

The Way Out

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## STEP FIVE INTO ACTION

**Admitted to ourselves, to God, and to another human being the exact nature (col 4) of our wrongs(col 3).**

This is how Bill summarized the group's origin and early growth:

"The Oxford Group was a **nondenominational evangelical movement**, streamlined for the modern world and then at the height of its very considerable success. It had been founded ten or a dozen years earlier by a Lutheran minister, **Dr. Frank Buchman**. Among his first converts had been **Dr. Sam Shoemaker** and another clergyman **Sherry Day**. They would deal in simple common denominators of all religions which would be potent enough to change the lives of men and women. They had hoped to set up a chain reaction -- one person carrying the good news to the next. their aim was world conversion. Everybody, as they put it, needed changing. They had their first effort upon the **Princeton campus** among students.

"Agreeing with **James** in the New Testament, they thought **people ought to confess their sins' one to another.**' Heavily emphasizing this wholesale sort of personal housecleaning, they called the process '**sharing.**' Not only were things to be confessed, something was to be done about them. This usually took the form of what they called **restitution**, the restoration of good personal relationships by **making amends for harms done.**

.....(Steps 5,6,7,8,9)

"they were most ardent, too, in their practice of **meditation and prayer**, at least one hour per day, and two hours would be better. They felt that when people commenced to adhere to these high moral standards, **then God could enter and direct their lives.**[BB pg 25] Under these conditions, every individual could receive specific guidance, which could inspire every decision and act of living, great or small. Following **meditation and prayer**, they practiced what they called a **quiet time**, asking God [for] specific directives. Pencil in hand, they wrote down what came into their minds; one could do this alone, with his family, or in the company of a like-minded group which was called a 'team'. Such a way of life was urged upon all comers. It was a very dynamic and sometimes a very aggressive evangelism."

..... pg 130; In the early days of its existence, the movement was called the **first Century Christian Fellowship.**

Heavenly Father,

My inventory has shown me who I am, I ask for your help in admitting the exact nature of my wrongs to another person and to you. Assure me, and be with me in this step so I may progress in my recovery.

Lord,

I understand that you already know me completely. I am now ready to reveal myself to you openly and humbly -- my hurtful behaviors, my fears, my self-centeredness, my dishonesty. I am grateful to you for the gifts and abilities that have brought me to this point. I place myself and my life in your protection and care with complete abandon.

AMEN

BB pg 72 p 2 >This brings us to the **Fifth Step** in the program of recovery mentioned in the preceding chapter.

This is perhaps difficult - especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so.

The best reason first: **If we skip this vital step, we may not overcome drinking.**

**....until they told someone else ALL their life story.  
(resentments, fears, harmful conduct.)**

BB pg 74 > WHO?

1. We think well before we chose person or persons.
2. If denomination requires confession ... properly appointed authority.
3. No religious connection.  
May still talk to someone ordained.

- =====
1. Closed-mouthed, understanding friend.
  2. Doctor or psychologist.
  3. Member of your family.
- =====

The rule is we MUST be hard on ourselves,  
but always considerate of others.

=====

Fifth Step person requirements.

1. **Be able to keep a confidence.**
2. **That he FULLY understand and approve of what we are driving at.**
3. **That he will NOT try to change our mind.**

BB pg 75 > when we decided..... we pocket our pride.....

Fifth Step Promises

1. we are delighted.
2. We can look the world in the eye.
3. Be lone at perfect peace and ease.
4. Our fears fall from us.
5. Begin to feel the nearness of our Creator.
6. Begin to have a spiritual experience.
7. Often feel drink problem has disappeared.
8. Feel we are on the Broad Highway.  
Walk hand in hand with the Spirit of the Universe.
9. Be quiet for an hour.
10. Know God better.

**New life begins at step 5.**

Lord God,

I thank you from the bottom of my heart that I know you better.

AMEN

### end of 5 <<<Old BREAK>>>

**STEP SIX GET READY for POWER**

**Were entirely ready to HAVE GOD  
remove ALL these defects of character.**

BB pg 75 > **Returning home we find a place where we can be quiet for an hour**, carefully reviewing what we have done. **We thank God from the bottom of our heart that we know Him better.** Taking this book down from our shelf we turn to the page which contains the twelve steps. Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar without sand?

BB pg 62 > TRIUMPHANT ARCH

BB pg 25 > SIMPLE KIT OF SPIRITUAL TOOLS

**Steps 4 & 5 (what we need to CHANGE)  
Steps 6 & 7 (where the CHANGE takes place)  
Steps 8 & 9 (experience the results of that CHANGE)**

Shortest steps in the Big Book narrative (6 & 7) are the most powerful. (WHERE THE MIRACLE TAKES PLACE)

BB pg 76 > We have emphasized willingness as being indispensable. Are we now ready to let God remove from us ALL the things we have admitted ARE OBJECTIONABLE?

