

## **HEALTHY RELATIONSHIPS WITH GOD, MYSELF AND OTHERS**

### **An AA “Big Book” Step and Tradition Study**

**July 5 through October 4, 2021**

(All page cites from Alcoholics Anonymous, Fourth Edition, except as noted.)

(Note that *spiritual principles* are noted in italics throughout the text.)

#### **Growing Healthy Relationships with God, Ourselves and Others—Steps Ten and Eleven.**

##### **Part 2. August 23: Steps Ten and Eleven, pp. 84-88.**

#### **STEPS TEN and ELEVEN: OUR SPIRITUAL “DESIGN FOR LIVING”—ALL DAY, EVERY DAY.**

I have established healthy relationships with God, myself and others in my “painstaking” work in Steps One through Nine. My relationships have improved as I become willing to let God guide me in using the spiritual principles of *acceptance* and *trust*, of *honesty*, *restraint* and *forgiveness*, of *responsibility* and *consideration*, and of *patience*, *tolerance*, *kindliness* and *love*. Yet, I still need God, my “spiritual Gardener”, to remove my “EGO weeds”!

I need Step Ten. My “spiritual garden” grows “EGO weeds”—every day. This is not a failure but simply a fact of being an imperfect human being. I begin each day with a prayer to be *patient*, *tolerant*, *kind* and *loving*. “To grow in understanding and effectiveness”, to “be of maximum service to God and the people about me”, I need to use the daily routine, the “discipline”, of Step Ten to let God “weed out” the things in me that block me from God’s help.

**Step Ten promises**, which have been developing since Step One:

- |   |             |         |
|---|-------------|---------|
| “Love and tolerance of others is our code.”                                     |             | (p. 84) |
| “And we have cease fighting anything or anyone—even alcohol.”                   | (Step 1)    | “”      |
| “For by this time sanity will have returned.”                                   | (Step 2)    | “”      |
| “It is the proper use of the will.” ( <i>Guided, restrained by God’s will</i> ) | (Step 3)    | (p. 85) |
| “This is how we react so long as we keep in fit spiritual condition.”           | (Steps 4-9) | “”      |

**Step Ten and Eleven “caution”**, which I ignore at my peril:

- “It is easy to let up on the spiritual program of action and rest on our laurels.  
We are headed for trouble if we do ... we are not cured of alcoholism.”** (p. 85)

I note the progression of the Spirit into my life:

- |   |               |         |
|---|---------------|---------|
| “... now we begin to have a spiritual experience.”                | (Step Five)   | (p. 75) |
| “The spiritual life is not a theory. <i>We have to live it.</i> ” | (Step Nine)   | (p. 83) |
| “We have entered the world of the Spirit.”                        | (Step Ten)    | (p. 84) |
| “... we have begun to sense the flow of [God’s] Spirit into us.”  | (Step Eleven) | (p. 85) |

**“So we let God discipline us in the simple way we have just outlined.”** (p. 88)

God is my “spiritual Gardener”. God is also my “spiritual fitness Trainer”:

- |  |              |
|--|--------------|
| “I offer myself to [You], to build with me and to do with me as [You] will.” | (p. 63)      |
| “God, save me from being angry ... to take a kindly and tolerant view ...”   | (p. 67)      |
| “We ask [God] to remove our fear ... what [God] would have us be.”           | (p. 68)      |
| “We asked God to mold our ideals and help us to live up to them.”            | (p. 69)      |
| “... have the honest desire to let God take us to better things ...”         | (p. 70)      |
| “... I am now willing that you should have all of me, good and bad.”         | (p. 76)      |
| “... we ask for [the will] until it comes ... asked God to help ...”         | (pp. 76, 80) |
| “... place the outcome in God’s hands ...”                                   | (p. 80)      |

*I see that my daily Step Ten work is only one half of my healthy, daily, spiritual “design for living”. I need to practice the daily “discipline” of Step Eleven, as well.*

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#### **STEPS TEN AND ELEVEN EXPLANATION AND PURPOSE.**

“We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. **Every day is a day when we must carry the vision of God’s will into all of our activities.** ‘How can I best serve Thee—**Thy will (not mine) be done**’. These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.” (p. 85)

