

# **StepSponsorDA**

**Free conference call back up number 701 779 9003; Access 741603# (the same) - in case you receive a busy signal or need another number for our call.**

## **Topic 17: Step 11- Conscious Contact**

*[These are pages from the 'GreenBack Book Study Guide to Existing D.A. Literature. 2019 edition']*

**11. 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.**

- Read Aloud: AA Big Book pp 86:2 - 88
- Read Aloud: Step 11 The DA Pamphlet "The Twelve Steps of DA."
- Supplement Read if time: Step 11 in The DA Book The Twelve Steps, Traditions and Concepts of Service of Debtors Anonymous.
  
- Explanation of prayer: p 85: 3 (1-2) and 86:0 (1-4)
- Upon awakening: p 86: 2 (1-5)
- How does God communicate with us? p 86: 3 (1-6)
- How did God communicate with Bill W.? p 14: 2 (1-8)
- Promises of spiritual practicing: p 87: 0 (1-9)
- Throughout the day: pp 87: 3, 88: 0-1

### **Step Eleven (P 86) Discussion questions:**

1. What is required to make Step Eleven really work? P 86:0
2. At bedtime, WHAT am I to do? p 86:1 (Another version of Step 10)
3. What PRAYER do we find at the end of p 86:1
4. HOW am I to start my day? p 86:2
5. Am I able to find both PRAYER and MEDITATION in this exercise? p 87:1
6. HOW am I to end my "quiet time"? p 87:1
7. What does it say about books? About Religious People? p 87:2
8. WHAT am I to do all through the day? p 87:3
9. What PROMISES have I found? p 88:0-1

\*This is what we take to God every day in our daily conscious contact with God\*\*

**Additional Reading:** DA Pamphlet "the Twelve Steps of DA" step 11

**READ** Aloud with a partner, if time Step 11 in The DA Book The Twelve Steps, Traditions and Concepts of Service of Debtors Anonymous.

**ADD** to DAILY ACTION ASSIGNMENTS: We pray the Serenity, Set-Aside, 3rd, 7th Step prayers and the 10 & 11th step prayers & meditation directions are followed on a DAILY basis from here on out.

**TIP:** If it is difficult for you to stay in silent meditation just try it for 60 seconds. Each morning try to meditate 30 seconds longer until you can add up to 20-30 minutes. PROGRESS NOT PERFECTION.

DO YOU MEDITATE AND PRAY ON A DAILY BASIS? HOW DO YOU BENEFIT? WHAT HELPED YOU OVERCOME RESISTANCE?

## **ACTIONS**

- REVIEW YOUR 8th STEP AMENDS LIST
- START WITH THE INDIVIDUALS AND INSTITUTIONS FOUND ON YOUR STEP 4 "HARMS AND RESENTMENTS" INVENTORY. ADD OTHER AMENDS TO THIS LIST AS THEY COME UP
- PRAY FOR WILLINGNESS TO MAKE AMENDS TO THEM ALL
- CONTINUE MAKING THE LOW TO MEDIUM STRESS AMENDS
- CONTINUE NIGHTLY 10th STEP WORK BY READING AABB pg 84:2 OR 86:1
- ADD meditation to your morning prayer time, even if only for a minute.

ACTIONS carried over from previous sessions

REVIEW the Action List from the previous session. Be current with that before going on to this week's Action List. It is absolutely OK, really advisable, to pick up where you left off.

## **PRAYER CARDS**

- On individual 3x5 cards, put each of the 3 daily prayers; consider making several sets - One set for by the bed, one for your wallet, your desk, vanity mirror, car or other place you frequently look.
- Add the resentment, fear and harms prayers to your prayer cards.
- Add the 6th Step Prayer for willingness and the 7th step prayer of AA/DA for the character defects to be removed to your prayer cards
- Add the Step 8 & 9 prayers for willingness to make amends to all persons harmed
- Add the 10th Step Daily Prayers to your cards.
- Add the 11th Step Prayers to your cards.

## DAILY

- One Day at a Time Abstain from New Unsecured Debt (consider setting a date for your last unsecured debt or your DA Birthday).
- Call a DA member. Ask for support maintaining your DA program work, especially 4th step writing
- Read from a piece of DA or AA Literature
- Answer the study questions as indicated
- Keep a spending record as you spend
- Every morning: Pray for willingness to work your DA program
- Pray the Serenity Prayer
- Pray BOTH the Third Step Prayers, AA's p 63 and DA's p 19
- Pray the resentment, fear and harms prayers as needed, as they apply.
- Pray the 6th Step Prayer for willingness AABB p 76:1
- Pray both 7th step prayers for the character defects to be removed (AABB p 76:2; DA 12x12x12 p 33)
- Pray for willingness to make amends to all those you have harmed (AABB, p 76:3)
- As you make ongoing amends keep praying the STEP 9 PRAYERS IN THE AABB: (BB p 79:1) (BB p 80:1 & 4) (BB p 82:1) (BB p 83:1)
- Read pp 86-88 in the AA Big Book every morning.
- Pray the 11th Step prayers every morning BB pp 86-88.
- Pray these all through the day and consider carrying your prayer cards with you.
- Make appointments and begin making your low stress amends.
- Take Step 10 inventory before bed on a nightly basis w/ PRAYERS in AABB (p 84:2, p 85:1-2, p 86:1)
- Begin Meditation - try for 5-20 minutes but start at 1 minute if that is your best. Just make a beginning
- Spend some time on the READINGS in this study each day as you can, at least 15-20 min or more. Let whatever amount of time you have be good enough. Keep coming back.

## WEEKLY

- Attend at least one solution-oriented DA meeting - listen for the DA concepts
- At your meeting, share only solutions and only if you have experience doing the work of the meeting topic. If you do not have a solution to share, listen for program-working members of your meetings and ask for their phone numbers or email addresses
- GET A DA sponsor or DA phone study partner
- Ask for support maintaining your DA program work

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## NEXT TOPIC

### **Topic 18: Step 12 - Carrying this Message**

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive debtors, and to practice these principles in all our affairs.

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- READ: Step 12 The DA Pamphlet "The Twelve Steps of DA."
- READ: AA Big Book WORKING WITH OTHERS-BIG BOOK selections found on pp 89-103
- RE-READ DA PAMPHLET "Sponsorship"
- READ, IF TIME: Step 12 in The DA Book *The Twelve Steps, Twelve Traditions and Twelve Concepts of Debtors Anonymous*.

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