

The Way Out

1

The Way Out

1

STEP NINE

GET RIGHT WITH OTHERS

Make direct amends to such people wherever possible except when to do so would injure them or others.

Four parts:

What kind 1. Made **direct amends** (eyeball to eyeball)

Who to 2. **to such people** (face to face)

Where to 3. **wherever possible** (one on one)

When not to 4. **except when to do so would injure them or others.** (that we had harmed)

Time is going to pass....

...fear, resentments, self-seeking block me off from God.

Dr. Bob pg 102> Dr. Bob as we know, tackled what is now the Ninth Step of A.A. by consciously starting to make restitution to friends and acquaintances on the same day he took his last drink.

Dr. Bob pg 196 > Sister Ignatia, St. Thomas Hospital, Akron

Sister Ignatia made a point of helping her charges through their Fourth Step self-inventories, and told them how to take care of resentments and anger. She believed in the Ninth Step, making restitution, which she felt, even as she reminisced back in the 1950's, was not stressed as much as in the early days. "I can recall when some of those first men would come back to me after making their restitution," she said. "One told me, 'Do you know, I have the finest feeling. I feel that they are my best friends.,'"

Sister Ignatia always made it a point to see what she could do to reconcile the family. "If it's the husband, I have the wife come in the day before he leaves. She'll say, 'I just don't want to see him. I'm finished with him.'

"Then I ask if she'll come and see me....."

...This is not just a sobering up process. We wouldn't use valuable hospital space if we were in the business just to sober people up.

DR. Bob pg 191 > "We learned from experience that the program is defeated in institutions where the majority of inmates are repeaters," Sister said. "It creates an atmosphere of pessimism and discouragement."

—————> So much for relapse programs, relapse signs <—————

—————> I look for recovery signs, not relapse signs <—————

Dr. Bob pg 192 >"Bob said there was the hard way and the easy way. The hard way was just by going to meetings. In five days a St. Thomas, you would hear as many talks as you would hear in six months outside.

Dr. Bob pg 199 > She was involved in the treatment on many thousands of alcoholics.... picked up the lingo also

Perhaps Bill said it well when Sister Ignatia told him she wanted her name kept out of the second Jack alexander article in the Saturday Evening Post.

"To be anonymous, sister, you'll have to take a little drink," Bill said.

Sister Ignatia's favorite quote was the divine paradox posed by the Apostle to the Gentiles: "But the foolish things of the world hath God chosen that He may confound the wise, and the weak things of the world hath God chosen that He may confound the strong, and the base things of the world and the things that are contemptible hath God chosen, and the things that are not, that He might bring to naught things that are; that no flesh shall glory in His sight."

BB pg 82 > sometimes we hear an alcoholic say that the only thing he needs to do is keep sober. Certainly he must keep sober.....

..... we feel a man is unthinking when he says that sobriety is enough.

AMENDS TO SELF...

Making amends to others, is to free me from my past, by making direct amends to those I have harmed so I can live free in the future.

BB pg 83 > The spiritual life is not a theory. We have to live it.

We should be sensible, tactful, considerate and humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone.

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. **We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.** Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

We now have an understanding of step nine so we may begin practicing it as soon as possible. **Agree?????**

end of 9

STEP 10

DAILY MAINTENANCE

Continued to take personal inventory,
and when we were wrong promptly admitted it.

BB pg 84 p2 > 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. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. **Continue to watch for selfishness, dishonesty, resentment, and fear. 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. **Love and tolerance of others is our code.**

IF YOU ACCEPT STEP TEN, THEN YOU ARE RESPONSIBLE FOR THE THINGS YOU SAY, DO AND THINK.

bb PG 84 P3 >And we have ceased fighting anything or anyone - even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. **We react sanely and normally, and we will find that this has happened automatically.** We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition.

The obsession to drink has been removed, AUTOMATICALLY, replaced with the opposite obsession to stay sober.

BB pg 85 p2 > It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. **What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.** Every day is a day when we **must** carry the vision of God's will into all of our activities. "How can I best serve Thee - Thy will (not mine) be done." These are thoughts which **must** go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.

