

Where was God?

I died many years ago. My life experiences were not the worst. Compared to some, I didn't have it so bad. But that was not how I experienced it. My upbringing, my genetics, and the circumstances of my life caused me to crash. I was basically the walking dead, though my stubborn heart continued to beat whether I wanted it to or not. I tried a number of things to relieve my pain over the years: therapy, medication, smoking, eating and praying (more like begging). But my prayers to God and my ancestors went unanswered. Angry, I turned away from God, believing God had forsaken me. I felt victimized by life and there was nothing to slow me down as I ate myself into obese. I was, as they say, trying to fill a God-sized hole.

Back then, when I looked within, I only saw my pain. I could not understand why God would allow me to suffer for all those years. I concluded God did not exist. My outlook was bleak. Today's readings point out that I may not have gotten what I wanted over the course of those miserable years, but I was given what I needed. Had I been able to see beyond my own pain, I might have sensed God. God did not abandon me, but was there all along - waiting. But i am not at fault for not sensing God. I have come to believe that God was always ready to support me, once I was willing and able to take a first step. And take a step I did, in 2014, when I came into the rooms. Finally, I had nothing left to lose except a lot of weight and a ton of resentment.

Why did it take so long? I don't know! But I don't believe God "chose" to let me languish. Step Two required me to believe in a Higher Power that could, and would, help me if sought. This belief did not happen for me over night. But i could not deny that believing that God did not exist, or else had abandoned me, had not relieved my suffering. There is a bright side to desperation. □

The Big Book promises that we will not regret our past, nor choose to close the door on it. Today, I can't say I am delighted with my past, but I accept it as something that I cannot change. I am grateful, as the result of working the steps, to be relieved of much of the resentment that drove me to eat. Putting resentment down allows Grace to flow into my life. And I thank my Higher Power for that!