# Daily Visualizations & Prayers

*the routine — out loud, four times a day, until it is habit*

**“In West Texas we have a saying: repetition confirms and strengthens, and a working faith becomes habitual. So what I have to do is I have to have a routine. I have to talk to my sponsor every day. In the beginning I have got to go to meetings every day — maybe numerous ones. I’ve got to do some things.”**

— Joe McF, Online Workshop with Tim M, June 2020, at 19:03 (and again at 1:14:06: “my stinking gets stinking and I need to stay active”). Transcript: `recovery/tim-m/transcripts/2023-08-13-joe-mcf-tim-m-online-workshop-june-2020.md#t1143`

The saying circulates in the rooms in an older form — *“Repetition strengthens and confirms, and faith becomes natural”* — and reaches back to Brother Lawrence: *“by often repeating these acts, they become habitual, and the presence of God becomes quite natural to us.”* The book says it too: what used to be the hunch *“gradually becomes a working part of the mind… We come to rely upon it.”* (p. 87) — sources in `recovery/tim-m/aa-quotes/aa-quotes-joe-mcf-repetition-confirms.md`

## THE ROUTINE

what “I have to have a routine” looks like

| | |
|---|---|
| **ON WAKING** | Before your feet hit the floor: *“God, this is _____ reporting for duty. What would you have me do?”* — then the Third Step Prayer, and the morning asks of p. 86. Say the Visualizations (1st time). |
| **EVERY DAY** | Talk to your sponsor. A meeting — every day in the beginning. Three calls to people on your fellowship list. Read the Big Book. Do the assignment. Visualizations at midday and late afternoon (2nd, 3rd). |
| **ALL DAY** | PARS — **P**ause when agitated or doubtful · **A**sk what He would have me be · **R**emind myself I am no longer running the show · **S**ay “Thy will be done.” (pp. 87–88) |
| **AT NIGHT** | The review of p. 86 — RADS: was I **R**esentful, **A**fraid, **D**ishonest, **S**elfish? — then ask for corrective measures. The Seventh Step Prayer. Visualizations (4th). Pray for ten to fifteen people from your list. |

## VISUALIZATIONS I

from Assignment #1 on — say them out loud

You are not describing today. You are describing the man you are becoming — and saying it until it is habit.

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 see myself focusing on the needs of others, rather than myself.
7. I see myself establishing a relationship with the God of my understanding.
8. I read the Big Book every day.
9. I fulfill all assignments my sponsor gives me, with eager anticipation for the next assignment.
10. I am eager to forgive people for the wrongs they have done to me.
11. I recognize that the growth and maintenance of the spiritual experience is my only hope for recovery.
12. I love everyone in the fellowship even though sometimes I may not agree with what they say or do.
13. I see myself sober, happy, and fulfilled.
14. I am willing to go to any length for sobriety.

# Visualizations II & III

*II comes with Assignment #6, after Step Seven — III are additions in the same voice, each anchored to the book or to Joe*

## VISUALIZATIONS II

Assignment #6

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

## VISUALIZATIONS III

additions — the book's words, first person

34. I am an intelligent agent, a spearhead of God's ever advancing Creation. p. 49
35. I have quit playing God. God is my Director; I am His agent. p. 62
36. I have a new Employer. I stay close to Him and perform His work well, and He provides what I need. p. 63
37. God is doing for me what I could not do for myself. p. 84
38. 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
39. Thy will be done — many times each day. p. 88
40. The person who offends me is a sick man. I ask how I can be helpful to him. p. 67
41. God removes my fear and directs my attention to what He would have me be. p. 68
42. I have a daily reprieve, and I maintain my spiritual condition today. p. 85
43. Love and tolerance of others is my code. p. 84
44. I ask God each morning what I can do today for the man who is still sick. p. 164
45. Giving rather than getting is my guiding principle. The getting is in the giving. p. 128 · Joe
46. 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. Joe
47. Feet on the floor. I suit up and show up. Joe
48. I can never be anything more, or anything less, than a child of God. I am not my past. Joe
49. 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. Joe

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

# The Prayers of the Routine

*morning · during the day · night — the book's prayers, the packet's, and Joe's*

## MORNING

pp. 63, 86–87

JOE'S FIRST THOUGHT — BEFORE YOUR EYES OPEN

*"God, this is _____ reporting for duty. What would you have me do?" Then sit and listen; pray for whoever comes onto your radar.*

Joe McF, Online Workshop 1:24:54

THE THIRD STEP PRAYER — EVERY MORNING

*"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!"*

p. 63

THE MORNING ASKS — IN THE BOOK'S WORDS

*"…we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives." … "a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will…"*

pp. 86–87

THE PACKET'S PRAYER — EVERY MORNING AND EVERY NIGHT

*"Dear God, thank you for giving me the spiritual experience as a result of honestly working the steps. Amen."*

AA 12-Step Packet

## DURING THE DAY

pp. 67, 68, 85, 87–88

**P** Pause when agitated or doubtful. **A** Ask what He would have me be. **R** Remind myself I'm no longer running the show. **S** Say "Thy will be done." Joe's PARS, out of pp. 87–88

CONSTANTLY

*"How can I best serve Thee—Thy will (not mine) be done."*

p. 85

WHEN A PERSON OFFENDS

*"This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."*

p. 67

WHEN AFRAID

*"We ask Him to remove our fear and direct our attention to what He would have us be."*

p. 68

WALKING INTO A MEETING — JOE'S THREE CHAIRS

*Tap three chairs, three times each: a prayer for those suffering in the room; for those who have left and not come back; for those who haven't arrived yet. "I believe that's how I got into Alcoholics Anonymous — I was prayed in here."*

