

APPENDIX III

Step Two: Our First Conscious Relation

We are going to apply the same praying, listening and writing to this exercise as we did on the Bedevilments exercise. This exercise is to be done in one sitting without interruption from anyone or anything. The sequence of exercises will be as follows:

- 1) Pg. 45 – 46: We will find out what ideas of God we have and don't have, where they came from and, how long we have had them.
- 2) Pg. 46: We will do a 'set aside' prayer in which the wording is optional.
- 3) Pg. 47: We will then ask in prayer what spiritual terms in the 'Big Book' and our own preferable spiritual term means to us.
- 4) Pg. 47: We will make a commitment to believe in or a willingness to believe in.

A) Pg. 45 – 46, Current Ideas of God

- 1) What is it about the mention of God and spiritual matters that gives me feelings of discouragement or even hopelessness?
- 2) When and from whom did I get these ideas?
- 3) What subjects about God have I evaded or entirely ignored?
- 4) When and from whom did I get these ideas?
- 5) What are my honest doubts and prejudices about God?
- 6) When and from whom did I get these ideas?
- 7) What have I been anti-religious about?
- 8) When and from whom did I get these ideas?
- 9) What are some ideas about God that have been impressed upon me in childhood and as an adult by church, books, family, church leaders, AA, and so forth?
- 10) When and from whom did I get these ideas?
- 11) What ideas of God that have been impressed upon me did I reject because they seemed inadequate?
- 12) Which idea(s) of God that I've rejected gave me the feeling I had abandoned God entirely?
- 13) What about is it about faith and dependence on God that holds me back from giving myself to Him?
- 14) When and from whom did I get these ideas?
- 15) What major catastrophic human events in the world make me look upon the idea of God and religion with cynicism and skepticism?
- 16) Which religious or spiritual persons of God do I look upon with disapproval and takes me from wanting to seek God?
- 17) When and from whom did I get these ideas?
- 18) What is it about God that makes me think 'how can a God have anything to do with that'?
- 19) What is so overwhelming in the comprehension of God that drives me away from seeking God entirely?
- 20) Do I see that most of these ideas, beliefs, and feelings toward God have come from outside of me and kept me from looking inside, the only place I'm going to find Him?

B) Pg. 46 paragraph 1, Laying aside our ideas.

- 21) Do I see that it is imperative that all these old ideas and beliefs about God be laid aside if I need to establish a conscious contact with God in order to live a sober and useful life?
- 22) Do I see that if there are any of these old ideas or beliefs that I'm not willing to lay aside it is an indication of my lack of clarity in Step One?
- 23) Do I trust that in saying the 'set aside' prayer that God will wipe me clean in that instant?
- 24) Do I see that if I have an old idea that I'm not willing to lay aside or don't trust that God will wipe clean instantly then I should not go any further until I'm clear on those principles?
- 25) Do I believe that my unwillingness to accept these principles has anything to do with whether I drink alcohol again or not? (When I answer 'yes' to this question, then I'm ready to move on)
- 26) 'Set Aside Prayer' – God, please set aside all my ideas, beliefs, and attitudes toward You, so that I may be granted an open mind and new conception of You?
- 27) God (Your term for your Higher Power), what do You honestly mean to me?

C) Pg. 47: Cornerstone

- 28) Do I see my answers came from inside me and not any outside source?
- 29) Do I believe I can commence spiritual growth and effect my first conscious relation with God as he now wants me to understand Him?
- 30) Do I see that I received answers in prayer to spiritual terms that I never heard of or would have considered prior to the set aside prayer?
- 31) Do I see having that experience was spiritual growth in itself?
- 32) Do I trust that from these conceptions of God that I have been given are enough for a spiritual structure to grow in me?
- 33) Do I now, having done this exercise, believe or am I even willing to believe that there is a Power greater than myself that wants to demonstrate and have a particular conception of Him, that will take me beyond my bedevilments and anything I've experienced up to the present?