



CONTINUING OUR HOUSECLEANING EVENING REVIEW

Purpose: Identify and remove obstacles to the Sunlight of the Spirit.

Set Aside Prayer:

God, please set aside everything that I think I know about myself, my brokenness, my spiritual path and you, God, for an open mind and a new experience of myself, my brokenness, my spiritual path and especially you.

Meditation

1. Constructively review my day (without fear or favor), was I:

Resentful?

Selfish?

Dishonest?

Afraid?

What motives were underneath my:

Intentions?

Thoughts?

Acts?

Effort?

Do we owe an apology?

Have I kept something to myself which should be discussed with another person at once?

Was I kind and loving to all?

What could I have done better?

Was I thinking of myself most of the time?

Or was I thinking of what I could do for others, of what I could pack into the stream of life?

2. Ask God's forgiveness!

3. Ask what corrective measures should be taken.

4. Thank God for blessings received!

5. Be willing to try again tomorrow!

TENTH STEP LETTER

Fill in the blanks:

Dear God,

I resent _____ for _____

I have a fear that _____

I have this fear because _____

I have this fear because _____

Dear God,

I resent _____ for _____

I have a fear that _____

I have this fear because _____

I have this fear because _____

Dear God,

I resent _____ for _____

I have a fear that _____

I have this fear because _____

I have this fear because _____

Dear God,

I resent _____ for _____

I have a fear that _____

I have this fear because _____

I have this fear because _____

Say:

Dear God, please remove all these resentments and fears. I pray only for the knowledge of Your Will for us and the power to carry it out. Send me the right thought, word, action. Show me what my next step should be.

Sign your name.

Read to your sponsor or other program person.

Tear up the letter and throw it away!

SAMPLE TENTH STEP LETTER

Dear God

Help me to uncover, discover, and discard the truth about why I am angry or fearful, and what else may be keeping me from you.

Thank you,

Sign your name here.

**Read to your sponsor or other program person.
Tear up the letter and throw it away!**