

**“GOD WILL CONSTANTLY DISCLOSE MORE TO YOU AND TO US”**  
**A Big Book Study of What God Discloses to Us in Each of the Twelve Steps.**  
**A Spiritual Awakening of Limitation, leading to Opportunity, resulting in Liberation.**  
**A “Threads of Recovery” Workshop—October 3 through December 26, 2022**

(Page cites from Alcoholics Anonymous, Fourth Edition, unless otherwise noted.)

**“We realize we know only a little. God will constantly disclose more to you and to us.”**

To me, this is one of the most powerful humility statements in Alcoholics Anonymous. I am content with “we realize we know only a little”. I don’t have to know everything to live a sober, safe, secure and serene life. God discloses to me everything I need to know for today, so that my “relationship with [God] is right”. (p. 164)

I am more than just alcoholic. I have all of the normal human characteristics—ideas, attitudes and emotions—hopes and dreams—joys and fears—excitement and sadness—gains and loss. As an alcoholic, I also have extreme self-will. God has given alcoholics the Twelve Steps to use as a set of spiritual guidelines to put healthy limits on our self-will, to align our will with God’s will. *To be “right”, my relationship with God needs to be on God’s terms, not mine.*

When I decide to learn to apply the Twelve Steps in my life, I am deciding to do more than not drink. I am deciding to learn how to use my God-given self-will in line with God’s will for me and others. This process begins with my willingness to accept and apply what God is **disclosing** to me through the Twelve Steps, so that I can be in “right relationship” with God.

God discloses things to me in at least three ways: circumstances in my life; other peoples’ experience; and, more and more, in the form of inspiration.

“Our stories disclose in a general way what we used to be like, what happened, and what we are like now.” (p. 58) *I share my story with you. God discloses more to me about me!*

*In Steps One through Six, God discloses to me certain **limitations** of mine for me to accept and specific spiritual **opportunities** for me to grow my spiritual awakening.*

*In Steps Seven through Twelve, God discloses more spiritual **opportunities** for me to grow my spiritual awakening that result in **liberation** for me from my “bondage of self”.*

.....  
**Step Eleven:** **“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”** (p. 59)

*The first nine steps are the foundation of my spiritual awakening. “New **power** flow[s] in” (p. 63) to my life as I experience God’s disclosures in Steps Four through Nine.*

*In Step Ten, God discloses to me “**love and tolerance** of others. I use God’s **Power** in Step Ten to be more self-aware, more considerate of others—to amend harms done to others.*

*In Step Eleven, God discloses more of the “**power in pause**” to improve my conscious contact with God”, my God-awareness. Steps Ten and Eleven are my **spiritual opportunity** to increase my healthy God-awareness and my healthy self-awareness each day. God guides and directs my motives, thoughts and actions to further **liberate** me from my “bondage of self”.*

“... we have begun to sense the flow of His Spirit into us ... we have become God-conscious. But we must go further and that means more action.

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

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**The Disclosure of “Power in Pause” in Step Eleven—Spiritual Opportunity and Liberation from my Bondage of Self.**

“Lack of **power**, that was our dilemma.” (p. 45)

“We had to find a **power** by which we could live, and it had to be a **Power greater than ourselves**.” “

“... main object [of this book] is to enable you to find a **Power** greater than yourself which will solve your problem.” “

“Selfishness—self-centeredness! That, we think, is the root of our troubles.” (p. 62)

“Our liquor was but a symptom.” (p. 64)

Step Ten reminds me that “we are not cured of alcoholism ... daily reprieve contingent on the maintenance of our spiritual condition”, i.e., “keep in fit spiritual condition”. (p. 85)

*Steps Ten and Eleven are my daily spiritual fitness program. God discloses to me in Step Ten how to use God’s spiritual **Power** to improve my self-awareness as I watch for, and deal with, my selfishness, dishonesty, resentment and fear *in my thinking and my actions*.*

*Step Eleven improves my daily spiritual fitness cycle by instructing me to seek God’s **Power**, my God-awareness, to guide and direct my motives *before* I think and act.*

*In Step Eleven I ask God to guide and direct my motives as well as my thoughts and actions. Each of the Step Eleven directions are in the form of a meditative or prayerful **pause**:*

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

“Were we resentful, selfish, dishonest or afraid ... etc.”

