

“... God is everything or else He is nothing ... what was our choice to be?”

**A two-part Big Book study of this most important question.
December 22 and 29, 2023, 10 am ct on Threads of Recovery.
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(All page numbers from Alcoholics Anonymous, Fourth Edition, unless otherwise noted.)

“When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is, or He isn’t. What was our choice to be?” (p. 53)

In my own journey of spiritual recovery, this is a most powerful paragraph in our text:

“When we became alcoholics...”	“... seemingly hopeless ...”	(p. xiii)
	“... allergy ... craving ...”	(p. xxviii)
	“... beyond their mental control.”	(p. xxx)
	“... lose all control ...”	(p. 21)

“... crushed by a self-imposed crisis ...”	“... problem ... in his mind ...”	(p. 23)
	“... lost the power of choice ...”	(p. 24)
	“... obsession, illusion, delusion ...”	(p. 30)
	“Faced with alcoholic destruction ...”	(p. 48)

“... we could not postpone or evade ...” “... solution to these bedevils ...” (p. 52)

“... fearlessly face ...” “... stop doubting the Power of God.” (p. 52)

“God either is, or He isn’t.” This is the most important decision I ever made!

I am asked to use my will in a new way—to take responsibility to consider something that I have been unwilling to consider—*that a caring God more powerful than me actually exists!*

I am helped in my decision, my *choice*, by admitting five facts about myself:

1. My life is unmanageable ...
2. ... because of my delusion that I am not powerless over alcohol.
3. Even after I know this, I cannot change my mind (or my body) on my own.
4. Even after I really want to change, I cannot change me on my own.
5. Even when those around me want me to change, I cannot change on my own.

So I (reluctantly) “came to believe”. John C. came up to me after a Step Two meeting when I was six months sober. I had “lectured” the group *again* about how complicated God was and how difficult it is for us to ever “understand” God. John got right in my face and said, “*There are only two things you need to know about God: there is One—and you are not It!*”

That was in the fall of 1981, and I have never forgotten it! I needed that “wake-up”.
God used John C. to shock me out of my old anger-and-fear-based way of thinking about God.

Soon after that, a home group member asked me, “Did you ever wonder why you still had to drink on March 17th, even after three months in AA, and yet you were able to decide on March 18th to get help to not drink one-day-at-a-time?”

To me, the answer is the unexplainable grace of the loving God of my understanding.
“... believes in, a Power greater than himself ... accomplished the miraculous ...” (p. 50)

“When many hundreds of people are able to say that the consciousness of the Presence of God is today the most important fact of their lives, they present a powerful reason why one should have faith.” (p. 51)

Next Time: “... miraculous demonstrations of that Power in human lives ...” Steps 1 - 12.