There are 74 MUSTS in the first 164 pages, forewords & appendixes

	Forewords			Doctors	Pages	Appends	Total
	1st	2nd	3rd	Opinion	1-164		
had better	0	0	0	0	3	0	3
had to	0	2	0	0	12	0	14
has to	0	0	0	0	3	0	3
have to	0	0	0	0	4	0	4
imperative	0	0	0	1	2	0	3
MUST	0	1	0	7	60	6	74
must never							
/must not	0	0	0	0	0	1	0
	0	3	0	8	91	7	109

BB pg 85 p3 >Much has already been said about receiving strength, inspiration, and [direction from Him who has all knowledge and power](#). If we have carefully followed [directions](#), we have begun to sense the flow of His Spirit into us. To some extent we have become God conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action.

Five senses: Sight, smell, taste, hearing, touch
Sixth Sense: Consciousness of the flow of His Spirit into us.

BB pg 25 > THE CENTRAL FACT of our lives today.....

Zech 2:6 "Not by sight, nor by power, but by my Spirit", saith the Lord.

___ John 14:23 >Jesus replied,"[If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him.](#)

BB pg 25 >"The central fact of our lives today is the absolute certainty that our creator has entered into our hearts and lives in a way that is indeed miraculous."

II Cor 6:16

We now have a sufficient understanding of step ten to begin living it on a daily basis. Do you Agreee????

end of step 10

STEP ELEVEN communicating with sunlight of the spirit

**Sought through prayer and meditation to improve
our concious contact with God, as we understood Him.**

SUGGEST PRAYER AND MEDITATION

BB pg 86 > **When we retire at night, [we constructively review our day.](#)** Were we [resentful, selfish, dishonest or afraid?](#) Do we owe an apology? [Have we kept something to ourselves which should be discussed with another person at once?](#) Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we [ask God's forgiveness and inquire what corrective measures should be taken.](#)

steps 4,8,9,5 ~~~~~6 & 7 prayer.

Evening Prayer:

Lord God,

Please forgive my wrongs of today.

Please tell me what corrective measures I should take.

Evening mediation...

BB pg 86 >

On awakening let us think about the twenty four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self pity, dishonest or self seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

BB pg 86 >**In thinking about our day we may face indecision.** We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.

BB pg 87> We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. **We ask especially for freedom from self will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.**

BB pg 87 > If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. **Be quick to see where religious people are right. Make use of what they offer.**

... a few set prayers....

Serenity Prayer

Lord's Prayer

Prayer of St. Francis (12x12 pg 101)

Psalms

"THY WILL BE DONE"

"FAITH WITHOUT WORKS IS DEAD"

"THE GOOD IS SOMETIMES THE ENEMY OF THE BEST"

BB pg 133we are sure God wants us to be happy, joyous and free.

We now understand step eleven enough to begin practicing it right away.

Agree????

end of eleven

STEP 12

WORKING WITH OTHERS - chapter Seven

**Having HAD A spiritual awakening as THEE result of THESE steps
we tries to carry THIS message (of our spiritual awakening**

following the big Book directions) to other alcoholics and practice THESE principals in ALL our affairs.

BB pg 89 >

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.

Practical (NOT THEORETICAL) experience.....

practical (NOT THEORETICAL) program of action.

BB pg 14 > My friend has emphasized the **absolute necessity** of demonstrating these principles in all my affairs. Particularly was it imperative to work with others as he had worked with me. **Faith without works was dead**, he said. and how appallingly true for the alcoholic! For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely die. **Then faith would be dead indeed**. With us it is just like that.

BB pg 15 > When all other measures failed,
work with another alcoholic would save the day.

It is a design for living that works in rough going.

... There is scarcely any form of trouble and misery which has not been OVERCOME among us.

BB pg 16 >An alcoholic in his cups is an unlovely creature. Our struggles with them are variously strenuous, comic and tragic. One poor chap committed suicide in my home. **He could not, or would not, see our way of life.**

BB pg 89 >**Life will take on new meaning.** To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

Don't start out as an evangelist or reformer. **Unfortunately** a lot of prejudice exists. You will be handicapped if you arouse it. Ministers and doctors are competent and you can learn much from them if you wish, but it happens that because of your own drinking experience you can be uniquely useful to other alcoholics. So cooperate; never criticize. To be helpful is our only aim.

