

# CZR Step Study

## Step Eleven – Week 1 of 4

*Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.*

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please help me set aside everything that I think I know about myself, my brokenness, the Twelve Steps, and you for an open mind and a new experience of myself, my brokenness, the Twelve Steps, and especially you.<sup>1</sup>

1. Read *COSA Step Eleven: Working the COSA Eleventh Step* booklet/chapter up to the Voices. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
2. Spend some time each day thinking about/meditating on the words of Step Eleven. After several days of meditation, pick one word that stands out to you, and write about that word (any length, any style of writing).<sup>2</sup>
3. Start thinking about what works for you as a way of staying connected to your Higher Power (and remembering to stay connected!).
4. Be prepared to share your Step Eleven journey each week.

#### Forever Essential Assignments

For our recovery, attending meetings and contacting other COSAs is important. It is recommended for the entire year-long step study. It helps us embrace the “we” part of our fellowship.

- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

<sup>1</sup> Adapted from Herb K's [Way of Life](#) document

<sup>2</sup> South Bay Step Group by Amy MJ and Brian T

## Recommended

5. Continue working on amends as needed.
6. See what works for you as a way to continue to take personal inventory (and promptly admit when you're wrong). Note: This is both Step Ten and Step Eleven work.

Here are some recommended ways to experiment:

- a. Practice the method outlined in the *Big Book*. [Chapter 6](#) Pages 86–95
- b. Focus on assets as a way of practicing daily gratitude.
- c. Notice what emotions come up and how we react.
- d. Be gentle with yourself and let go of the need for daily practice.
- e. Focus on self-care, taking things slowly.
- f. Let go of perfection.
- g. Use smiley faces on the calendar.

## Optional

7. Watch: Hand in Hand Series — [Spirituality and the Steps Developing a Relationship with Higher Power Through Working the Steps](#)

Forever Optional Assignments
<p>→ For more information on each step, read the COSA <i>Balance</i> newsletter. For information on ordering, see Step Study→<a href="#">Resources</a> on the <a href="#">COSA Zoom Room</a> website.</p> <p>→ If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 &amp; 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.</p>

# CZR Step Study

## Step Eleven – Week 2 of 4

*Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.*

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please help me set aside everything that I think I know about myself, my brokenness, the Twelve Steps, and you for an open mind and a new experience of myself, my brokenness, the Twelve Steps, and especially you.<sup>3</sup>

1. Choose at least three readings from the COSA Voices in the *COSA Step Eleven: Working the COSA Eleventh Step* booklet/chapter.
2. Solidify plans for your Step Eleven retreat that was started in week four of Step Ten. For your convenience, these worksheets have been added to the Step Eleven Worksheets Worksheets 1–2, pages 1–2. See Step Study→Step Eleven→[Step Eleven Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.

#### **Please read and answer the questions below.<sup>4</sup>**

These questions are prompts to help you recognize your thinking and behavior in relation to this Step. What matters most is how these concepts relate to your life. Be prepared to share your answers with your group.

3. It has been said that prayer is speaking to God, and meditation is listening. Am I making time for both?
4. Are these separate activities for me, or are they connected? How so?

#### Forever Essential Assignments

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<sup>3</sup> Adapted from Herb K's [Way of Life](#) document

<sup>4</sup> Walk in the Light Step Study

## Recommended

5. The 30-minute Eleventh Step telephone meeting (see [Phone Meetings | COSA-Recovery](#)) offered by COSAs may be another helpful way of exploring/putting into action the Eleventh Step. Here is the meeting's main website [COSA Eleventh Step Meeting \(google.com\)](#)

## Optional

6. Listen to Arizona Step Study Mp3s on Step Eleven: [Arizona Step Study | COSA-Recovery](#)

### Forever Optional Assignments

- For more information on each step, read the COSA *Balance* newsletter. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

# CZR Step Study

## Step Eleven – Week 3 of 4

*Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.*

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please help me set aside everything that I think I know about myself, my brokenness, the Twelve Steps, and you for an open mind and a new experience of myself, my brokenness, the Twelve Steps, and especially you.<sup>5</sup>

1. Use the *Dialoguing with Higher Power Worksheet*, Worksheet 3, page 3, as a template to guide your exploration of your conversation with Higher Power. See Step Study→Step Eleven→[Step Eleven Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.
2. Choose at least three questions to answer from the *COSA Step Eleven: Working the COSA Eleventh Step* booklet/chapter. The questions follow the COSA Voices. Remember, the ones that you want to skip are likely ones that you need to answer.

