

“The How and the Why of It.”

This Twelve Step study combines the “how-to” work the Steps from Alcoholics Anonymous with “why-to” work the Steps from AA’s Twelve Steps and Twelve Traditions

Steps Ten, Eleven and Twelve.

“Every day is a day when we must carry the vision of God’s will into all of our activities.”

“This is not an overnight matter. It should continue for our lifetime.” (Step 10) (p. 84)

“So we let God discipline us in the simple way we have just outlined.” (Step 11) (p. 88)

“... we know only a little. God will constantly disclose more to you and to us.” (p. 164)

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

“How to” do Step Ten:

“Continue to watch for selfishness, dishonesty, resentment, and fear.” (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.” (p. 84)

“And we have ceased fighting anything or anyone—even alcohol.” “

“How can I best serve Thee—Thy will (not mine) be done.” (p. 85)

“Why to” do Step Ten: (Page numbers in AA 12x12)

“... can we stay sober, keep in emotional balance, and live to good purpose under all conditions?” (p. 88)

“... development of self-restraint.” (p. 91)

“As an insurance against “big-shot-ism ...” (p. 92)

“... true tolerance and see what real love for our fellows actually means.” “

“... stop making unreasonable demands upon those we love.” (p. 93)

“Courtesy, kindness, justice, and love are the keynotes by which we may come into harmony with practically anybody.” “

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)

“How to” do Step Eleven:

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

“On awakening let us think about the twenty-four hours ahead.” “

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

“... prayer that we be shown ... next step ... whatever we need ... freedom from self-will ...” (p. 87)

“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.” “

A Big Book - 12x12 Study of Spiritual Recovery from Alcoholism
in a Twelve-Step Workshop at 10 am ct. Fridays, July 12 through August 2, 2024.
Facilitator: Bill H., St. Louis, Mo. USA
(All page numbers from Alcoholics Anonymous, Fourth Edition, unless otherwise noted)

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)

“Why to” do Step Eleven: (Page numbers in AA 12x12)

- “Prayer and meditation are our principal means of conscious contact with God.” (p. 96)
- “... development ... humility that makes it possible for us to receive God’s help.” (p. 98)
- “... clear a channel choked ... anger, fear, frustration, or misunderstanding ...” (p. 103)
- “... found strength ... not their own ... wisdom ... peace of mind ...” (p. 104)
- “... sense of belonging that comes to us.” (p. 105)

Step Twelve: ***“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”*** (p. 60)

“How to” do Step Twelve:

Chapter 7 (pp. 89-103). (*“How to” carry the message to alcoholics.*)

- “Carry this message to other alcoholics!” (p. 89)
- “Tell him enough about your drinking habits ... encourage him to speak ...” (p. 91)
- “... begin to dwell on the hopeless feature of the malady.” (p. 92)
- “... talk to him about the hopelessness of alcoholism ... you offer a solution.” “
- “Tell him exactly what happened to you.” (p. 93)
- “The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles.” “
- “The only condition is that he trust in God and clean house.” (p. 98)
- “Both ... must walk day by day in the path of spiritual progress.” (p. 100)

Chapters 8, 9, 10, 11 (pp. 104-164) (*“How to” practice the spiritual principles*)

- “Patience, tolerance, understanding and love are the watchwords.” p. 118)
- “... meet upon the common ground of tolerance, understanding and love.” (p. 122)
- “We all had to place recovery above everything ...” (p. 143)
- “Ask Him in your morning meditation what you can do each day for the man who is still sick.” (p. 164)
- “See to it that your relationship with Him is right ...” “

“Why to” do Step Twelve: (Page numbers in AA 12x12)

- “We experience the kind of giving that asks no rewards.” (p. 106)
- “... he discovers that by the divine paradox of this kind of giving he has found his own reward, whether his brother has yet received anything or not.” (p. 109)
- “God has enabled him to make a mighty beginning ...” “
- “... the satisfaction of instincts cannot be the sole end and aim of our lives ... we are willing to place spiritual growth first—then ... we have a chance.” (p. 114)
- “... the best possible source of emotional stability to be God himself.” (p. 116)
- “We no longer strive to dominate or rule those about us in order to gain self-importance.” (p. 124)
- “True ambition is the deep desire to live usefully and walk humbly under the grace of God.” (pp. 124-125)

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“God grant us the serenity to accept the things we cannot change,
Courage to change the things we can,
And wisdom to know the difference.” (p. 125)