BB pg 90 >When you discover a prospect for Alcoholics Anonymous, find out all you can about him. If he does not want to stop drinking, don't waste time trying to persuade him. You may spoil a later opportunity.

If there is any indication that he wants to stop, have a good talk with the person most interested in him usually his wife. Get an idea of his behavior, his problems, his background, the seriousness of his condition, and his religious leanings.

Then let his family or a friend ask him if he wants to quit for good and if he would go to any extreme to do so. If he says yes, then his attention should be drawn to you as a person who **has recovered**. You should be described to him as one of a **fellowship** who, as part of their own recovery, try to help others and who will be glad to talk to him if he cares to see you.

If he does not want to see you, never force yourself upon him. Neither should the family hysterically plead with him to do anything, nor should they tell him much about you. They should wait for the end of his next drinking bout. **You might place this book where he can see it in the interval. Here no specific rule can be given.**

BB pg 91 >Though you have talked with the family, leave them out of the first discussion. Under these conditions your prospect will see he is under not pressure. He will feel he can deal with you without being nagged by his family. Call on him while he is still jittery.

BB pg 92 >If you are satisfied that he is **a real alcoholic**, begin to dwell on the hopeless feature of the malady.

Doctors are rightly loath to tell alcoholic patients the whole story unless it will serve some good purpose. But you may talk to him about the hopelessness of alcoholism because **you offer a solution**. You will soon have you friend admitting he has many, if not all, of the traits of the alcoholic. If his own doctor is willing to tell him that he is alcoholic, so much the better.

BB pg 93 >Tell him exactly what happened to you. Stress the spiritual feature freely. If the man be agnostic or atheist, make it emphatic that he does not have to agree with your conception of God. He can choose any conception he likes, **provided it makes sense to him**. The main thing is that he be willing to **believe in a Power greater than himself and that he live by spiritual principles**.

Your prospect may belong to a religious denomination. His religious education and training may be far superior to yours. In that case he is going to wonder how you can add anything to what he already knows. But he will be curious to learn why his own convictions have not worked and why yours seem to work so well. He may be an example of the truth that faith alone is insufficient. To be vital, faith must be accompanied by **self sacrifice and unselfish, constructive action**. Let him see that you are not there to instruct him in religion. Admit that he probably knows more about it than you do, but **call to his attention the fact that however deep his faith and knowledge, he could not have applied it or he would not drink**, Perhaps your story will help him see where he has failed to practice the very precepts he knows so well.

BB pg 94 >On your first visit tell him about the **Fellowship of Alcoholics Anonymous**. If he shows interest, **lend him your copy of this book**.

BB pg 95 >If he is sincerely interested and wants to see you again, **ask him to read this book in the interval**. After doing that, he must decide for himself whether he wants to go on. He should not be pushed or prodded by you, his wife, or his friends. **If he is to find God, the desire must come from within**.

BB pg 96 >Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you. If you leave such a person alone, he may soon become convinced that he cannot recover by himself. **To spend too much time on any one situation is to deny some other alcoholic an opportunity to live and be happy**.

Suppose now you are making your second visit to a man. He has read this volume and says he is prepared to go through with the Twelve Steps of the program of recovery. **Having had the experience yourself, you can give him much practical advice**.

BB pg 98 >**Job or no job--wife or no wife--we simply do not stop drinking so long as we place dependence upon other people ahead of dependence on God**.

Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house.

BB pg 99 >
Let no alcoholic say he cannot recover unless he has his family back. This just isn't so. In some cases the wife will never come back for one reason or another. Remind the prospect that his recovery is not dependent upon people. **It is dependent upon his relationship with God**.

BB pg 100 >
Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!

BB pg 101 >
Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do. People have said we must not go where liquor is served; we must not have it in our homes; we must shun friends who drink; we must avoid moving pictures which show drinking scenes; we must not go into bars; our friends must hide their bottles if we go to their houses; we mustn't think or be reminded about alcohol at all. Our experience shows that this is not necessarily so.
We meet these conditions every day. **An alcoholic who cannot meet them, still has an alcoholic mind; there is something the matter with his spiritual status. His only chance for sobriety would be some place like the Greenland Ice Cap, and even there an Eskimo might turn up with a bottle of scotch and ruin everything!** Ask any woman who has sent her husband to distant places on the theory he would escape the alcohol problem.

