

# **Alcoholics Anonymous, Al-anon or any** **12 Step Program:** **A Power Greater Than Ourselves, A** **Higher Power, God as I understand Him:**

We have all thought about a Higher Power. Deep down inside our Spirit's know the Truth. Many of us have looked at the sky, the wilderness, a child, an animal, the Sun, Moon, Stars and have said who made all this isn't this wonderful!!! How can this be? This had to be created!!! I say to you that God Is working in your Heart, in your Spirit/Soul everyday!! God has Loved us since the minute we were born. He has always been hoping we turn to Him. His greatest moments of life are when we turn to Him. God gave us Freewill to be alive, love life and be at peace. God is hurt when we are in pain or in fear. He is crushed when we blame Him for something bad happening. He wishes everyday that we turn to Him and ask His help. When we turn to Him our lives can change for the better. He wants to be our guide. He wants to show us the way. If we humbly ask Him for help He will help, someone once said God is a Gentleman if you don't want His help He won't Help. If You want His help He will be more than willing to Help!! We need to turn to Him for Help and Guidance and with Him everything is Possible. He knows we have been hurting. He knows we are upset but He wants us to ask Him. Do we believe in God if not can we be willing to believe in a Power Greater than Ourselves? At a minimum can we? Can we look deep down inside and honestly say Yes I am willing to believe in a Power Greater than Ourselves. If we say Yes we can believe in a Power Greater than Ourselves then we can get started. We can get started with the 12 Steps in Alcoholics Anonymous, Al-anon or the 12 Step Program of \_\_\_\_\_?\_\_\_\_\_. He knows we have been hurting and He is willing to Help us believe in Him if we are willing to believe in a Power Greater than ourselves that's it! Nothing more is asked of us. Can we go around the room and say Yes I will be willing to believe in a Power Greater than ourselves or do you have a Higher Power if so what is your Higher Power? Can You describe Your Higher power or can you explain what is your definition of God as You understand Him.

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