

# Step Two: A Power Greater Than Myself

As I Understand God

By Rick R.

I came into AA bankrupt in every department. When I started to work the steps of the program, my first big challenge was to find a power greater than myself that could solve my problems. What an order for a guy who they describe in step two in the Twelve Steps and Twelve Traditions (12&12) as the one who had tried religion and found it wanting. I could see the examples of people around me that seemed to have it figured out and I became a nuisance trying to corner them to get them to explain to me how they do it and they had the same trouble explaining it as I did. One day I confronted my friend, Jim, and asked him to let me in on the secret. Frustrated, He asked, "Do you want to drink right now"? My answer was "NO." He then asked me, "Did you want to drink a year ago"? And my answer was "YES." Next, he asked me "What made the difference"? My answer was that I was influenced by the A.A. program. His next question was, "Do you have any Problem calling that God? WOW! What a concept.

I have never wanted a drink since I entered the program and the only answer I could produce was the influence of A.A. in my life. For a guy who could not conceive of a day without alcohol, to a guy that has never wanted a drink since, was all I needed to understand about God. I wish I could tell you who or what God is, but I cannot. I can, however, tell you what God does for me, but I will get to that later.

The 2nd appendage in the book Alcoholics Anonymous (Big Book), Spiritual Experience, implies that there are as many examples of spiritual experiences as there are people who have had them, and they come in different forms. They can be of the burning bush variety or a psychic change sufficient to bring about recovery from alcoholism. Or, as I like to believe, my spiritual experience came in the form of a "Profound Change of Perception." When it occurred to me that all my thinking was flawed and that I was finally in an environment where I could, with the help of the group, start to follow simple unselfish guidelines that would restore my self-esteem and put me at peace with myself and others, I started this wonderful journey and I have never had it so good. These universal truths are common in all meaningful philosophies, and I must seek them out if I want to heal.

I pray to God every day, even though I do not know who or what God is. My mind is not sophisticated enough to understand God and I am not sure that God hears my prayers, but I HEAR MY PRAYERS and that puts me in the best possible attitude I can have about the issue I pray for. My prayers are always the same. I pray for knowledge of his will for me and strength to carry it out. I.e., "God, please show me what to do and give me the strength to do it, I don't do to well on my own." I often knew what to do but was not always strong enough to do what was right. Today I am stronger.

Recently I saw an article that stated: God is not a Corporal Being and referred to the Bible. John 4-24 where Christ is explaining to his followers that: God is a Spirit and must be prayed to in spirit and truth. All the religions of the world have their own version of God and if God is a Spirit, they may all be praying to the same spirit but in their own language. I pray to God in spirit and in truth. It makes perfect sense to me,