In our belief any scheme of combating alcoholism which proposes to shield the sick man from temptation is doomed to failure. If the alcoholic tries to shield himself he may succeed for a time, but usually winds up with a bigger explosion than ever. We have tried these methods. These attempts to do the impossible have always failed.

So **our rule** is not to avoid a place where there is drinking, if we have a **legitimate reason** for being there. That includes bars, nightclubs, dances, receptions, weddings, even plain ordinary whoopee parties. To a person who has had experience with an alcoholic, this may seem like tempting Providence, but it isn't.

You will note that we made an important qualification. Therefore, ask yourself on each occasion, "Have I any good social,

business, or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere.....

BB pg 102 >

Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and **God** will keep you unharmed.

BB pg 133 >

We are sure God wants us to be **happy, joyous, and free**. We cannot subscribe to the belief that his life is a vale of tears, though it once was just that for many of us. But it is clear that we made our own misery. God didn't do it. Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as **an opportunity to demonstrate His omnipotence**.

BB pg 161 pr 2> Being wrecked in the same vessel, being restored and **united under one God**, with hearts and minds attuned to the welfare of others, the things which matter so much to some people no longer signify much to them. How could they?

—————> **The miracle of AA is NOT that so many pwoplw who drank to much now do not drink at all. The miracle is that so many have learned to put their lives on a spiritual basis in a materialistic world.** <—————

—————> **There are those in AA today, as has been the case all along, who would remove God from the program, have multiple gods, or change the gender.** <—————

Tradition 2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

The AA Service Manual – CONCEPT XII – Warranty 6 >

Pg 61> But Article 12 of the Charter stands in a class by itself.

..... Although changes to the Warranties of Article 12 thus have been made difficult, they have not been made impossible.

Warranty 6 pr 7>

Freedom under God to grow in **His likeness and image** will ever be the quest of the Alcoholics Anonymous. May our General Service Conference be always seen as a chief symbol of this cherished liberty.

—————> **I submit that any group that refers to a god contrary to this is in violation of or tradition.** <—————

BB pg 574 pr 3 > “the Religious View of AA”

Isaiah 61:1 >

The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the suffering and afflicted. He has sent me to comfort the brokenhearted, to announce liberty to the captives, and to open the eyes of the blind.

Acts 1:8 >

But when the Holy Spirit has come upon you, you will receive power to testify about me with great effect, to the people in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth, about my death and resurrection.

Galations 6:4 > **We Reap what We Sow**

Let everyone be sure that he is doing his very best, for then he will have the personal satisfaction of work well done and won't need to compare himself with someone else. Each of us must bear some faults and burdens of his own. For none of us is perfect!

BB pg 181 >I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for **four reasons**:

1. Sense of duty.
2. It is a pleasure.

3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it I take out a little more insurance for myself against a possible slip.

Unlike most of our crowd, I did not get over my craving for liquor much during the first two and one-half years of abstinence. It was almost always with me. But at no time have I been anywhere near yielding. I used to get terribly upset when I saw my friends drink and knew I could not, but I schooled myself to believe that though I once had the same privilege, I had abused it so frightfully that it was withdrawn. So it doesn't behoove me to squawk about it for, after all, nobody ever had to throw me down and pour liquor down my throat.

If you think you are an **atheist, an agnostic, a skeptic, or have any other form of intellectual pride which keeps you from accepting what is in this book**, I feel sorry for you. If you still think you are strong enough to beat the game alone, that is your affair. But if you really and truly want to quit drinking liquor for good and all, and sincerely feel that you must have some help, **we know that we have an answer for you. It never fails**, if you go about it with one half the zeal you have been in the habit of showing when you were getting another drink.

Your Heavenly Father will never let you down!

#####3 end of step 12 96-9-28 rev. [rev 97-04-10 pln] [rev 97-05-11 pln] [98-1-28 pub. pln] [2002-05-03 pub. pln]

___ Matt 5:23-24

"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. first go and be reconciled to your brother; then come and offer your gift."

