

CAME (TO) v. (*past tense of come*)

1a: to move toward something

d(2): to reach a condition or a conclusion

2b: to appear to the mind

BELIEVE v.

1a: to consider to be true or honest

b: to accept the word or evidence of (also)

1a: to accept something as true or genuine

2. to have a firm conviction as to the goodness, efficacy (the power to produce an effect) or ability of something.

The first thing step 2 tells us is that we “Came to believe that a power greater than ourselves could restore us to sanity.” How did we do that? By admitting in step 1 that we were powerless. It was our experiences with trying to control food that showed us WE didn’t have the power to do so.

Recall or write out for the first time, some of the ways you have experienced being powerless over food.

BB P. 25 *“If you are as seriously alcoholic as we were, we believe there is no middle-of-the-road solution. We were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help.”*

BB P. 43 *“Once more: The alcoholic at certain times has no effective mental defense against the first drink. Except in a few rare cases, neither he nor any other human being can provide such a defense. HIS DEFENSE MUST COME FROM A HIGHER POWER.”*

BB P. 44 *“Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a power greater than ourselves. Obviously.”*

POWER *n.*

1a(1): ability to act or produce an effect

2a: possession of control, authority, or influence over (have we had that with regard to our eating?)

b. one having such power

3b. mental or moral efficacy

GREAT *adj.*

- 3: Remarkable in magnitude, degree or effectiveness, also – of ability, quality or eminence considerably above the normal or average.

For our purposes, “greater than” might mean MORE “remarkable in magnitude, degree, or effectiveness”

SELF *n.*

- 2: The union of elements (such as body, emotions, thoughts, sensations) that constitute the individuality and identity of a person.
- 4a: the entire person of an individual

So, I asked myself, what does “spiritual help” mean? According to the Big Book it means help from a power greater than myself.

1. Do you believe in the existence of a power or powers greater than you? If so, what are some of them? If not, is it because of ideas of God or religion you’ve been taught, which you don’t agree with? Keeping the idea of setting aside what you think you know, can you think of any example(s) from your own life where you have encountered a power greater than you?
2. What do I actually believe about God (not what I know, feel, want or have been told)? What do **I BELIEVE**?
3. How do I act in relation to what I wrote about what I believe? Are my actions in line with what I say I believe?

COULD v. (*past tense of "can"*)

1c: —used to indicate possibility

1: (archaic): to be able to do, make, or accomplish

RESTORE v.

1: Give back, return

2: to put or bring back into existence or use

3: to bring back or to put back into a former or original state

4: to put again into possession of something.

US pronoun (obj. case of “we”)

- 1: I and the rest of a group that includes me
- 2: you and I and another or others

SANITY *n.*

- 2: mentally sound, esp. able to anticipate and appraise the effect of one's actions

PLUS: healthy in body

1. Keeping in mind what you currently believe, how does or doesn't your current conception work as a power that you believe could restore you to sanity?

BB, p. 47: "When, therefore, we speak to you of God, we mean your own conception of God. This applies, too, to other spiritual expressions which you find in this book...At the start, this was all we needed to commence spiritual growth, to effect of first conscious relation with God as we understood Him."

BB, p. 47: "That was great news to us, for we had assumed we could not make use of spiritual principles unless we accepted many things on faith which seemed difficult to believe."

2. If your current concept of a power greater than you doesn't work, can you find a concept that does? What would you need to believe about a power greater than yourself in order for that power to restore you to sanity? What qualities would you want this power to possess?

Where and how do I find that power?

BB, P. 55 “...for deep down in every man, woman, and child, is the fundamental idea of God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there.”

“We found the Great Reality deep down within us. In the last analysis it is only there that He may be found.”

Is there any memory you have of connecting to this power within you?

This power within is sometimes referred to as a still small voice, an inner knowing, an intuition. Sometimes the power shows up in a book or a song or a poem or someone’s words, and they resonate with you. Sometimes it is a sense or a feeling.

As Joe and Charlie describe it:

I can have my own personal Higher Power (God/Goddess/etc.)

It dwells within me

My knowledge comes from and through It

I will be able to find that Power!

If I've come to believe there is a power greater than me and that this power is personal to me, cares about me, and can restore me to sanity, then the next step is a decision, and that brings us to Step 3, which is:

“Made a decision to turn our will and our lives over to the care of God as we understood him.”

Then, steps 4-12 are action steps we take to do that.