

Spiritual Roadmap

By: Glen K

Page 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. 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. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

Page 25- The great fact is just this, and nothing less: 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. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.

*Appendix II- page 567(read whenever you can)

Page 63- (GET ON YOUR KNEES) "God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. 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. May I do Thy will always!" (3rd step prayer)(Help us get rid of all the "self stuff")

Page 76- (GET ON YOUR KNEES)- "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every

single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.” (7th step prayer)

Page 77- Our real purpose is to fit ourselves to be of maximum service to God and the people about us. (That’s why we are here and were put on this earth, to help others and to be of maximum usefulness to others and other alcoholics)

Page 85- 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. (We are free through our daily reprieve with the connection of our higher power and the working with another alcoholic daily) (Step 3 is when we turned our Will and our Life over to the care of GOD AS WE UNDERSTOOD HIM)

Page 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. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill. (12th step)

(12th step promises) 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. (you are immune from drinking IF you work with another alcoholic. It truly works when all else fails)