If we still cling to something we will not let go, we ask God to help us be willing.

Lord God,  
I thank you from the bottom of my heart that I know you better.  
I am now ready to let you remove from me ALL the things that are objectionable. I ask You, Lord, to help me be willing to let go of any shortcomings I may still cling to.

AMEN

Step 6 complete > Agree????

### end of 6

## STEP SEVEN ASK FOR POWER

PIO pg 198 Original step 7

"Humbly, on our knees, asked Him to remove these shortcomings -- holding nothing back." \_

DO WE LIVE WITH GOD IN HARMONY OF DISHARMONY?

EITHER GOD IS EVERYTHING OR HE IS NOTHING.

HE CAN OR HE CAN'T

Dr Bob pg 222 > "Christ said, 'Of Myself, I am nothing -- My strength cometh from My Father in heaven.' If He had to say that," Dr. Bob asked, "how about you and me? Did you say it? Did I say it? No. That's exactly what we didn't say. We were inclined to say instead, 'Look me over, boys. Pretty good, huh? we had no humility, no sense of having received anything through the grace of our Heavenly Father.

"I don't believe I have any right to get cocky about getting sober," he said, "It's only through God's grace that I did it. I can feel very thankful that I was privileged to do it... If my strength does come from Him, who am I to get cocky about it?"

BB pg 67> defects - selfishness, dishonesty, self-seeking, fear.

James 4:6,7 >But He affords the more grace, for He says, "God opposes the haughty, but He grants grace to the humble minded. so then submit yourself to God. Resist the devil and he will flee from you."

Dr. Bob pg 179 >Among the earliest of the pioneers to go home from Akron was Earl T. of Chicago. Recalling the afternoon he spent with Dr. bob in his office, earl said, "He very carefully helped me through my moral inventory, suggested many, many bad bad personality traits (column 3) and character defects(column 4). When this was finished, he asked me if I would like to have these defects removed.

"Without much thought, I said, 'Yes, I would.' And then he asked me to get down on my knees at the desk with him, and we both prayed audibly to have these defects of character removed."

PIO pg 198 > Original step 7 "Humbly, on our knees, asked Him to remove these shortcomings -- holding nothing back."

Would all who care to,

**PLEASE JOIN ME ON OUR KNEES**

Lord God,

I am now willing that you should have all of me, good and bad. I pray that you now remove from me EVERY SINGLE defect of character which stands in the way of my usefulness to you and my fellows. specifically: selfishness, dishonesty, fear, and self-seeking or inconsiderate conduct. AMEN

**Our column four defects are replaced with the FOUR ABSOLUTES**

**HONESTY**  
**PURITY (of thought or faith)**  
**UNSELFISHNESS**  
**LOVE (perfect love casts out fear)**

\_\_\_ Galations 5:22,23 > "But the Spirit's fruit is love, joy, peace, forbearance, kindness, goodness, fidelity, gentleness, self-control." There is no law against these.

The "four absolutes",  
absolute honesty,  
absolute unselfishness,  
absolute purity,  
and absolute love.

HIW pg 70> repeat???

We have been given an opportunity to CHANGE.  
To live two very different lives in one lifetime.

**Complete Step 7** > Agree?????

### end of 7

**STEP 8** **BACK TO OUR LIST**

We made a list of all persons we had harmed  
and became willing to make amends to them ALL.

**BB pg 76 p3** > Now we need more action....

**"FAITH WITHOUT WORKS IS DEAD"** James 2:17  
As the body without the spirit is dead, so faith without works is dead. James 2:26

**PIO pg 128** > "Agreeing with James in the New Testament, they thought people ought to confess their sins' one to another.' Heavily emphasizing this wholesale sort of personal housecleaning, they called the process 'sharing.' Not only were things to be confessed, something was to be done about them. This usually took the form of what they called restitution, the restoration of good personal relationships by making amends for harms done.

WE HAVE A LIST - Step 4 col 1 (**resentments, fears, harmful conduct**)

**BB pg 77** >At the moment we are trying to put our lives in order. But this is not an end in itself. **Our real purpose is to fit ourselves to be of maximum service to God and the people about us.**

Lord,

Please help me be willing to go out and repair the damage I had done to these persons. Help me to put my life in order so that I may be of maximum service to you and the people about me. AMEN

NEED SPONSOR (Start taking responsibility for our actions)

**Right Nows**  
**Latens**  
**Maybes**  
**Nevers**

**Step 8 complete > Agree????**

#### end of 8

pln 96-9-28 [rev. 97-04-09 pln] [rev. 97-05-11 pln] [rev.2002-05-02 pln]

**Prov 28:13** He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.

\_\_\_ **1 John 1:9** If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives.

**BB pg 70** > If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson.

A man who refuses to admit his mistakes can never be successful.

