

# 11th STEP PRAYER

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*Big Book suggestions about Prayer and Meditations:*

1. Make no requests, in prayer, for yourself only.
2. Never pray for your own selfish ends.
3. Select and memorize a few set prayers that emphasize the principles of the Steps.
4. Ask your priest, minister, or rabbi about helpful books and prayers that emphasize the principles of the Steps.
5. Be quick to see where religious people are right.
6. Make use of what religious people have to offer.