer and meditation.

First of all, when we talk about prayer, we aren't talking about going to God with our little wish list and saying, “My name's Jimmy, so gimme gimme gimme!” No! We are talking about connecting in a meaningful two-way communication with a God who is a real person.

“Higher Power is more than a concept and more than a force. Our Higher Power is a personal and loving God who wants close intimate fellowship with his people.” (*Meditations for the Twelve Steps – A Spiritual Journey*).

So when we pray, we want to connect with God and spend time with him. To be still and know that he is God. When Jesus taught us to pray the Lord's prayer, he told us to pray that God would give us each day our daily needs. He knows what's best for us, and we can trust in his goodness as a loving and good Father. If you want to ask God for something, pray simply for him to reveal his will to you, and for the power to do what he wants you to do.

In addition to prayer, we also need to learn how to meditate. Now contrary to certain thought, meditation is not about emptying your mind and becoming one with the cosmic consciousness of the universe. No, true Biblical meditation means filling your heart and mind with God's Word. Read through a short passage from the Scriptures over and over, and ask God how to apply what you're reading to your life.

The Biblical basis for this step is found in Proverbs 2:3-5: *“If you want better insight and discernment, and are searching for them as you would for lost money or hidden treasure, then wisdom will be given you, and knowledge of God himself; you will soon learn the importance of reverence for the Lord and of trusting Him.”*

My prayer is that you would jump into a life of prayer and meditation, and embark on the greatest adventure of all – knowing and following Jesus Christ, the Son of the Living God!

Eleventh Step Prayer:

“Heavenly Father, I pray to keep my connection with you open and clear from the confusion of daily life. Through my prayers and meditations, I ask especially for freedom from self-will, rationalization, and wishful thinking. I pray for the guidance of correct thought and positive action. Your will, not mine, be done.” Amen! (*Prayers for the Twelve Steps – A Spiritual Journey*).