

the  Venues
Go Deep
Conscious Contact
Steps 1-3
3.15.2020

To what behavior or attitude would you consider yourself addicted? (I wonder if I'm addicted to approval?)

Read and contemplate on these phrases used by Bill Wilson (AA founder) and Carl Jung, friend and advisor to Wilson:

"...people have recovered if they have had a transforming experience of the spirit." Jung

"Having had a spiritual awakening..." Wilson

"Recovery" which means to "regain consciousness"

"...thirst of our being for wholeness...the union with God" Jung

What do these phrases tell us about the cause and cure of addictions?

Here are Steps 1-3 of the 12 Steps:

Step 1: We admitted that we were powerless over alcohol - that our lives were unmanageable.

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood him.

What concepts of living do you hear in these three steps?

How comfortable are you in asking for help?

Would you rather give help than ask for help? If so, why do you think that is?

Brene' Brown, PhD suggests that "When you cannot ask for help without self-judgment, you are never really offering help without judgment."

Ouch. What do you think of that suggestion? Why are we hesitant to ask for help?

How does 2 Corinthians 12:9-10 help us have a more positive view of being weak?

Steps 2 and 3 speak to a "power" and to "the care of God as we understood him."

With what kind of God do you feel safe?

Read Luke 18:9-14.

With which character do you identify?

Why did the tax collector go home justified before God (in conscious contact with God) and not the Pharisee?

What is Jesus' message to us?

How does Jesus' story affect your view of being honest, humble and transparent?