#### **Please read and answer the question below.**<sup>6</sup>

The following questions are prompts to help you recognize your thinking and behavior regarding working this Step. What matters most is how these concepts relate to your life. Be prepared to share your answers with your group.

3. Prayer can take on many forms. It can be a repetition of something, or it can be spontaneous. It can involve words or even feelings. What does prayer mean to me?
4. There are many ways to work Step Eleven.
  - a. We can engage in morning and/or evening prayer, meditation, or reflection routines.
  - b. We can pray for guidance in small decisions (like what to have for lunch or what to wear) to get a sense of what our Higher Power's guidance feels like — this could be a voice we hear in our head, an emotion, or a feeling in our body.
  - c. We can focus on our breath or pay attention to what is happening in our bodies.
  - d. We can reflect on specific questions at the end of the day.
  - e. We can talk out loud to our Higher Power.
  - f. We can make sure we're listening to and connecting with God rather than just thinking about God.
  - g. We can add a moment of prayer at specific points during our day, like waking up or going to sleep, getting out of the car, or showering.

<sup>5</sup> Adapted from Herb K's [Way of Life](#) document

<sup>6</sup> Walk in the Light Step Study

## Forever Essential Assignments

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## Recommended

### Dream and Miracle Journal

5. Read the Dream and Miracle Journal Presentation. See Step Study→ Step Eleven→[Dream and Miracle Journal Presentation](#) on the [COSA Zoom Room](#) website for the PDF.
6. Complete the *Dream Journal Analysis*. See the *Dream Journal Analysis*, Worksheet 4, page 4. See Step Study→Step Eleven→[Step Eleven Worksheets](#) on the [COSA Zoom Room](#) website for the PDF.
7. Start both dream and miracle journals.

## Optional

## Forever Optional Assignments

- For more information on each step, read the COSA *Balance* newsletter. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

# CZR Step Study

## Step Eleven – Week 4 of 4

*Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.*

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please help me set aside everything that I think I know about myself, my brokenness, the Twelve Steps, and you for an open mind and a new experience of myself, my brokenness, the Twelve Steps, and especially you.<sup>7</sup>

1. If you haven't yet solidified your retreat plans, continue to do so. Share your plans with your sponsor, co-sponsor, or another trusted person.
2. Explore different types of meditation.

#### Please read and answer the questions below.

The following questions are prompts to help you recognize your thinking and behavior regarding working this Step. What matters most is how these concepts relate to your life. Be prepared to share your answers with your group.

3. What does meditation mean to me?<sup>8</sup>
4. What different types of meditation have you experimented with?
5. If you have had difficulty with a particular concept of meditation in the past, what are some other types of meditation you might be willing to try?<sup>9</sup>
6. Which were most impactful?
7. Which were less meaningful?

<sup>7</sup> Adapted from Herb K's [Way of Life](#) document

<sup>8</sup> Walk in the Light Step Study

<sup>9</sup> Walk in the Light Step Study

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## Recommended

8. **Story In Three Sentences.**<sup>10</sup> For instructions, see Step Study→Step One→[Story In Three Sentences Presentation](#) on the [COSA Zoom Room](#) website for the PDF.

- a. Sentence 1: The Story – Write out (in one sentence) how you seek, or fail to seek, through prayer and meditation to improve your conscious contact with God and/or pray, or fail to pray, for knowledge of God's will and the power to carry that out.
- b. Sentence 2: Write out (in one sentence) what you did that you wish you had either not done or done differently.
- c. Sentence 3: Write out what would have been a better choice and/or what I would choose to do when that situation repeats itself.

### Example:

- a. **The Story:** *I sometimes want my own self-centered way instead of truly seeking “knowledge of God’s will for me and the power to carry that out.”*
- b. **What do you wish you had either not done or done differently?** *I wish that my ego and selfishness had not “run amuck.”*
- c. **What would have been a better choice?** *I would take the time – in every situation – to meditate and pray so that I can truly know what my Higher Powers will for me is and then patiently wait for the power to do what I’ve been impressed to do.*

<sup>10</sup> Adapted from Dennis F - [website](#)



## Optional

### Forever Optional Assignments

- For more information on each step, read the COSA *Balance* newsletter. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.