But if he confesses AND forsakes them, he gets another chance.

**BB pg 70** >

**If we are not sorry**, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts out of our experience.

### **These ARE FACTS**

We need a sponsor for column 3 & 4

No human can look at themselves with complete honesty without help.

**PIO pg 127-128** >

It appeared to Bill the social, class, and racial barriers were almost nonexistent in the Oxford Group, and even religious differences had been forgotten. "Little was heard of theology, but we heard plenty of absolute honesty, absolute purity, absolute unselfishness, and absolute love" --- the four principles of the Oxford Group. "Confession, restitution, and direct guidance of God underlined every conversation. They were talking about morality and spiritually, about God-centeredness versus self-centeredness."....

\_\_\_ **Romans 14:12** > **So Then, each of us will give an account of himself to God.**

**PIO pg 128** > Agreeing with James in the New Testament, they thought people ought to **confess their sins 'one to another.**

Heavily emphasizing this wholesale sort of personal housecleaning, they call the process '**sharing**'.....

Prov. 28:13> Aman who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance.

**MLB James 5:16** > **Therefore, confess your sins to each other and pray for one another, that you may be cured.(y) The earnest prayer of a righteous person has great effect.**

**Footnote: "No confession to a priest or to a group is here intimated".**

\_\_\_ **Eph 4:22-23** > You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

\_\_\_ **II Cor. 5:17** > Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

\_\_\_ **Matt. 7:24-25** **Building on rock**

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on a rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. the rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."

Judas - couldn't accept THE SOLUTION for what he had done.

Saul of Tarsus - lightning bolt knocked him off his ass.

Blinded him.

The Lord told him what he was doing was wrong.

he saw the light and repented.

was re-born as Paul the Apostle.

**SOME OF US TRIED TO HANG UNTO OUR OLD IDEAS**

**- result was nil UNTIL WE LET GO ABSOLUTELY**

**Half measures availed us nothing.**

\_\_\_ **James 4:5-6**

**Or do you think scripture says without reason that the spirit he caused to live in us tends toward envy, but he gives us more grace? That is why Scripture says:**

**"God opposes the proud**

**but gives grace to the humble."**

**James 4:10 Humble yourselves before the Lord, and he will lift you up.**

Romans 6:5-8

**Proverbs 3:7 Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.**

**Proverbs 3:34 He mocks proud mockers but gives grace to the humble.**

**Proverbs 22:4 By humility [and] the fear of the LORD {are} riches, and honour, and life.**

**Galatians 5:19-21** The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissension, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

**James 4:8-10** > Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you doubleminded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up.

**1 John 1:9** If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives.

\_\_\_ **Psalm 103:11,12** > For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west so far has he removed our transgressions from us.

\_\_\_ **Romans 8:1** > Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

\_\_\_ **Hebrews 8:12** > "For I will forgive their wickedness and will remember their sins no more."

\_\_\_ **Hebrews 10:17,18** > Then he adds:

"Their sins and lawless acts I will remember no more." And where these have been forgiven, there is no longer any sacrifice for sin.

\_\_\_ **Mark 11:24** > prayer ...believe...first forgive others

\_\_\_ **James 4:11,12** > Brothers, do not slander one another. Anyone who speaks against his brother or judges him, speaks against the law and judges it. When you judge the law you are not keeping it. There is only one Lawgiver and Judge, the one who is able to save and destroy. but you -- who are you to judge your neighbor?

\_\_\_ **Matt: 6:9 Pray along these lines: 'Our Father ..... But deliver us from the evil one. Amen**

\_\_\_ Matt. 6:14,15> For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

\_\_\_ Matt. 7:1-3 > "Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?"

\_\_\_ Matt. 7:4,5 >How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? you hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

\_\_\_ Matt. 7:6 Do not give dogs what is sacred.....  
do not throw your pearls to pigs.....

\_\_\_ Luke 19:8> Zacchaeus  
Additional Scriptures for steps 5 – 8:

Step 5

Psalm 32:3-5

Proverbs 28:13

Jeremiah 14:20

Luke 15:17-19

John 1:5-9

Romans 14:12

James 4:7-8, 5:16

I John 1:8-9

Step 6

Psalm 37:4-5

Matthew 7:24

Romans 6:11-12, 12:2

Philippians 3:12-14 the prize of the high calling

II Thessalonians 3:3

James 4:10

I Peter 1:13-14

Step 7

Psalm 28:8-11, 51:1-2,10-12

Matthew 23:12

Acts 3:19

Philippians 4:6 step (11)

James 4:6-8

Step 8

Matthew 6:14-15, 7:3-4 step (4)

Mark 11:25

Luke 6:27-31,37-38, 19:8

Romans 2:1, 15:1-3

Ephesians 4:32

I John 4:11-12

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