



STEP TWO

I came to believe that a power greater than myself can restore me to sanity.

The Step 2 phrase "came to believe" suggests a process and a progression of faith that evolves over time. A portion of A.A.'s oral tradition defines this as a three-part unfolding.

First, we came. That is, we showed up and stumbled in the door.

Second, we came to. That is, we sobered up, came to our senses, and began to experience emotional sobriety.

Third, we came to believe. We began our real recovery process and our spiritual growth. This style of spiritual growth closely parallels the strong Christian tradition that each person must come to a personal belief in Jesus Christ.

Step 2 is a logical outgrowth of Step 1 because, in Step 1, we have admitted our own powerlessness, and then the next step is to seek a new source of strength or power to take charge for us and to make us sane (well and whole). For some people, spiritual conversion is dramatic as it was for the apostle Paul on the road to Damascus (Acts 9). For most, however, it is very gradual.

Before we can welcome in a new Power to restore us to wellness, we will probably have to engage in some emotional and spiritual "housecleaning."

We must bring into abstinence or balance all the addictive agents through which we have sought to meet our deepest needs. Money, sex, career, chemicals, anything, and everything about which we have become excessive, must be put into proper perspective, not lifted onto a pedestal to be worshipped.

We must transcend the god of reason if we have been worshipping God through an exclusively intellectual approach.

We must renounce the tendency to play God ourselves. We must grow beyond selfishness, narcissism, and grandiosity.

We must also stop putting other people or human institutions into the roles of gods.

Not only must we be rid of false gods, if we are looking to the Judeo-Christian God as our higher Power, but we may also need to overcome old sources of bitterness toward him:

- We may have identified God with an abusive parent.
- We may have had negative experiences with the church (hypocrisy, bigotry and condemnation).
- We may be struggling with a sense that God has failed us, that He has allowed us to become codependent.
- We may be angry that God has not instantaneously healed us or our addictive illnesses.

As we commit ourselves to a lifetime of recovery, our starting point may be our recovery literature, and that literature makes a valuable contribution toward the opening of spiritual doors. But if we really want to fill the void, if we really want to break down the barriers hindering our progress, we need to turn to the ultimate source of God's Word and discover what the Scriptures have to tell us. By exploring the Bible, we will learn more about God, we will draw closer to Him, and we will discover more about His will for us.



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What have been your previous experiences with religion? How do you think that this does or does not relate to your experience with God as you understand Him now?

What does the *came to believe* in this step mean to you?

**What does *power greater than myself* mean?
(FULL PAGE ANSWER)**



What is the meaning of *restore*, and what does it mean to you?

Who is the *restoring* power in your life?

What is the meaning of *sanity*?

Having lived an *insane* life for so long, how will you know when you are living a *sane* life?