

# **AA Daily Reflections:**

## **SELF-EXAMINATION**

**April 20**

**. . . we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.**

**ALCOHOLICS ANONYMOUS, p. 86**

**When said sincerely, this prayer teaches me to be truly unselfish and humble, for even in doing good deeds I often used to seek approval and glory for myself. By examining my motives in all that I do, I can be of service to God and others, helping them do what they want to do. When I put God in charge of my thinking, much needless worry is eliminated and I believe He guides me throughout the day. When I eliminate thoughts of self-pity, dishonesty and self-centeredness as soon as they enter my mind, I find peace with God, my neighbor and myself.**