“Do we ... Have we ... Were we ... What could we ... Were we ... Or were we ...”. “

“... careful not to drift ...” “

“After making our review we ask God’s forgiveness and inquire what corrective measures should be taken.” “

**“On awakening let us think about the twenty-four hours ahead. We [pause and] consider our plans for the day.”** (p. 86)

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

**“In thinking about our day we may face indecision.” [we pause and] ...** (p. 86)

“... we ask God for inspiration, an intuitive thought or a decision.” “

“We relax and take it easy.” “

“We don’t struggle.” (“We have ceased fighting anything or anyone ...”, p. 84) “

**“We usually conclude this period of meditation with a prayer [we pause and] ...”** (p. 87)

“... all throughout the day what our next step is to be ...” “

“... that we be given whatever we need ...” “

“... for freedom from self-will ...” “

**“As we go through the day we pause ...”** (p. 87)

“... when agitated or doubtful ...” “

“... ask [God] for the right thought or action.” “

*My **spiritual opportunity** in Steps Ten and Eleven is to use God’s **Power in Pause** to grow my healthy God-awareness and my healthy self-awareness in my daily spiritual fitness program. I am further **liberated** from my “bondage of self” the more I use the “**Power in Pause**”.*

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**Observations Regarding the “Power in Pause” as part of God’s Disclosures.**

1. My need for a Higher **Power** in my life becomes apparent to me as I slowly let go of my delusion that I am not powerless and admit that I am powerless.
2. I offer myself to God’s care in Step Three. I learn what God wants me to be and do in Steps Four through Ten. God gives me the gift of the “**power in pause**” throughout the Twelve Steps so I can receive God’s **Power** to become what God wants me to be and do.
3. In Step Eleven, I seek to “improve [my] conscious contact” with God. I begin my contact with God when I first **pause** to admit my powerlessness over alcohol, even though I am not conscious of that contact at the time.
4. I learn to trust God’s **Power** in my **pauses**. I learn to trust God’s **Power** in my **pauses** not because I am waiting *for* God to act. It is because I am waiting *while* God acts.
5. Part of the “**Power in Pause**” in God’s disclosures is *waiting with a positive attitude*. My faith in God is rooted in my trust in God’s character, of God’s love and forgiving way of life.

**The Progression of the “Power in Pause” from Step One through Step Eleven.**

- Step One. I **pause** to admit the **limitation** of my **delusion** about my lack of powerlessness.
- Step Two. I **pause** as I come to believe in the possibility of a helpful **Power** greater than me.
- Step Three. I **pause** as I decide to pray for God’s **care**, to offer myself to God, to let “new Power flow in”, to become an example of God’s “**Power ... Love ... Way of Life**”.
- Step Four. I **pause** at the limitations of the “**flaws in [my] make-up**”; resentments shut me off from the “sunlight of the Spirit” (**Power**); my fears stem from my self-reliance not being **powerful** enough; I am inconsiderate toward others and ask God (seek God’s **Power**) to “mold [my] ideals and help [me] live up to them”.
- Step Five. I **pause** when I discover the “**obstacles in [my] path**” blocking me from God’s **Power**. I **pause** when I “feel the nearness (**Power**) of our Creator”.
- Step Six. I **pause** when I realize I cling to my “objectionable things” blocking me from seeking God’s **Power**. I **pause** to ask God for the **Power** to help me be willing to “let go.
- Step Seven. I **pause** when I say to God “I am now willing that [God] should have all of me, good and bad. I pray that [God] now remove from me every single defect of character that stands in the way of my usefulness to [God] and my fellows. Grant me **strength (Power)**, as I go out from here, to do [God’s] bidding.”
- Step Eight. I **pause** when I ask God for the **Power** to be willing to take **responsibility** for the wrong things I have done to others.
- Step Nine. I **pause** when I ask God for the **Power** to be willing to be **accountable** and make direct amends to those I have harmed by my wrongs.
- Step Ten. I **pause** when “selfishness, dishonesty, resentment and fear” crop up and I ask God, i.e., seek God’s **Power**, to remove them so that I can **love and tolerate** others.
- Step Eleven. I **pause** when I retire at night ... on awakening ... when facing indecision. I **pause** after my morning mediation with a prayer for God’s **Power**. I **pause** as I go through the day, when agitated or doubtful, and ask for God’s **Power**.

*I learn in the first eleven steps to use God as my primary source of power, not merely as my “back-up generator”!*

***Next Time: The disclosure of “Giving to Receive” in Step Twelve—using the Power!***