

Lesson Plan - Session 30 – Step 11 – Mediation

Time	Activity
0:00	<p>Opening Prayer</p> <p>Plan for the session</p> <p>Catch-up sharing</p> <p>Share exercise S11.3, Meditation</p> <p>Introduce Step 12</p> <p>Assignments</p>
0:05	Catch-up Sharing
0:15	<p>Share Exercise S11.3, Meditation</p> <p>(A few leader notes are given below.)</p> <p>Ask for a volunteer to share Day 1 of his meditation. Describe approach and activity; thoughts and feelings. Feedback and crosstalk from others in study.</p> <p>Repeat until 6 or more men have shared at least one day.</p> <p>Then, ask someone to describe their second or later experiences in meditations. Feedback and crosstalk to follow.</p> <p>Ask other men to share subsequent experiences and whether or to what extent their experiences changed over time.</p> <p>Final questions or comments.</p> <p>Step 11 prayer – read aloud in unison</p>
1:00	<p>Introduce Step 12</p> <p>See Notes below</p>
1:20	<p>Assignments</p> <p>Read Step 12</p> <p>Read instructions for following exercises:</p> <p>Exercise S12.1, Helping Others</p> <p>Exercise S12.2, Time, Talent, Treasure</p> <p>Come next time prepared to discuss and share reading and exercises.</p>
1:25	<p>Final questions or comments</p> <p>Closing Prayer</p>
1:30	Adjourn – may leave meeting open for additional discussion

Leader Discussion Notes

How do I know it is from God? How do I test thoughts?

- Is it in the Bible? God’s word to us.
- Phil 4:8-9 – Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or

Lesson Plan - Session 30 – Step 11 – Mediation

received or heard from me, or seen in me – put into practice. And the God of peace will be with you.

Meditation is a quest to hear still, small things from God.

Intro Step 12

Read Step and associated verse, page 157

Spiritual awakening – a slow, methodical process where we awaken to the fact that we are spiritual beings living in a broken human form in a fallen world; yet we have experienced the love and mercy of God through working this program. In the process, he heals our wounds.

Our mission and our response is to carry this message – salvation, healing – through God’s love and mercy – to others. Our redeemed brokenness enables us to be used by God to restore intimacy with his creation.

This exercises in this step will focus on how we can help others, use of our time, talent, and treasures, and how to share our story with others.

Jesus and the 12 Steps – Denison

Brother Andrew – John 1:40-42

Neil Diamond – Brother Love’s Traveling Salvation Show

Now you got yourself two good hands
And when your brother is troubled,
You gotta reach out your one hand for him
Cause that’s what it’s there for
And when your heart is troubled,
You gotta reach out your other hand,
Reach it out to the man up there
Cause that’s what he’s there for.

We work the 12 Steps with two hands – one extended to God and the other extended to others. Early in recovery, one hand hangs onto God and the other clings to anything or anyone that can help us in recovery. As we work the steps, the second hand clings less to others to support us and more to others that we can provide support to.

AA Big Book – The joy of living is the theme of AA’s 12th Step, and action is the key word.

Lesson Plan - Session 30 – Step 11 – Mediation

St. Augustine – What does love look like? It has hands to help others. It has feet to hasten to the poor and needy. It has eyes to see misery and want. It has ears to hear the sighs and sorrows of men.

Andrew was born in 5 BC in Galilee. Greek name means manly or brave. Professional fisherman. He was a disciple of John the Baptist. Never in the inner circle. Always consistent. Fragments of church history suggest he preached in Scythia, around the Black Sea, and Romania. Condemned to death by crucifixion, he requested to be crucified upside down.

12th Step - Andrew found Jesus and immediately went to find his brother, Peter, to bring him to Jesus; Andrew brought the boy with the loaves and fishes to feed the 5,000; Andrew connected the curious Greeks to Jesus (John 12:22).

Peter was the result of Andrew working Step 12. Clearly much came of that.

Without Jesus there is no real recovery. Jesus a) sees us as we are, b) envisions what we can become, c) does for us what we cannot do for ourselves.

Michelangelo – Chipping away at a huge shapeless piece of rock. Asked what he was doing. “I am releasing the angel imprisoned in this marble.” Jesus is the one who sees and can release the hidden angel in every man.

People in recovery are free people who are not only determined to remain free, but to help others gain their freedom as well.

A little science – There is now neural evidence from fMRI studies suggesting a link between generosity and happiness in the brain. Helping others regulate their emotions helps us regulate our own emotions, decreases symptoms of depression and ultimately improves our own.

Be careful – Carry the message; not the addict. You cannot work recovery for someone else.

Practice these principles in all our affairs

John Wooden – 10 NCAA basketball championships in 12 years

Be true to yourself, help others, make each day your masterpiece, make friendship a fine art, drink deeply from good books – especially the Bible, build a shelter against a rainy day, give thanks for your blessings and pray for guidance every day.