# Repetition Confirms and Strengthens, and a Working Faith Becomes Habitual

FIRST CONVERSATION *"...we should establish ourselves in a sense of God's Presence by continually conversing with Him."*

FIRST LETTER — THE LINE BEHIND THE SAYING *"...by often repeating these acts, they become habitual, and the presence of God becomes quite natural to us."*

— Brother Lawrence, *The Practice of the Presence of God*

Out loud, four times a day — on waking, at midday, late afternoon, and at night — until it is habit. You are not describing today. You are describing the man you are becoming. And while we are in the steps, call me every day. — *John*

## AFFIRMATIONS I

from the first assignment on

1. I see myself going to seven meetings a week.
2. Going to meetings is fun and interesting.
3. I look forward to each meeting.
4. Meeting and talking to people is fun.
5. I stay and talk to two people after each meeting. I talk about the fact that I have a sponsor and we are going to be doing the steps together.
6. I get the phone numbers of two other men after each meeting, and I text or call them.
7. I see myself focusing on the needs of others, rather than myself.
8. I see myself establishing a relationship with the God of my understanding.
9. I read the Big Book every day.
10. I fulfill all assignments my sponsor gives me, with eager anticipation for the next assignment.
11. I am eager to forgive people for the wrongs they have done to me.
12. I recognize that the growth and maintenance of the spiritual experience is my only hope for recovery.
13. I love everyone in the fellowship even though sometimes I may not agree with what they say or do.
14. I see myself sober, happy, and fulfilled.
15. I am willing to go to any length for sobriety.

## AFFIRMATIONS FOR STEP TWO

while we are in Steps Two and Three — the book's words, made yours

1. Lack of power was my dilemma. Today I am finding a Power greater than myself which will solve my problem. p. 45
2. I lay aside prejudice, and I am willing to believe in a Power greater than myself. p. 46
3. God does not make too hard terms with those that seek Him. I am seeking Him. I find Him in the seeking. p. 46
4. Upon this simple cornerstone a wonderfully effective spiritual structure is being built in me. p. 47
5. God either is, or He isn't. I choose to believe He is. p. 53
6. When I draw near to Him, He discloses Himself to me. p. 57
7. God could and would if He were sought — and I am seeking Him. p. 60
8. I cannot change myself. As I take these steps I am being changed, and I begin to be possessed of a new sense of power and direction. p. 46
9. In every meeting I say yes: that happened to me; I have felt like that; this program can work for me.

"Our whole attitude and outlook upon life will change... They will always materialize if we work for them." — p. 84. **Say them until they are true, then keep saying them.**

# Affirmations II · The Third Step Prayer

*II comes after Step Seven — the prayer begins the morning you take Step Three, and every morning after*

## AFFIRMATIONS II

after Step Seven

1. I have faith in God, I will not fear.
2. I am a believer all things are possible to me.
3. I walk by faith and not by sight, I allow God to move through my life by faith.
4. I determine to walk in love and forgive others.
5. The joy of God is in me.
6. I seek God and he hears me, He delivers me from all my fears.
7. God is with me, He will never fail me or forsake me.
8. I walk in Love, I do not insist on my own rights or my own way, for I am not self-seeking.
9. I am united with God, I am one spirit with Him.
10. I have faith in God and not my circumstances.
11. I have a realization of the power God has given to me to Love and help other alcoholics and addicts.
12. I forgive those whom I have anything against so that my prayers are not hindered.
13. I am filled with the knowledge of God's will in all wisdom and spiritual understanding.
14. Death and life are in the power of the tongue, I determine to only speak words of life.
15. I allow love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and self-control to grow and develop in my life.
16. God's grace flows toward me; I always have all sufficiency in all things.
17. God is my rewarder as I diligently seek Him.
18. God has pleasure in my prosperity; I prosper in all areas of my life.
19. I have received the spiritual experience; therefore I have received power.

## AFFIRMATIONS II — PART TWO

the book's words

20. I am an intelligent agent, a spearhead of God's ever advancing Creation. p. 49
21. I have quit playing God. God is my Director; I am His agent. p. 62
22. I have a new Employer. I stay close to Him and perform His work well, and He provides what I need. p. 63
23. God is doing for me what I could not do for myself. p. 84
24. When I am agitated or doubtful, I pause and ask for the right thought or action. I am no longer running the show. pp. 87–88
25. Thy will be done — many times each day. p. 88
26. The person who offends me is a sick man. I ask how I can be helpful to him. p. 67
27. God removes my fear and directs my attention to what He would have me be. p. 68
28. I have a daily reprieve, and I maintain my spiritual condition today. p. 85
29. Love and tolerance of others is my code. p. 84
30. I ask God each morning what I can do today for the man who is still sick. p. 164
31. Giving rather than getting is my guiding principle. The getting is in the giving. p. 128
32. My job today is to make my Employer look good — at home, at work, on the freeway. I am the GSR of my home group everywhere I go.
33. Feet on the floor. I suit up and show up.
34. I can never be anything more, or anything less, than a child of God. I am not my past.
35. Nothing is too good to be true, too wonderful to happen, or too good to last. There is nothing too good for a sober alcoholic.

## THE THIRD STEP PRAYER

my daily baptism

> *"God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. 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!"*
>
> Alcoholics Anonymous, p. 63

**Every morning**, before your feet hit the floor: the prayer, then Affirmations I — the first of the day's four. It has been my daily baptism for years; now it is yours. The first time, on your knees, with me. After that, wherever you wake up.

> *"The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation. This was only a beginning, though if honestly and humbly made, an effect, sometimes a very great one, was felt at once."* p. 63

Say it in your own words if you need to — but say all of it, and mean it. It is a beginning every morning, which is why it is a baptism.