

For Today, August 5

I myself believe that the evidence for God lies primarily in inner personal experiences. -
William James

What a beautiful reading this morning. I believe we develop faith as a result of our experience with the Steps. Seeing people change and do well is a powerful motivator for doing the work.

When I was a kid I was brought to church, went to religious schools and heard a lot of rules. I'm sure they meant well and maybe even said some of the things I live by today. My home life was too chaotic to take it in. I certainly did not have any courage for living.

The steps help you to be vulnerable and brave, do the next right thing, say I'm sorry when it's appropriate and choose how you are going to live despite how other people behave. And we can keep growing all our lives if we choose to do the work.

I recently did another fourth and fifth step with a new sponsor. I have to put some energy into this program to keep the light on in my heart. And you have to do the work with someone who has experience with the work. After all this time I still have many defects - some are repeats with a different name. The sponsor helps me to refine the information from the fourth step.

I have been working with that 6th step list and its remarkable what a shift I make when I ask myself do I want to be critical or do I want to be fair and kind. Sometimes the irritation melts and sometimes I'm just able to dial it down.

This is a spiritual experience for me of the living kind. I don't need any fireworks today. I've had about 4 or 5 very profound spiritual experiences over my time in program. They helped me to come to believe. These subtle changes help me to want to continue to spend my time here and do the work - even when it is hard. My life is worth it.

Thanks for being there today.