

Assignment #1 of 4: Step Two Spiritual Terms Exercise

The Big Book says on page 47:1: “Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood Him.” Please pray and meditate on what each of the following Big Book terms mean to you and in the right column write out your description of the ultimate “Higher Poweredness” aspects of each of the following:

Our Fellowship of Alcoholics Anonymous (xiii, 94:2, 96:1, 159:1, 162:2, 164:3); Brotherhood of Man (11:2)	
High Finance (4:1) or “The Almighty Dollar/Big Business” - **this is not referring to a Higher Power**	How did the mind make this into a false higher power for you?
A Power greater than myself; Power; A Higher Power; Power of God; God’s Power; God (many references)	
Christ (11:1)	
Devil (11:2) - **this is not referring to a Higher Power**	How did the mind make this into a false higher power for you?
Boss Universal (11:2); Universal Mind (12:1); Czar of the Heavens (12:1); Spirit of the Universe (10:3,46:2,52:3,75:2)	
Spirit of Nature (12:1)	
new-found Friend (13:2)	
God-consciousness within (13:4); unsuspected inner resource (56:8); The Great Reality deep down within us (55:3)	
Our Creator; His Creator; Our Maker; All Powerful Creator; Creative Intelligence; A living Creator; My Creator (many)	
The grace of God (25:0)	
A Supreme Being (46:0)	
Realm of the Spirit (46:2,)	
Guiding (49:0)	
God-Sufficiency (52:4)	
The New Land (53:3); The Broad Highway (55:4, 75:2); Utopia (61:2)	
Bridge of Reason (53:3) Reason (53:3); The God of Reason (54:0) - **these are not referring to a Higher Power**	How did the mind make this into a false higher power for you?
Infinite Power & Love (56:4)	
Our Director (62:3)	
The Principal (62:3)	
The Father (62:3); Father of Light (14:1)	
A new Employer (63:1)	
God’s Love (63:2)	
God’s Way of life (63:2)	
The sunlight of the Spirit (66:1)	
King Alcohol (151:2) - **this is not referring to a Higher Power**	How did the mind make this into a false higher power for you?

- 1) On a separate piece of paper write everything you have written above (**positive Higher Power references ONLY**) in one long paragraph. This is your concept of God, if you must have one. 2) After doing this, is there anything you would like to add to it?
- 3) Pick your favorite term for God that is most meaningful to you (from this list or from anywhere else).

The Third Step Prayer Exercises

Assignment #2 of 4: Third Step Prayer Meditation Exercise (Meditate on the following parts of page 63. When we say meditate we mean ask a question, don't think about it, and see what gets revealed.):

(Day 1) God, I offer myself to Thee.

(Day 2) To build with me and do with me as Thou wilt.

(Day 3) Relieve me of the bondage of self, that I may better do Thy will.

(Day 4) Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.

(Day 5) May I do Thy will always!

(Day 6) The 3rd Step Promises (part 1 of 2) – When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our own little plans and designs. More and more we became interested in seeing what we could contribute to life.

(Day 7) The 3rd Step Promises (part 2 of 2) – As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn... This was only a beginning, though if honestly and humbly made, an effect, sometimes a very great one, was felt at once.

Assignment #3 of 4: Translate the Third Step Prayer into YOUR OWN WORDS. What does it mean to YOU? (This is not a mere exercise in rewording the 3rd Step Prayer. To take the first line as an example: What does offering yourself to God means to you? How do you actually do that and how would it be to experience that? Use the space below to draw out the spiritual essence of what each part of the prayer means to you.)

Assignment #4 of 4: After considering the “decision to turn your will and your life over to the care of God as you understood God”, use the space below to write your own Third Step Prayer, in your own words from your own Heart, as your commitment to your Higher Power. As the Big Book says on page 63:3, “The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation.”

Answers for Assignment #3 of 4 -

Answers for Assignment #4 of 4 -

Please do all four of these assignments and read assignments #3 & #4 to your Big Book Step Sponsor before next Thursday night when we will be saying the Big Book's Third Step Prayer together as a group. Also, please read the Big Book chapter “How It Works” only up to the example on page 65.

For extra copies of this and all weekly exercises during this 9-week Big Book 12 Step Workgroup, please do the following:

Go to www.justloveaudio.com

Click on “free resources”

Click on “12 Steps (Recovery)”

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