

Lesson Plan - Session 29 – Step 11 – Prayer

Time	Activity
0:00	Opening Prayer Plan for the session Catch-up sharing Questions/Discussion of Step 11 Share Exercises 11.1, 11.2
0:05	Catch-up Sharing
0:15	Questions/Discussion of Step 11
0:25	Share Exercise 11.1, Prayer Ask if someone is willing to share their prayer. When finished sharing, ask about feelings after writing prayer. Ask for feedback, crosstalk from the group. As time allows, ask others to share their prayer. Repeat process.
0:50	Share Exercise 11.2, Unanswered Prayer Ask if someone would share one example of unanswered prayer. Go around the circle until all have shared or time is exhausted.
1:20	Assignments Introduce assignments, read instructions. Exercise 11.3, Meditation Exercise 11.4, Sponsor's Note – this is feedback from your sponsor regarding their experience in sponsoring you. This is distinct from the Sponsor Blessing in Step 12. These notes will not be shared with the group.
1:25	Final questions or comments Closing Prayer
1:30	Adjourn – may leave meeting open for additional discussion

Leader Discussion Notes

See Leader Notes from Session 28 for discussion or questions regarding Step 11.

Exercise 11.1 – wide range of prayers shared by study members

- Protect, grow – marriage, family, children
- Jesus – salvation
- Connection with spouse
- Health, disease, healing
- Coping, suffering, accepting
- Work out faith, purify heart/mind
- Employment, finances, location
- Knowledge of will, Direction
- Closer relationship with God; need You, lost without You

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Recovery  
Anxiety  
Use of time  
Waiting on God  
Unconditional love  
Wisdom  
To see others as You see them  
Trust You, Surrender control

### Affirmations

I am a child of God  
God loved me when I was yet a sinner

### Aspirational Affirmations – they may not be true yet, but I want them to be

Lord I believe; help my unbelief  
You are the Lord and Master of my life  
I trust You  
You are enough for me

### Exercise 11.2 Unanswered Prayers

*Create list of responses from the group.*

### Exercise 11.3 – Discuss Christian meditation

#### Environment

Slow down, block out time  
Quiet space, quiet time  
Comfortable chair, sitting up

#### Approach – some suggestions

Identify a centering verse and/or centering word for each session – something you can repeat to get back on track if your mind wanders or you become distracted.  
Read the Bible before beginning meditation  
Consider Phil 4:8 As Christians we are to think about whatever is true, honorable, right, pure, lovely, admirable, excellent, or praiseworthy.  
Could include family, work, ministry, or life in general  
Ask God for knowledge of His will for us in these areas of life  
You could also repeat affirmations  
Christian music is also a good source for meditation. There are many worship songs that are simply Scripture put to music.