BB pg 13 > Bill's amends

We made a list of people I had hurt or toward whom I felt resentment. I expressed my entire willingness to approach these individuals, admitting my wrong. Never was I to be critical of them. I was to right all matters to the utmost of my ability.

—————> **Bill never took another drink** <—————

PIO pg 149 >

Bob's amends < After leaving the hospital, Dr. Bob had set out to make the rounds of creditors and others he had previously avoided. He told them what had been going on, and expressed his desire to make amends. Following up on the statement he had made to Bill early that morning, he was doing what it took to get sober and stay that way. For Dr. Bob, a professional man, one of the greatest stumbling blocks had been his prideful need to conceal his drinking -- from people who probably knew about it anyhow. He had only recently admitted to fellow Oxford Groupers that he was a secret drinker. Now, he openly admitted his problem to the very people he wanted to hide it from.

It was a difficult thing to do: "He trembled as he went about, for this might mean ruin, particularly to a person in his line of business."

when he came home that night, his entire outlook had changed. He was happy, and like Bill, he was finally a free man. It was June 10, 1935 -- now honored as the date when A.A. really began. The bottle of beer Bill had given him that morning was his last drink.

—————> **Bob never took another drink** <—————

___ Romans 13:8 > Let no debt remain outstanding, except the continuing debt to love one another, for he who loves his fellow man has fulfilled the law.

BB pg 77-82 Examples for Step 9

TALK OVER WITH SPONSOR

Fox pg 120

Lord,

I ask that you give me the strength and direction to do the right thing. No matter what the personal consequences may be. Please show me the way of patience, tolerance, kindness and love. Help me to be sensible, tactful, considerate, and humble without being servile or scraping. AMEN

___ Titus 2:11-14

For the grace of God that brings salvation has appeared to all men. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope -- the glorious appearing of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

> We said we would go to any lengths.

THE REAL MIRACLE IS
WE DO THE STEPS
GOD REMOVES THE OBSESSION.

There is One who has all power.....that One IS God.

___ **Phil 2:13** ...for it is God who works in you to will and to act according to his good purpose.

Jeremiah 2:19 Your own wickedness will punish you. You will see what an evil bitter thing it is to rebel against the Lord your God, fearlessly forsaking him, says the Lord Almighty.

___ James 1:13-15 When tempted, no one should say, "God is tempting me." for god cannot be tempted by evil, nor does he tempt anyone; but each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

___ James 1:16-19 Don't be deceived, my dear brothers. Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

___ James 1:21-25 Therefore, get rid of all moral filth and the evil that is so prevalent, and **humbly accept** the word planted in you, which can save you.

___ **1 Cor 10:12,13** So, if you think you are standing firm, be careful that you don't fall! No temptation has seized you except what is common to man. and God is faithful; **he will not let you be tempted beyond what you can bear.** but when you are tempted, he will provide **a way out** so that you can stand up under it.

___ **Romans 8:5-7** Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace, because the sinful mind is hostile to God. It does not submit to God's law, nor can it do so. Those controlled by the sinful nature cannot please God.

___ **Proverbs 14:14** >The faithless will be fully repaid for their ways, and the good man rewarded for his.

___ **Matt 12:43-45** >"When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.' when it arrives, it finds the house unoccupied, swept clean and put in order. Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. and the final condition of that man is worse than the first. That is how it will be with this wicked generation."

Dr. Bob pg 229 > Camel twice to his knees....

According to Ed, Dr. bob would explain prayer by telling how the camels in a caravan would **kneel down in the evening**, and the men would unload their burdens. In the morning, they would **kneel down again**, and the men would put the burdens back on. "It's the same with prayer," Dr. Bob said. "We get on our **knees to unload at night. And in the morning when we get on our knees again**, God gives us just the load we are able to carry for that day."

"I remember one story he repeated over and over," said Ed. "It was about this boy who burned his hand. The doctor dressed it and bandaged it. When he took the bandage off, the boy's hand was healed. The little boy said, 'You're wonderful, doctor. You cure everybody, don't you?' 'No, I don't,' the doctor replied. **'I just dress the wound. God heals it.'**"

Daniel 6:10 Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God just as he had done before.

