

## **Daily Sobriety Renewal Questions ~ 6:30 AM EDT**

Welcome to Sexaholics Anonymous. This is a Daily Sobriety Renewal meeting. It is a closed meeting for those who desire sexual sobriety. We will take turns answering a list of questions. We ask that all callers limit their shares to one or two sentences so there is time for all to share. Please remember to mute your phones when you're not speaking. If you don't have the mute feature, press 5 to mute and 4 to "un-mute". If you are not sharing please identify yourself and state you are just listening.

Let's start the meeting with a moment of silence followed by the serenity prayer.

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Thy will, not mine, be done.

1. Do we admit that we are powerless over lust and sexual acting out just for today?
2. Do we desire sobriety for the next 24 hours and are we willing to do whatever is necessary to protect this desire?
3. Just for today, with the help of our Higher Power do we commit not have to have sex with ourselves or anyone else other than our spouse no matter what, realizing this is a 24 hour a day program.
4. Is there anything in the recent past or in our plans for the next 24 hours that endangers our sobriety?
5. What time did we spend with our higher power in the past 24 hours, what is our recovery plan for the next 24 hours, name just one thing we are grateful for and just for today, are we willing now to hand over our wills and the care of our lives to the One who keeps us sober and protected us from the full consequences of our lust in the past?

### **SA announcements**

Let's end the meeting with a moment of silence followed by the third step prayer.

God I offer myself to thy, to build with me and to do with me as thou will. Relieve me of the bondage of self that I may better do thy will. Take away my difficulties as victory over them may bear witness to those I would help of thy power, thy love and thy way of life. May I do thy will always. Amen