

Thoughts on Step 2

Water is everywhere & in all living things - we cannot be separated from water. No water, no life. Period. Water comes in many forms - liquid, vapor, ice, snow, fog, rain, hail. But no matter the form, it's still water.

Human beings give this stuff many names in many languages, in all its forms. It's crazy to argue over what its true name is. Call it what you will, there is no difference to the water. It is what it is.

Human beings drink water from many containers - cups, glasses, jugs, skins, their own hands, whatever. To argue about which container is proper for the water is crazy. The container doesn't change the water. Some like it hot, some like it cold, some like it iced, some fizzy, some with stuff mixed in with it – like alcohol, coffee, whatever. No matter. It does not change the nature of the water.

Never mind the name or the cup or the mix. These are not important.

What we have in common is thirst. Thirst for the water of Life!

As it is with water, so it is with God. - Robert Fulghum

Chris D.: When I first got into the Steps, my sponsor asked me, "Chris, do you believe in God?"

And I said, "Yeah Jerry, I believe in God. But ya know what Jerry? I believe He's after me. I knew there was a God for YOU, but I believe if God catches me I'm going to be in a world of hurt. I believe He can't wait to do me in."

That was my plight.

And my sponsor said, "Chris, let's talk about that. Do you remember the day you got sober?"

I said, "Yeah."

He said, "Were you doing anything particularly NICE that day?"

And I thought back through my experience and I said, "No."

He said, "Did you tell a lie on that day?"

"Yeah, probably more than one."

"Did you try cheating someone out of something that day?"

"Yeah."

"Alright, so let's say that when you LEAST deserved it, God granted you the gift of physical sobriety.

Does that sound like a God that's after you?"

What a novel idea! At my worst, not at my best - ya see, I always thought that I had to get good to find God. I now believe that God accepts me for the way I am.

Right then, right there, I had a spiritual awakening.

And that's what we do here at Alcoholics Anonymous. We don't tell the newcomer that comes walking through the door, "Hey, go straighten yourself out first and then come back and see us." We accept them for who they are. When I came to AA I was a liar, a cheat, a thief, a stinking 130-pound drunk that could not be trusted and you looked at me and said, "Chris, please come back tomorrow?"

If you (another human being) could do that, if you could accept me the way I was when I came here, why couldn't God?

The question the Big Book gives us for a beginner taking Step 2 is found on page 47:

"Do I now believe, or am I even willing to believe, that there is a Power greater than myself?"

For those of us who are going through the Steps more than once or who already have a belief in a Higher Power and want to have a deeper experience with this Step, there are two questions that may be considered when taking Step 2 (the bottom question can be found in the middle of page 53):

1) "Do I now believe, or am I even willing to believe, that there is a Power greater than myself that can take me beyond where I am now in every area of my life, past here, past the experience I've already had? Do I believe there are realms of peace, love, freedom, happiness, understanding, wisdom, areas of consciousness, existence and power that I can't even imagine?"

2) "...we had to fearlessly face the proposition that either God is everything or else He is nothing. What was our choice to be?"

You can easily see why this last question is important. The areas of our life that we don't include God (where we are not loving, not honest, not dealing with reality or truth, not unselfish, not acting with integrity, etc.) inevitably become unmanageable, out of balance, emotionally and spiritually uncomfortable, and show up on our 4th Step sooner or later. – Barefoot Bill