

The Heart of Step Eleven

Step 11 is about deepening our relationship with God. It is the daily practice of presence.

“Be still, and know that I am God.”

Psalm 46:10

Prayer is speaking.
Meditation is listening.
Both draw us closer to God.

Reflection:

- Where do you sense God inviting you deeper?
- What distracts you from prayer?
- What spiritual practices help you stay connected?

Prayer

*God, draw me close.
Quiet my mind,
open my heart,
and tune my spirit to Your presence.
Teach me to listen,
to trust,
and to walk with You daily.*

*In Jesus name,
Amen.*

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You're not alone. We walk this journey together.

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STEP ELEVEN PRAYER & MEDITATION

“Sought through prayer and meditation to improve our conscious contact with God...”

Key Scripture:

¹⁰ He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

Psalms 46:10

⁶ But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

Matthew 6:6

⁴ Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

John 15:4

A simple guide to understanding Step 11 through the lens of connection, listening, and spiritual growth.

1. Growing in Conscious Contact

Step 11 invites us into a rhythm of connection.

Growing in conscious contact means:

- Setting aside time for God.
- Listening for His voice.
- Seeking His will.
- Trusting His guidance.

Key Idea:

Connection grows through consistency.

Self Inventory:

Check any that apply:

- I struggle to be still.
- I rush through prayer.
- I rely on my own understanding.
- I avoid silence.
- I want deeper connection with God

Reflection:

- What helps you slow down?
- Where do you sense God speaking?

2. Scripture and Stillness

“Remain in Me, as I also remain in you.”

John 15:4

God meets us in silence, scripture, and stillness.

Key Idea:

Stillness creates space for God’s voice.

Scripture Engagement:

Read Psalm 46 and John 15:1–11.

Underline any words that speak to abiding and listening.

Reflection:

- What scripture is speaking to you?
- What is God inviting you to hear?

3. Seeking God’s Will Daily

Step 11 aligns our hearts with God’s direction.

Seeking God’s will looks like:

- Asking for guidance.
- Listening before acting.
- Trusting God’s timing.
- Staying open to His leading.
- Walking in obedience

Key Idea:

God guides those who listen.

Willingness Inventory

Rate 1–5:

___ I seek God’s will daily.

___ I listen before acting.

___ I trust God’s direction.

___ I am open to God’s voice.

___ I desire deeper connection

Reflection:

- What guidance do you need today?
- What step of obedience is God inviting you to take?
- How can you create space to listen?