

“Rarely have we seen a person fail who has thoroughly followed our path.”

“Our real purpose is to fit ourselves to be of maximum service to God and the people about us.”

“Love and tolerance of others is our code.”

A Big Book Study of Spiritual Recovery from “Self-will Run Riot” to Service and Serenity.

A Twelve-Step Workshop from January 1 through March 25, 2024

Facilitator: Bill H., St. Louis, Mo. USA

(All page numbers from Alcoholics Anonymous, Fourth Edition, unless otherwise noted.)

The term “path” is used in Alcoholics Anonymous to describe our *Twelve Step journey of spiritual growth* from “what we used to be like”, through our “spiritual awakening”, to “what we are like now”—our “way out” of recovery from alcoholism. Each step guides us to get on, and stay on, our “path of spiritual restoration” with *awareness, acceptance and action*.

Our path of spiritual restoration leads us to a remarkable, exciting and comforting place!!!

“We have entered the world of the Spirit.”

We are at *Step Ten*. “Rarely have we seen a person fail” ... to enter the world of the Spirit!

Steps One and Two inform me. *Aware* of my incurable illness of alcoholism, I accept and believe my need for a “path of spiritual restoration” to recover from my illness.

In *Step Three*, I act in prayer. I decide to seek my restoration with faith in God’s “care” of my will and my life. I “get on” my path of my spiritual restoration from alcoholism.

In *Step Four* I act—I write and pray—my self-examination inventories. I am *aware* of, and accept, my resentments, fears and inconsiderations that create my “spiritual mis-alignment”, “steering me wrong” on my path of spiritual restoration.

In *Step Five*, God and my spiritual “path-finder” help me honestly accept the nature of my character defects—motives, “objectionable” things, blocking my spiritual path.

In *Step Six*, I am *aware*, accept and act. I ask God to help me “let go” of my “objectionable things” that hinder progress on my path of spiritual of restoration.

In *Step Seven*, I am *aware*, accept and act. I pray, asking God in trust to remove my “objectionable” things from me and the unknown things blocking my spiritual path.

In *Step Eight*, I am *aware* of my wrongs. I accept responsibility for the harm my wrongs have caused others. I act. I pray to God for willingness to make direct amends so that I may continue my progress on my path of spiritual restoration.

In *Step Nine*, I am *aware* of and accept my wrongs. I act with *accountability* to make direct amends and restitution to those I have harmed. I ask God to save me from being angry at them so I can forgive and feel forgiven. I become free of my feelings of guilt, regret, remorse and shame at my wrongs. I am being spiritually restored!

My spiritual awakening happens in me and for me as I stop doing things that block my spiritual restoration from happening to me. I learn “spiritual situational awareness”. I am aware that I have “entered the world of the Spirit” for my situation of daily living on my spiritual path!

“There is a solution ... to accept spiritual help.” (p. 25)

“... spiritual principles would solve all my problems.” (p. 42)

“... to live on a spiritual basis ...” (p. 44)

“... Presence of God is today the most important fact of their lives ...” (p. 51)

“God ... relieve me of the bondage of self, that I may better do Thy will.” (p. 63)

“... God can remove whatever self-will has blocked you off from Him.” (p. 71)

“... a new relationship with our Creator ...” (p. 72)

“The spiritual life is not a theory. *We have to live it.*” (p. 83)

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

“This thought brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along.” (p. 84)

“We have entered the world of the Spirit.”

*I hoped for my restoration in Step Two. I **continue** on my path of spiritual restoration in “the world of the Spirit”. I **continue** to apply the spiritual living principles of the first nine steps in my life each day— by **continuing** to follow the directions of Steps Ten, Eleven and Twelve.*

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

“The spiritual life is not a theory. *We have to live it.*”

“If we are painstaking about this phase of our development ...” (pp. 83-84)

Step Ten.

“... continue to take personal inventory ...” (p. 84)

“Continue to watch for selfishness, dishonesty, resentment, and fear.”

“When these crop up, we ask God at once to remove them.”

I am aware of my shortcomings ... I accept them “when they crop up” ... I act with God’s help.

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

“We discuss them with someone immediately ...”

“... make amends quickly if we have harmed anyone.”

I trust God and a person to help me be aware of and accept a wrong. I act to amend my wrong.

“Love and tolerance of others is our code.” (p. 84)

“... resolutely turn our thoughts to someone we can help.”

With God’s help, I act to think of someone I can help—even when I don’t want to do so.

“And we have ceased fighting anything or anyone ...” (p. 84)

God helps me act with restraint when I feel restless, irritable or discontent. I don’t “fight back”.

“... keep in fit spiritual condition ... not cured ... a daily reprieve ...” (p. 85)

These are “caution signs” on my path of spiritual restoration. I need spiritual help every day.

Every day ... we must carry the vision of God’s will into all of our activities.” (p. 85)

“A vision of God’s will” for me each day is my “spiritual path GPS—God Positioning System”.

“Thy will (not mine) be done.” (p. 85)

Next Time: Step Eleven—seek to go further on our path of spiritual restoration to increase the flow of God’s Spirit into us and become more God-conscious.

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Observations: My path of spiritual restoration has led me into “the world of the Spirit”.

- * The world of the Spirit *unites* us in our common spiritual journey of recovery from alcoholism.
- * The world of the Spirit *guides* us to get on and stay on our “path of spiritual restoration”.
- * In the world of the Spirit, I grow my most important relationship: *belief, faith and trust* in God.
- * In the world of the Spirit, I am able to *humbly receive* the priceless gift of spiritual recovery.
- * In the world of the Spirit, I am not cured, but I receive a *daily reprieve* from “self-will run riot”.
- * In the world of the Spirit, I pray each day to be *aware, accept* and *act* in God’s will.
- * In the world of the Spirit, I let go of my pride, anger and fear. I experience *serenity*.
- * In the world of the Spirit, I become *God-confident* and *God-reliant*, more than self-reliant.
- * In the world of the Spirit, my self-esteem is *centered on God’s will* for me, not that of others.
- * In the world of the Spirit, I learn to see *differences as opportunities*, not threats.
- * In the world of the Spirit, I seek to *please God*. I am not dependent on the approval of others.
- * In the world of the Spirit, I feel my suffering—yet I can *be forgiving and feel forgiven*.
- * In the world of the Spirit, God helps me *forgive others* so that I can be considerate of them.
- * In the world of the Spirit, I no longer seek control. I *seek God’s will* for me in my uncertainty.
- * In the world of the Spirit, I *admit* when I am wrong. I no longer need to be “right” all the time.
- * In the world of the Spirit, I feel whole, full of joy and *in harmony with those around me*.
- * In the world of the Spirit, *God gives me promises* so that I seek to do God’s will, not mine.
- * In the world of the Spirit, I have a *purpose* to become fit to be of service to God and others.
- * In the world of the Spirit, I have a *code* of love and tolerance for all, including myself.