

A "Big Book" Twelve Step Study of **SPIRITUAL PRINCIPLES**,
including the **Prayers** that embody them and the **Promises** that flow from their practice.
January 2 through March 27, 2023. Facilitator: Bill H., St. Louis, Mo.
(All quotes from Alcoholics Anonymous, Fourth Edition, unless otherwise stated.)

Introduction.

"Having had a spiritual awakening as the result of these steps ..." is the first part of Step Twelve. This is the most powerful promise to me in Alcoholics Anonymous.

"The principles we have set down are guides to [spiritual] progress." (p. 60)

In this "Big Book" study, we consider the Twelve Steps themselves to be the *Spiritual Principles* that produce the *spiritual awakening* for each one of us. We discover in each step the *constant spiritual principle* to apply to our life in recovery each day, to enlarge our spiritual life and let God expand our spiritual awakening.

Water freezing at 32 degrees F. at sea level is a principle that is part of a "change process". Water "changes" from liquid form to solid form at 32 degrees F. at sea level.

The Twelve Steps are unchanging, *constant spiritual principles* that we apply to our lives to experience our spiritual awakening, our "change process".

The spiritual principles don't change. We change.

Here are two descriptions of our "spiritual awakening change process" :

"... alcoholics have had what are called vital spiritual experiences ...
in the nature of huge emotional displacements and rearrangements."

(Dr. Jung, p. 27)

"The terms 'spiritual experience' and 'spiritual awakening' are used
many times in this book which, upon careful reading, shows that the
personality change sufficient to bring about recovery from alcoholism
has manifested itself among us in many different forms."

(A.A., p. 567)

"We find that no one need have difficulty with the spirituality of the program. *Willingness, honesty and open-mindedness are the essentials of recovery. But these are indispensable.*" (p. 568) Willingness, honesty and open-mindedness are "essential" changes
In my "ideas, emotions and attitudes" to enable me to apply the spiritual principle of each step.

.....
Step Ten. **"Continued to take personal inventory and when we were wrong promptly admitted it."** (p. 59)

I have "worked" the first nine steps. I have nine spiritual principles to use in my life:

Step One. *Powerless ... Unmanageable.* "I can't do this alone—I am not in charge."

Step Two. *Came to believe.* "I need spiritual help to live a sober, sane life—I am not alone."

Step Three. *Made a decision.* "I need to make a decision to seek God's care."

Step Four. *Moral inventory.* "A searching and fearless moral inventory of myself."

Step Five. *Admit.* "Admit the exact nature of my wrongs."

Step Six. *Ready.* "Ask God to help me be willing to 'let go' of my 'objectionable things'."

Step Seven. *Humbly asked Him.* "Humbly asked Him ..."

Step Eight. *Persons we had harmed ... willing to make amends.* "Become responsible."

Step Nine. *Made direct amends to such people.* "Become accountable."

The Spiritual Principle of Step Ten.

I now have a spiritual foundation for my life. In Step Ten, I **continue to take personal inventory** as I apply these **spiritual principles** each day. God expands my spiritual awakening.

In the "world of the Spirit", I try to stop doing the "wrong thing". I try to do the "right thing".

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The Spiritual Principle of Step Ten: “Continued to take personal inventory ...”

“Yes, there is a long period of reconstruction ahead. We must take the lead.” (p. 83)

For me, this is where the spiritual principle of Step Ten begins. I have worked the first nine steps. I now have a spiritual foundation for my life. I am less selfish than before. I need to be considerate of other people. I have made a beginning on enlarging my spiritual life. I need to keep God first in my life each day. There is a long period of reconstruction ahead—reconstruction as my healthy relationship with God grows; as my personal “restoration” grows; as my healthy relationships with other people grow. I now desire to be in these relationships!
I let God help me expand my spiritual awakening so that God can use me to help others.

Now, with my daily application of the spiritual principle **continued to take personal Inventory** of Step Ten, I learn “living amends” and to live in the “sunlight of the Spirit”:

“... asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love.” (p. 83)
“The spiritual life is not a theory. *We have to live it.*” “

“If we are painstaking ... God is doing for us what we could not do for ourselves ... promises ... materialize if we work for them. This thought brings us to *Step Ten* ...” (p. 84)

“It is easy to let up on the spiritual program of action and rest on our laurels.” (p. 85)

“We are headed for trouble if we do ... we are not cured of alcoholism ... have is a daily reprieve contingent on the maintenance of our spiritual condition.” “

The only thing necessary for “self-will run riot” to re-ascend as the power in control of my life is for me to stop trying to put God first in everything I think, feel, say, be and do.

“We have entered the world of the Spirit ... continue to take personal inventory ...” (p. 84)

“Our next function is to grow in understanding and effectiveness.” (See p. 77) “
“**Continue** to watch for selfishness, dishonesty, resentment, and fear.” “

“... continue to set right any new mistakes as we go along.” (“Course Correction”) (p. 84)

“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.” “

Love and tolerance of others is our code.”

“... ceased fighting anything or anyone—we react sanely and normally ...” (pp. 84-85)
“We are neither cocky nor are we afraid ... as we keep in fit spiritual condition.” (p. 85)

“... daily reprieve contingent on the maintenance of our spiritual condition.” (p. 85)

“Every day is a day when we must carry the vision of God’s will into all of our activities.”
I try to do what God wants me to do. God can then use me to do what God needs me to do!

Step Ten Prayer. “How can I best serve Thee—Thy will, not mine, be done.” (p. 85)
(*Embodies the spiritual principle.*)

Step Ten Promise. “... a daily reprieve [from “self-will run riot”] ...” (p. 85)
(*Flows from the daily application of the spiritual principle.*)

Next Time: Spiritual Principle of Step Eleven—

“Improve our conscious contact with God.”