

Twenty-Four Hours a Day

Introduction

Twenty-Four Hours a Day is intended for members of Alcoholics Anonymous as a help in their program of living one day at a time. It is designed for those who want to start each day with a few minutes of thought, meditation, and prayer.

These daily readings contain most of the material used in the booklet "For Drunks Only" and other A.A. literature; also some passages from "the Big Book," *Alcoholics Anonymous*.

As a basis for the meditations in this book, the author has used many passages from the book, *God Calling* by Two Listeners, edited by A. J. Russell. Permission to use the universal spiritual thoughts expressed in this book, without using direct quotations, has been granted by Dodd, Mead & Co., New York City.

The author hopes that these daily readings may help members of Alcoholics Anonymous to find the power they need to stay sober each twenty-four hours. If we don't take that first drink today, we'll never take it, because it's always today.

JANUARY 1

A.A. Thought for the Day

When I came into A.A., was I a desperate person? Did I have a soul-sickness? Was I so sick of myself and my way of living that I couldn't stand looking at myself in a mirror? Was I ready for A.A.? Was I ready to try anything that would help me to get sober and to get over my soul-sickness? *Should I ever forget the condition I was in?*

Meditation for the Day

In the new year, I will live one day at a time. I will make each day one of preparation for better things ahead. I will not dwell on the past or the future, only on the present. I will bury every fear of the future, all thoughts of unkindness and bitterness, all my dislikes, my resentments, my sense of failure, my disappointments in others and in myself, my gloom and my despondency. I will leave all these things buried and go forward, in this new year, into a new life. {

Prayer for the Day

I pray that God will guide me one day at a time in the new year. I pray that for each day, God will supply the wisdom and the strength that I need.

JANUARY 2

A.A. Thought for the Day

What makes A.A. work? The first thing is to have a revulsion against myself and my way of living. Then I must admit I was helpless, that alcohol had me licked and I couldn't do anything about it. The next thing is to honestly want to quit the old life. Then I must surrender my life to a Higher Power, put my drinking problem in His hands and leave it there. After these things are done, I should attend meetings regularly for fellowship and sharing. I should also try to help other alcoholics. *Am I doing these things?*

Meditation for the Day

You are so made that you can only carry the weight of twenty-four hours, no more. If you weigh yourself down with the years behind and the days ahead, your back breaks. God has promised to help with the burdens of the day only. If you are foolish enough to gather again that burden of the past and carry it, then indeed you cannot expect God to help you bear it. So forget that which lies behind you and breathe in the blessing of each new day.

Prayer for the Day

I pray that I may realize that, for good or bad, past days have ended. I pray that I may face each new day, the coming twenty-four hours, with hope and courage.

JANUARY 3

A.A. Thought for the Day

When I came into A.A., I learned what an alcoholic was and then I applied this knowledge to myself to see if I was an alcoholic. When I was convinced that I was an alcoholic, I admitted it openly. Since then, have I been learning to live accordingly? Have I read the book *Alcoholics Anonymous*? Have I applied the knowledge gained to myself? Have I admitted openly that I am an alcoholic? *Am I ready to admit it at any time when I can be of help?*

Meditation for the Day

I will be renewed. I will be remade. In this, I need God's help. His spirit shall flow through me and, in flowing through me, it shall sweep away all the bitter past. I will take heart. The way will open for me. Each day will unfold something good, as long as I am trying to live the way I believe God wants me to live.

Prayer for the Day

I pray that I may be taught, just as a child would be taught. I pray that I may never question God's plans, but accept them gladly.