

## **The Promises of the Twelve Steps: Our Proof of Spiritual Progress.**

An Alcoholics Anonymous “Big Book” Twelve-Step Study Workshop -  
“Threads of Recovery” on Zoom at noon CST from January 6 through March 31, 2025  
Facilitator: Bill H., St. Louis, MO  
(All page numbers cited are from Alcoholics Anonymous, Fourth Edition, unless otherwise noted.)

### **Study Overview and Spiritual Progress.**

This study of the Twelve Steps covers each Step as presented in Alcoholics Anonymous. We began with a “look back” from the promises on p. 63 to the very beginning of the book to see the proof of our spiritual progress in Steps One, Two and Three.

We then discovered on pp. 63 to 75 how our spiritual progress continued up to the proof of the promises on p. 75 with Steps Four and Five.

We discovered on pp. 75 to 84 how our spiritual progress proceeded even further up to the proof of the promises on pp. 83-84 with Steps Six, Seven, Eight and Nine.

We further discovered on pp. 84 to 164 how our spiritual progress grows even more with the proof of the promises of Steps Ten, Eleven and Twelve.

We conclude the series today with a “Thread of Recovery” of *Prayers* and *Promises* that illuminate and disclose the *Proof* of our *Spiritual Progress* in our recovery.

*Proof of my spiritual progress in the first three steps is my desire and decision to learn how to live on a spiritual basis with God’s help, replacing the “bedeviled” life I have been living.*

**Step One: “We admitted we were powerless over alcohol—that our lives had become unmanageable.”** (p. 59)

The *Prayer*: “Relieve me of the bondage of self ...” (p. 63)

The *Promise*: “... we became less and less interested in ourselves ...” (p. 63)

*Proof of Spiritual Progress*: I desire “... a basic solution to these bedevilmings ...” (p. 52)

**Step Two: “Came to believe that a Power greater than ourselves could restore us to sanity.”** (p. 59)

The *Prayer*: “God, I offer myself to [You] ...” (p. 63)

The *Promise*: “As we felt new power flow in ..” (p. 63)

*Proof of Spiritual Progress*: I desire “... to live on a spiritual basis ...” (p. 44)

**Step Three: “Made a decision to turn our will and our lives over to the care of God as we understood Him.”** (p. 59)

The *Prayer*: “Take away my difficulties ... may I do Thy will always.” (p. 63)

The *Promise*: “We had a new Employer ...” (p. 63)

*Proof of Spiritual Progress*: “... ready ... abandon ourselves utterly to [God].” (p. 63)

*Proof of my spiritual progress in Steps Four through Nine is my willingness to ask God for help—first with myself and then with others. I learn to develop my healthy “vertical” relationship with God so that I can have healthy “horizontal” relationships with other people.*

**Step Four: “Made a searching and fearless moral inventory of ourselves.”** (p. 59)

The *Prayer*: “God save me from being angry ... remove our fear ... what we should do ... for the right ideal, for guidance ... for sanity ... strength ...” (pp. 67-70)

The *Promise*: “... withholding nothing ...” (p. 75)

*Proof of Spiritual Progress*: “... we are delighted ...” (p. 75)

**Step Five: “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”** (p. 59)

The *Prayer*: “We thank God from the bottom of our heart that we know Him better.” (p. 75)

The *Promise*: “... we begin to have a spiritual experience.” (p. 75)

*Proof of Spiritual Progress*: “We begin to feel the nearness of our Creator.” (p. 75)

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**Step Six: "Were entirely ready to have God remove all these defects of character."**

(p. 59)

The *Prayer*: "... we ask God to help us be willing."

(p. 76)

The *Promise*: "We will lose interest in selfish things ..."

(p. 84)

*Proof of Spiritual Progress*: "... ready to let God remove ... things ... objectionable." (p. 76)

**Step Seven: "Humbly asked Him to remove our shortcomings."**

(p. 59)

The *Prayer*: "... remove ... defect of character which stands in the way of my usefulness to you and my fellows."

(p. 76)

The *Promise*: "... know a new freedom and a new happiness."

(p. 84)

*Proof of Spiritual Progress*: "... strength, as I go out from here, to do [God's] bidding." (p. 76)

**Step Eight: "Made a list of all persons we had harmed, and became willing to make amends to them all."**

(p. 59)

The *Prayer*: "If we haven't the will to do this, we ask [God] until it comes."

(p. 76)

The *Promise*: "We will not regret the past ..."

(p. 84)

*Proof of Spiritual Progress*: "... we are willing to make amends ..." (p. 76)

**Step Nine: "Made direct amends wherever possible, except when to do so would injure them or others."**

(p. 59)

The *Prayer*: "... asked God to help ... place the outcome in God's hands ..."

(p. 80)

The *Promise*: "Fear of people ... will leave us."

(p. 84)

*Proof of Spiritual Progress*: "As God's people we stand on our feet; we don't crawl ..." (p. 83)

*Proof of my spiritual progress in Steps Ten, Eleven and Twelve is when I continue each day to seek God's care to limit my selfishness, dishonesty, resentments and fears as I seek God's will and power for me each day to try to be of service to alcoholics and every person in my life.*

**Step Ten: "Continued to take personal inventory and when we were wrong promptly admitted it."**

(p. 59)

The *Prayer*: "... we ask God at once to remove them."

(p. 84)

The *Promise*: "... we have ceased fighting anything or anyone ..."

(p. 84)

*Proof of Spiritual Progress*: "How can I best serve [God] ... proper use of the will." (p. 85)

**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 *Prayer*: "... we ask God to direct our thinking ... for inspiration ... for freedom from self-will ... for the right thought or action ... Thy will be done." (pp. 86-88)

The *Promise*: "... our thinking will ... more and more on the plane of inspiration." (p. 87)

*Proof of Spiritual Progress*: "... to let God discipline us in the simple way ... outlined." (p. 88)

**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)

The *Prayer*: God, please help me "walk day by day in the path of spiritual progress." (p. 100)

The *Promise*: "... great events will come to pass for you and countless others." (p. 164)

*Proof of Spiritual Progress*: "... your relationship with [God] is right ... Great Fact ..." (p. 25)

*The "Great Fact" comes true more and more each day in my life of spiritual progress: "That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe ... etc." (p. 25)*