

Prayer: Step 3, Step 7, Step 11

- Some members found it difficult to reveal their vulnerabilities through prayer
- The only way to learn to pray is to actually pray
- Higher Power is everywhere at all times, so prayer can be done anywhere at any time.
- Not all of ones defects are removed at one time.
- Talking out loud (verbalized) prayer can be more powerful.
- Many felt that they had a constant connection with Higher Power at all times.
- Many felt more serene and an increased inner peace after prayer.
- Prayer for some was a tangible demonstration of their humility.
- Most found that prayer is a tool that resulted in changing themselves.
- Accepting that I cannot understand the incomprehensible
- The humble physical act of kneeling increased the power of prayer for some.
- Others felt that it was important to have a visualization of their Higher Power, but had difficulty with this
- The very act of searching for a better understand of one's Higher Power is all part of the process of prayer.