



Playgrounds, Playmates and Playthings

#FREE Series Part 4

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#FREE

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AA SAYINGS

One day at time. Let go and let God.

I can't, He can, I think I'll let Him (Steps 1,2,3).

Sobriety is a journey, not a destination

If God seems far away, who moved?

Nothing is so bad, a drink won't make it worse.

Keep the plug in the jug. You are not alone.

There is no chemical solution to a spiritual problem.

Minds are like parachutes----they won't work unless they're open.

Sick and tired of being sick and tired.

We are not human beings having spiritual experiences; we are spiritual beings having human experiences.

A.A. works for people who believe in God. A.A. works for people who don't believe in God. A.A. NEVER works for people who believe they ARE God.

Denial is not a river in Egypt, but you can drown in it.

You can always tell an alcoholic, but you can't tell him much.

If you wonder if you're an alcoholic, you probably are.

A.A. isn't a religion, we can't open the gates of Heaven and let you in, but we can open the gates of Hell and let you out.

I didn't experiment with alcohol and drugs. I was in advanced research and development.

You may need to change your Playground, Playmates and Playthings.

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28 (NIV)

“Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.”

2 Corinthians 12:7-10 (NIV)

Step 9

We made direct amends to such people whenever possible, except when to do so would injure them or others.

“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your offering there in front of the altar.

First go and be reconciled to your brother; and then come and offer your gift.”

MATTHEW 5:23–24 NIV

Step 10

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

So, if you think you are standing firm, be careful that you don't fall!

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RINTHIANS 10:12 NIV

Step 11

We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.

Let the word of Christ dwell in you richly.

COLOSSIANS 3:16a NIV

Step 12

Having had a spiritual experience as the result of these steps, we tried to carry this message to others, and practice these principles in all our affairs.

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.

GALATIANS 6:1 NIV

Serenity Prayer

God grant me the serenity

to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Living one day at a time,

enjoying one moment at a time;

accepting hardship as a pathway to peace;

taking, as Jesus did, this sinful world as it is,

not as I would have it;

trusting that You will make all things right

if I surrender to your will'

so that I may be reasonably happy in this life
and supremely happy with You forever in the next.

Amen

THE ROAD TO RECOVERY

The 8 Principles Based on the Beatitudes

Principle 1: Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

(Step 1)

Happy are those who know they are spiritually poor. MATT 5:3 TEV

Principle 2: Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover. (Step 2)

Happy are those who mourn, for they shall be comforted. MATT 5:4 TEV, NIV

Principle 3: Consciously choose to commit all my life and will to Christ's care and control. (Step 3)

Happy are the meek. MATTHEW 5:5 TEV

Principle 4: Openly examine and confess my faults to myself, to God, and to someone I trust. (Steps 4 and 5)

Happy are the pure in heart. MATTHEW 5:8 TEV

Principle 5: Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects. (Steps 6 and 7)

Happy are those whose greatest desire is to do what God requires. MATTHEW 5:6 TEV

Principle 6: Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others. (Steps 8 and 9)

Happy are those who are merciful to others. MATTHEW 5:7 TEV

Happy are those who work for peace. MATTHEW 5:9 TEV

Principle 7: Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life, and to gain the power to follow His will. (Steps 10 and 11)

Principle 8: Yield myself to God to be used to bring this Good News to others, both by my example and by my words. (Step 12)

Happy are those who are persecuted because they do what God requires! MATTHEW 5:10 TEV

THE 12 STEPS and THEIR BIBLICAL COMPARISONS

Step 1

We admitted we were powerless over our addictions and compulsive behavior; that our lives had become unmanageable.

I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. ROMANS 7:18 NIV

Step 2

We came to believe that a power greater than ourselves could restore us to sanity. *For it is God who is at work in you to will and to act according to his good purpose.* PHILIPPIANS 2:13 NIV

Step 3

We made a decision to turn our life and our will over to the care of God. *Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.* ROMANS 12:1 NIV

Step 4

We made a searching and fearless moral inventory of ourselves. *Let us examine our ways and test them, and let us return to the LORD.* LAMENTATIONS 3:40 NIV

Step 5

We admitted to God, to ourselves, and to another human being, the exact nature of our wrongs. *Therefore, confess your sins to each other, and pray for each other, so that you may be healed.* JAMES 5:16a NIV

Step 6

We were entirely ready to have God remove all these defects of character. *Humble yourselves before the Lord, and he will lift you up.* JAMES 4:10 NIV

Step 7

We humbly asked Him to remove all our shortcomings. *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.* 1 JOHN 1:9 NIV

Step 8

We made a list of all persons we had harmed and became willing to make amends to them all.

"Do to others as you would have them do to you." LUKE 6:31 NIV