

ST. FRANCIS PRAYER EVENING REVIEW

OPENING PRAYER

Higher Power, We ask that You light a candle within our hearts tonight, so that we may be able to see clearly what may have blocked us today from being of service to You in carrying the message of recovery.

We ask for You to give us the courage to be honest in our review of this day and for freedom from self-will and rationalization.

Although I may resist meditation, prayer, and other spiritual practices at times, I ask that You grace me with willingness this evening. Bring me to that quiet and peaceful place deep within me where You reside.

Allow me to see how with Your help my weaknesses can be turned into strengths, how my fears can be eliminated by faith, and how healing can occur through love of You, self and others.

Amen

D.M 3/04

***HIGHER POWER, WAS I A CHANNEL OF YOUR PEACE TODAY**

Today, to the best of my ability, was I an instrument of peace? Did I practice patience, kindness, tolerance and love in all my affairs of the day? Did I get along with those whom I came into contact with? Did I ask my Higher Power to direct my thinking and my actions today? Where there was hostility did I bring peace?

***HIGHER POWER, WHERE THERE WAS HATRED, DID I BRING LOVE**

Today, to the best of my ability, did I express love in my words and actions? Did I remember "restraint of tongue and pen?" Did I show kindness, patience, tolerance and love toward all, especially those whom I dislike? If I came upon someone who appeared to be full of hatred, did I try my best to be loving, knowing that fear and lack of faith can masquerade as this?

***HIGHER POWER, WHERE THERE WAS WRONG, DID I BRING THE SPIRIT OF FORGIVENESS**

Today, to the best of my ability, did I avoid reacting when perceived being wronged with quick-tempered criticism, power-driven arguments, sulking or silent scorn? Did I look for the good in others and act in good faith and forgiveness if they said something that may have hurt my feelings? Did I forgive someone today who may have spoken about me harshly? Did I make amends if I have wronged someone today?

***HIGHER POWER, WHERE THERE WAS DISCORD, DID I BRING HARMONY**

Today, to the best of my ability, did I attempt to be agreeable? Did I keep my unsolicited opinion to myself? If I did give my opinion and it was not accepted did I remember that everyone has the right to their own opinion and can still remain a valued and trusted friend, associate and decent human being? If their disagreement seemed to be laced with malice, did I stop and think before I responded? Did I remember the idea that perhaps this person may be spiritually blocked and pray for my Higher Power's Will, Mercy and Blessings to be bestowed upon them?

***HIGHER POWER, WHERE THERE WAS ERROR, DID I BRING TRUTH**

Today, to the best of my ability, was I honest? Did I keep my thoughts and actions based in reality and fact? Was I direct in my dealings with others? Did I ask for what I wanted or needed and refrain from manipulating others for my own gain?

***HIGHER POWER, WHERE THERE WAS DOUBT, DID I BRING FAITH**

Today, to the best of my ability, did I act in faith? When I came across someone who was in doubt, did I share my faith and try to redirect their thinking to their Higher Power? If I or someone else was faced with a major decision, did I stop and think, and pray for guidance and suggest they do the same? If someone was full of doubt, did I try to recall my experiences and share my confidence and trust that these same results can be theirs as well?

***HIGHER POWER, WHERE THERE WAS DESPAIR, DID I BRING HOPE**

Today, to the best of my ability, did I *act as if* I have hope in all my activities and affairs of the day, even if at time I may have thought it was hopeless? Did I reach out to someone who was in despair and struggling, and share my faith with them and give them hope? Did I share my experience of how I have been in despair and come out the other side? Did I share my complete trust in my Higher Power? Did I share how I believe my dreams are possible if I work for them and ask for God's help?

***HIGHER POWER, WHERE THERE WERE SHADOWS, DID I BRING LIGHT**

Today, to the best of my ability, did I see the brighter side of things when darkness presented itself? Did I carry the message that faith in a Higher Power has overcome my loneliness, fears and anxieties? Did I have that "uncanny understanding", that "undefinable something" in my eyes that brings hope to others?

***HIGHER POWER, WHERE THERE WAS SADNESS, DID I BRING JOY**

Today, to the best of my ability, did I reach out to someone who may appear sad and try to bring some joy to their day? Did I try my best to find the good in the day and share it with someone? Did I relive memories of a person or situation from my past which brought me joy and share this?

***HIGHER POWER, DID I SEEK TO COMFORT TODAY RATHER THAN TO BE COMFORTED**

Today, to the best of my ability, did I attempt to be selfless? Did I console another without giving pity? Did I look to cheer up someone who was lonely, depressed or grieving of an injury or loss? Did I look to encourage someone who may have been engulfed in doubt or hopelessness? Did I look to bring joy to someone who may have been struggling with their faith?

***HIGHER POWER, DID I SEEK TO UNDERSTAND, RATHER THAN TO BE UNDERSTOOD**

Today, to the best of my ability, did I will attempt to be understanding? Did I show concern and interest in the welfare of others? If someone committed an injury against me, did I try to understand what may have motivated them? Did I attempt to understand their plight rather than judge their conduct? Did I look to see the importance of ideas that were not my own? Did I accept something as truth even though I personally disagree with its application? Did I show tolerance for others as I accepted them for what and who they really are?

***HIGHER POWER, DID I GIVE LOVE RATHER THAN SEEK TO BE LOVED**

Today, to the best of my ability, did I attempt to be loving? Did I seek to express only love in my actions? Did I see to the well-being of someone in my arena of life today? Was I careful to avoid selfish, dishonest, self-seeking, inconsiderate or resentful actions? Did I let someone know today that I love and appreciate them? Did I go out of my way to let someone know who may have been feeling lonely and afraid that their Higher Power loves them as He does all His children? Did I acknowledge that all things good are of my Higher Power? Did I carry a message of love through unselfish, kind and tolerant actions today?

CLOSING PRAYER

Thank you, God, for all You have given me.
Thank You for all You have taken from me.
But, most of all, I thank you for what You have left me:
Recovery, along with peace of mind, faith, hope and love.