Psalms 5:3 >Morning by morning, O Lord, you hear my voice; Morning by morning I lay my requests before you and wait in expectation.

PIO pg 147 >

Bill now joined Bob & Anne in the Oxford Group practice of having **morning guidance sessions** together, with Anne reading from the Bible. "Reading...from her chair in the corner, she would softly conclude, **'Faith without works is dead.'**" As Dr. Bob described it, they were **"convinced that the answer to our problem was in the Good Book.** To some of us older ones, the parts that we found absolutely essential were the **Sermon on the Mount, the 13th Chapter of First Corinthians, and the Book of James.**" The book of James was considered so important, in fact, that some early members even suggested **"The James Club"** as a name for the Fellowship.

"FAITH WITHOUT WORKS IS DEAD."

Dr. Bob pg 71 >**Each morning**, there was a devotion, he recalled. After a long silence, in which they awaited inspiration and guidance, Anne would read from the Bible. "James was our favorite," he said. "Reading from her chair in the corner, she would softly conclude, **'Faith without works is dead.'**"

This was a favorite quotation of Anne's, much as the Book of James was a favorite with early A.A.'s -- so much so that "**The James Club**" was favored by some as a name for the Fellowship.

Morning prayer:

Lord god,

Please direct my thinking. I especially ask that my thinking be delivered from self-pity, dishonesty or self-seeking motives.

AMEN

{Handout}

Dr. Bob pg 314 >Prayer, of course, was an important part of Dr. Bob's faith. According to Paul S., "Dr. Bob's morning devotion consisted of a **short prayer, a 20-minute study of a familiar verse from the Bible, and a quiet period of waiting for directions** as to where he, that day, should find use for his talent. Having heard, he would religiously **go about his Father's business**, as he put it." **James 1:22-27** Do not merely listen to the word, and so deceive yourselves. **Do what it says.** Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it - he will be blessed in what he does.

I Cor 10:23,24 >"Everything is permissible"--but not everything is beneficial. "Everything is permissible"--but not everything is constructive. **Nobody should seek his own good, but the good of others.**

Abrahams prayer for —

I Thes 5:16-18 >Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Expect Results (Promises)

Before we are half way through.....

..... what we could not do for ourselves.

sometimes quickly (spiritual experience)

sometimes slowly (spiritual awakening)

always materialize (personality change)

if we work for them. (psychic change)

Isaiah 30:21 "whether you turn to the right or to the left, your ears will hear a voice behind you saying, "This is the way; walk in it."

Isaiah 30:21

Step 9

Matthew 5:23-24, 43-44

Luke 6:35-36

Romans 12:17-18, 13:8, 14:13

Philippians 2:3-4

Colossians 3:12-13

I Peter 4:8-10

I John 4:19-21

Step 10

Psalms 34:12

Proverbs 14:14,29-30

Jeremiah 2:19

Zechariah 2:6

Matthew 5:25-26, 12:43-45

John 14:23

Romans 8:5-7, 12:13

I Corinthians 10:12,13

II Corinthians 5:17, 6:16

Ephesians 4:22-28, 5:15-16

Philippians 2:13

Titus 2:11-14

James 1:13-25

Step 11

Genesis 20:17 Abram prays for Abimelech

Isaiah 30:21

Hosea 6:3

Psalms 5:3, 25:4-5, 119:105-106

Matthew 6:6, 7:7, 21:22

Mark 11:24

Luke 6:45,49

I Corinthians 10:23,24

Colossians 3:16

Philippians 4:6

I Thessalonians 5:16-18

James 1:22-27

Step 12

Ecclesiastes 4:9-11

Isaiah 61:1

Matthew 6:34 live one day at a time

Mark 5:19

Luke 8:16-18

Acts 1:8

Ephesians 5:1-2

Philippians 4:8-9

Colossians 4:5-6

Galatians 6:1

II Timothy

Titus 3:3-7

I Peter 3:15, 4:11

More from Mike D.

PIO page 202 > other book titles for AA.

PIO pg 165 > Silkworth – Clinton St. – maple syrup

PIO pg 353 > talk about problems???

DR Bob pg 78 >