Joe McF, Online Workshop 1:26:41

BEFORE YOU SHARE OR CHAIR

*"Let the voice be mine and the words be Thine."*

Joe McF's notes

FOR TEN TO FIFTEEN PEOPLE FROM YOUR LIST, DAILY

*"Dear God, thank you for blessing _____. Thank you for giving him your divine guidance and wisdom. Thank you for bringing him to the _____ club, that I may help him of your love and way of life. Amen."*

AA 12-Step Packet

# At Night — and From Joe's Notebook

*the nightly review and the Seventh Step Prayer — then the set-aside prayer, a daily prayer, and an opening prayer*

## AT NIGHT

pp. 76, 86

THE REVIEW — THE BOOK'S QUESTIONS

*"Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life?" … "After making our review we ask God's forgiveness and inquire what corrective measures should be taken."*

p. 86

**Joe's two questions for the review:** *Was I led by God, causing unity — or driven by fear, causing conflict?* and *Is this complementing my program or contaminating it?* Online Workshop 1:15:18 · Red Room 1:05:01

THE SEVENTH STEP PRAYER — EACH EVENING

*"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."*

p. 76

Joe on meditation: Bill called it *constructive imagination*. If fear "set in motion trains of circumstances" for the bad, a constructive nightly review — thinking good of the people in your day — sets them in motion for the good. Online Workshop 1:26:41

## THE SET-ASIDE PRAYER

before every meeting, every reading, every step

*"Dear God, please help us set aside everything we think we know about our disease, the Big Book, the Twelve Steps, the program, the fellowship, the people in AA and all spiritual terms, and especially You, God, so I may have a new experience with all these things. Please help me see the truth."*

as the Truth Seekers said it, every week — Joe McF, Red Room 40:21

A DAILY PRAYER

*"God, we invite you into this day, to guide and direct each of us as we seek Your will. Father, please set aside, within each of us, that which would block us off from You. Lay aside our prejudices about what we think we know about this day, and our current limitations. Remove our fears Lord, that we may hear Your Truth through this day. Give us the strength and courage to be who You would have us Be."*

Joe McF's notes

## AN OPENING PRAYER

how Joe opened a session

*"Our Father, we come to you as a friend. You have said that where two or three are gathered in your name, there you will be in the midst. We believe you are with us now. We believe this is something you would have us do and it has your blessing. We believe that you want us to be real partners with you in this business of living, accepting our full responsibility and certain that the rewards will be freedom and growth and happiness. For this, we are grateful. We ask you at all times to guide us, help us daily to come closer to you and grant us new ways of living our gratitude. Amen."*

Joe McF opening Keep On Tookin', Tulsa 2025 (Tim M, part 4, 0:01)

# Affirmations Joe Repeats

*from his notes — "the white noise of my spirit" — the Tradition affirmations, and Brother Lawrence*

## AFFIRMATIONS JOE REPEATS

from his notes — "the white noise of my spirit"

*"I am now in the presence of Being, immersed in the Holy Spirit of life, love, and wisdom. God is in charge. This is His world. I am His child. These are His people. Now is His time."*

*"Absolutely nothing is too good to be true, too wonderful to happen, or too good to last. I have unshakable faith in the perfect outworking of every situation in my life, for God is in absolute control, and all things are working together for my highest good and all is well. And so it is, and so I let it be."*

TRADITION ONE

*"Let me remember that my fulfillment, love, joy and forgiveness come through my sharing and joining with others in our common welfare."*

TRADITION TWO

*"Let me remember that God, as we understand Him, is our only True Source, that we are His children, His agents, His individual expressions, and that we have come together for His purpose. Even now He is guiding and directing us."*

TRADITION FIVE

*"Let me remember that as an individual God created, we all have a special message to share. Joined with those we are drawn to, the sharing of this message is our primary purpose."*

Joe's own note on how: *"Say it silently, and listen to the intention of the words — then silently extend what would appear to be the most beneficial. Listen to the body; it knows."*

## BROTHER LAWRENCE — THE PRACTICE OF THE PRESENCE OF GOD

where "a working faith becomes habitual" comes from · 1690s

FIRST CONVERSATION

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

FIRST LETTER — THE LINE BEHIND JOE'S

*"…by often repeating these acts, they become habitual, and the presence of God becomes quite natural to us."*

FOURTH CONVERSATION

*"…by rising after my falls, and by frequently renewed acts of faith and love, I am come to a state wherein it would be as difficult for me not to think of God as it was at first to accustom myself to it."*

FOURTH CONVERSATION

*"We should not wonder if, in the beginning, we often failed in our endeavors, but that at last we should gain a habit which will naturally produce its acts in us without our care and to our exceeding great delight."*

Same law as the Big Book's Step Eleven: *"What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind… We come to rely upon it."* (p. 87) — and Joe's: repetition confirms and strengthens. Text: Project Gutenberg #5657

*Visualizations I & II from the AA 12-Step Packet · Big Book prayers pp. 63, 67, 68, 76, 85–88, 164 (verified) · Joe McF: Tim M corpus transcripts (Online Workshop June 2020; Red Room May 2020; Keep On Tookin' 2025/2026) and `recovery/tim-m/aa-quotes/aa-quotes-joe-mcf-*.md` — transcripts are machine-produced; wording lightly cleaned*