

the  Venues
Go Deep
Conscious Contact
Sorry, Not Sorry
Steps 8-10
3.29.2020

What is the hardest word for you to say?

(The winning word is “Worcestershire” as in “Pass the Worcestershire.” It’s like this: “woostersher”)

We’re talking about Elton John’s hardest word to say: “Sorry Seems to Be The Hardest Word.”

When is the last time you said you were sorry...someone told you they were sorry?

Steps 8-10 address the need to make apologies and make amends.

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10: Continued to take personal inventory and when we were wrong to promptly admit it.

Think about the word “mend” or “amend” while you read these passages: Matthew 4:21 “mending their nets”, Galatians 6:1- “restore (same word as “mend” in Matt 4:21) that person gently.”

Why is “mending” a part of the 12-step journey toward “spiritual awakening”?

Bill Wilson must like lists. He tells us to make 2 lists in these steps:

1. Step 4 - a list of people who harmed us
2. Step 8 - a list of people we have harmed

What is the connection between us being harmed and us harming others?

Read Hebrews 12:15 and look for the effects of bitterness/resentment.

What does forgiveness of those who hurt you mean to you? Why is it important? Or is it important?

Why does Bill Wilson add the “became willing” caveat in Step 8?

How about the exception clause of Step 9?

Under what circumstances would making amends do more harm than good?

Making apologies and making amends don’t seem to be in vogue today. It’s more of a “Always hit back. Never apologize” culture.

Why is that? What effect does that philosophy have on our communities?

We’re called to a higher way of living by so many religions.

“An eye-for-eye and tooth-for-tooth would lead to a world of the blind and toothless.” Gandhi (Hindu)

“While revenge weakens society, forgiveness gives it strength.” Dalai Lama (Buddhist)

Matthew 5:23-24 - Jesus. Read it. Reflect on it.

What level of importance does Jesus place on making amends? What will we do with these steps?