

DAILY RENEWALS

After the serenity prayer, one person reads the following questions and both people answer them:

1. Are you willing to admit we are powerless over lust?
2. Do we desire sobriety and freedom from the actions and obsessions of lust for the next 24 hours?
3. Are you willing to do whatever is necessary to protect this sobriety for the next 24 hours, including rigorous honesty, praying to God, calling on others, surrendering all fears, self-pity and entitlements, forgiving all resentments, refusing all hits as toxic, reading literature, going to meetings, setting boundaries, and maintaining an attitude of gratitude (modify list as appropriate)?
4. Are you willing to do whatever is necessary to continue in recovery—in other words, work the Steps for at least 15 minutes (up to several hours if necessary) in the next 24 hours?
5. Do you realize that this renewal does not keep us sober—God does, however, it does help us to be aware of ourselves and to be accountable to others?
6. Do you realize that this renewal is only for this 24 hours, and that tomorrow you are free to go another way?
7. Tell me about time spent with your Higher Power and your Step work during the past 24 hours. Have you done anything you are grateful for during the past 24 hours?
8. Have you done anything you wish to bring to the light or are disappointed or ashamed of during the past 24 hours? Have you violated any boundaries?
9. Are you planning on doing anything you would be disappointed about or ashamed of during the next 24 hours? (Any “danger zones” coming up?)
10. Will you call me if you make any such plans before our next renewal?
11. Are you planning on doing anything you would be grateful for during the next 24 hours?
12. Are you willing with me now to turn your will and your life over to the care of God, the one who kept you sober yesterday and protected you from the full consequences of your lust in the past?

Close with the Third Step Prayer.