*With Step Ten, I let my “spiritual Gardener” keep my “EGO weeds” trimmed. Thus, my will (“not mine”) does not block me from seeking God’s will in Step Eleven with the guidance and discipline of my “spiritual Trainer”. Steps Ten and Step Eleven are one continuous daily routine of spiritual discipline and growth, the “maintenance of my spiritual condition”.*

#### **STEP ELEVEN portion of continuous daily spiritual discipline, including STEP TEN:**

“*Step Eleven* suggests prayer and meditation.” (p. 85)

“**When we retire at night**, we constructively review our day.” (p. 86)

I review how well I practiced the Step Ten discipline that day, setting aside my will so that I can seek God’s will. As a friend says, Step Ten is like the lint filter on the clothes dryer, catching most of my “objectionable” fibers. But I also need to “clean the vent pipe” with my Step Eleven review at day’s end for those items that escaped the Step Ten “filter”.

“Were we resentful, selfish, dishonest or afraid?” “”

“... we ask God’s forgiveness ... what corrective measures should be taken.” “”

“**On awakening** let us think about the twenty-four hours ahead.” (p. 86)

“... we ask God to direct our thinking ... [no] self-pity, dishonest, self-seeking ...” “”

“In thinking about our day we may face indecision ... we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy.” “”

“We usually conclude the period of **meditation** with a **prayer** ...” (p. 87)

... that we be shown all through the day what our next step is to be ...

We ask [God] especially for freedom from self-will ... we may ask for ourselves, however, if others will be helped.”

“... we ask our [spouses] or friends to join us in morning **meditation**.” (p. 87)

{Here, I insert the **STEP TEN portion of my daily “design for living”, from p. 84:**

“Continue to watch for **selfishness, dishonesty, resentment and fear**.” (“EGO weeds”)

When these crop up, we ask God at once to remove them. We discuss them with someone **immediately** and make amends **quickly** if we have harmed anyone. Then we **resolutely** turn our thoughts to someone we can help.”}

**AND ...**

“**As we go through the day** we pause, when agitated or doubtful, and ask [God] for the right thought or action.” (**prayer**) (p. 87)

**AND ...**

**Step Eleven promises:** “We constantly remind ourselves that we are no longer running the show, humbly saying to ourselves many times each day **‘Thy will be done’**. We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions.” (p. 88)

**Using Steps Ten and Eleven throughout each day, I now have a complete spiritual program to guide me in growing in my healthy relationships with God, myself and others.**

“**So we let God discipline us in the simple way we have just outlined.**” (p. 88)

**Next Time: “Faith without works is dead”. Healthy Relationships in Sponsorship**

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### **Unlimited Desires, Ideas, Wants and Needs**

I am a normal human being. I have a whole portion of God-given desires, ideas, wants and needs. I am always thinking, feeling and believing that my life would be better if I had more of “this” or less of “that”.

I have a better, more healthy day when I ask God to help me guide, re-direct and limit these desires, ideas, wants and needs—to seek Gods will, not mine.

When I ask God to guide my thinking as I begin my day, I am immediately filled with gratitude. I am grateful for all I do have—already! And, I am grateful for what I no longer have—finally!

As I continue to ask God to direct my thinking and ask what God would have me “be” today, I am filled with peace and contentment. Before I “do” anything today, I realize God has already met all my desires, ideas, wants and needs. I have God—and God has me!

My relationship with myself and others is more healthy today with my relationship centered in God today.

With my relationship centered in God, I can go through my day asking God to grant me the right thoughts and decisions. I can ask God to help me pause, to wait for an intuitive thought, to perhaps re-direct an idea or a desire that is growing out of healthy proportion. I can ask God to help me do something healthy while I am waiting. I realize it is never a waste of time to wait for God!

With my relationship centered in God, I can ask God to help me resist my temptation to act on my first feeling—especially to not act in anger or fear.

Even with my relationship centered in God, I still experience the feelings of restlessness, irritability, and discontentment. I still have periods of agitation and doubt. When these feelings and ideas crop up, I ask God at once to remove them. And I keep asking until they subside.

My prayer comes down to this:

“God, please help me be of service to You and others today.” Amen.