

(Christian ACA - 11th Step) 20 Minute Morning Prayers & Meditation Sequence

Opening - [Start Positive Christian Music]

(Example: Use Music of Angels and Archangels, Rich Mullins or John Michael Talbot - YouTube)

Gratitude Prayer

1. Lord Jesus, thank you for this day. I'm grateful for ... [say a few things relative to today].

Co-Dependency Prayer

2. Lord Jesus, I'm powerless over my pride that manifests itself as co-dependency. Please keep me clean and sober today and into the future. Please heal me from the symptoms and the cause of this.

In accordance with God's will, I agree in Jesus' name.

Victory Verses

3. Meditations / Affirmations [Kick Back and Relax] for approx. 3 mins. (Which equals 1 song). Examples are below. (Write your own that are meaningful to you.) (Repeat them "out loud" a few times)

- a. Jesus loves me and says I'm a valuable person.
- b. My life is unmanageable when I focus on others rather than myself & Christ.
- c. I can stop condemning myself without mercy.
- d. My feelings and thoughts are separate from the thoughts of my parents and family.
- e.
- f.
- g.

In accordance with God's will, in Jesus' name.

Devotional Reading

4. Read today's entry in "ACA: Strengthening My Recovery" daily meditation & journal what you are learning.

[This will help you get out of co-dependency, and to see what healthy looks like].

Asking Prayers

5. Knock-Down Kick-Down Prayer

I pray to the God of Abraham, Isaac, Jacob, King David and Jesus Christ:

- Please come with power and authority and knock down all doors, kick down all fences, bust out all windows, knock down all roadblocks, plow up all foundations and kick out all things inside of my entire being that are not of you.
- Please come with power and authority and pry my eyes wide open to your truth, slam my face into your truth, let me not turn to the right or to the left, but please help me to walk in your Spirit and truth and receive more of you.
- Please come with power and authority and remove the lust of the eyes, lust of the flesh and pride of life from my entire being.
- Please come with power and authority and take the wheel for my life, lead me and guide me in your Spirit, truth and purpose. Please hide me behind your cross Lord Jesus Christ. I plead the blood of Jesus Christ over all aspects of my entire being.
- Please help me to be an obedient servant of you, Christ Jesus, and help me to be useful for your purposes. I am yours Jesus Christ, not mine.
- I repent of all ungodly prayers, my sin throughout my entire life and my iniquity.
- Please forgive me Jesus Christ and cleanse me in your blood. Please have mercy on me and make me more like you, Jesus Christ.
- Never the less, your will be done Father God, not mine, in all matters related to me.
- I agree in Jesus' name.

6. Christian ACA Serenity Prayer

God, grant me the humility to accept the people I cannot change, the courage to change the one I can and the wisdom to know that one is me.

In accordance with God's will, I agree in Jesus' name.

7. 3rd Step Prayers

Jesus, I offer myself to Thee—to build with me and to do with me as Thou wilt. Please relieve me of the bondage of self, that I may better do Thy will. Please Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always! In accordance with God's will, I agree in Jesus' name.

Jesus, please help me to be totally willing to surrender my ungodly fears & place my will & life in your care one day at a time. Please grant me the humility & wisdom to change the things I can that you want me to, to endure the things I can change that you don't want me to, & accept the things I cannot change, & the wisdom to know the difference between them, I agree in Jesus' name.

8. 7th Step Prayers

Lord Jesus, My Creator, I am now willing that you should have all of me, good and bad. I pray that you now please remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Please replace them with the character assets you want me to have such as (Love, Joy, Peace – all the Fruit of the Spirit – especially Sanity). Please grant me strength, as I go out from here, to do your bidding in me. In accordance with God's will, I agree in Jesus' name.

Jesus, I now ask you to make me ready for you to remove from me all my defects of character, which block me from accepting your divine Love & living with true humility toward you & others. Please renew my strength so I might receive your help for the benefit of myself & let you bless others along this path of my recovery. In accordance with God's will, I agree in Jesus' name.

Jesus, I'm now ready that you should heal my survival traits, which block me from accepting your divine Love. Please grant me wholeness (more of your Love, Joy and Peace – all the Fruit of Your Spirit – especially Sanity). In accordance with God's will, I agree in Jesus' name.

Agreement Prayers (w/Holy Spirit and Millions of Christians)

9. Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from the evil one. For Thine is the kingdom, the power and the glory, for ever and ever. Amen. In Jesus' name.

10. Apostles Creed

I believe in God,
the Father Almighty,
Creator of heaven and earth,
and in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
He descended into hell;
on the third day He rose again from the dead;
He ascended into heaven,
and is seated at the right hand of God the Father Almighty;
from there He will come to judge the living and the dead.
I believe in the Holy Spirit,
the Holy Catholic Church,
the communion of Saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
In Jesus' name. Amen.

Listening Meditation (Few minutes)

11. Listen for the Lord's still calm voice.

10th Step Prayer: How can I best serve Thee?—Thy will (not mine) be done.

In accordance with God's will, in Jesus' name.

(Listen & Test the Spirits) – Do you profess that Jesus Christ has come of the flesh and agree in Jesus' name?

Closing Prayer

12. Thank you Lord Jesus for not leaving me where you found me!

Never the less, God's will be done in all matters related to me. I agree in Jesus' name.

[Stop Music]