

For Today, August 5

"I myself believe that evidence of God lies primarily in inner personal experiences." William James

The work of this program is all an inside job . Step 12 reads "Having had a spiritual awakening as a result of these steps..." We don't get spiritual by reading Step 2 and 3. Examining the literature is a prelude to that opening of the spirit.

When I came to this program I was very shy and closed down by shame and fear. And I had to work to look at those layers of thoughts that created thick walls to "protect" me, The program has taught me that I can shift from an attitude of fear to possibility and new beginning.

Today I have "evidence" of God's hand in my life by looking back and seeing all the situations that worked out, all the synchronicities that came to pass that my ego did know about. Life for me did not become a trust walk with God immediately. This is an ongoing process.

I have to look at my thinking and then sometimes ask myself: Do I believe nothing happens by mistake? Is God bigger than this situation? Do I think God is smart enough to be able to help me?" When I do this my pulse calms down and I can have the patience to wait and see what unfolds next. Life becomes a discovery journey that I could not have imagined.

My spirit must have wanted this because I was led here and I have kept coming back for 34 years. I read yesterday that staying humble is in direct proportion to the gratitude for the life I have in recovery. I'm grateful for every day I have been here - even the hard ones because the program helped me develop some skills for living. The changes all began with the steps. They still have something to teach me today.

Have a good day.