

Second Step Proposition Exercise

• **(53:2)** “When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face **the proposition that either God is everything or else He is nothing**. God either is, or He isn't. What was our choice to be?”

1. In Column One - List the areas of you life where you:

- a. Haven't given your life over to God
- b. Have been unwilling to give over to God.

(Included here may be: personal relationships in all areas of your life, people you are unwilling to forgive, consistency with your program, controlling your emotions, shame/guilt/remorse from the past, inability to accept something in your life, persistent character defects, persistent feelings of being a victim, self-loathing, or uselessness)

2. In Column Two - List the reasons you are afraid to give the area over to God.

Areas you haven't or are unwilling to give to God:	What are you Afraid of?
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

2. Meditate on Columns One and Two – then complete the rest of exercise.

After you meditate – Write out what God wants you “to be” when you feel this fear:
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Blessed are the poor in spirit: for theirs is the kingdom of heaven (Matthew 5:3)

“To be poor in spirit means to have emptied yourself of all desire to exercise personal self-will, and, what is just as important, to have renounced all preconceived opinions in the wholehearted search for God. It means to be willing to set aside your present habits of thought, your present views and prejudices, your present way of life if necessary; to abandon/get rid of, in fact, **anything and everything that can stand in the way of your experiencing God.**”