



Let Us Pray

In the name of the Creator God,
and of Jesus Christ,
and of the Holy Spirit. Amen.

THE TENTH STEP

Turn your heart toward God.

O God, you sent Christ as your Word
to the world,
the Word made flesh.

We humans spend our lives giving our word to one another,
and communicating with each other
across time and space.

Now as I take this tenth step,
help me become aware of how much media I use
and how it infiltrates my daily life.

Make me conscious of my habits,
and aware of how the media of the modern world
can serve either to connect or to separate
us from one another.

Pause to think over the ways in which you use communications and entertainment media.

I pray now for the insight to recognize
how the media of today's culture
can dominate and control me
and for the desire to live more simply.

Amen.

Now turn to the tenth step and continue your journey.