

Hope for the Hopeless

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.

God is kind and merciful. The Lord provides food for those who love God. God never forgets a covenant. God has shown power to all people by giving them the land of foreigners. In all that God does, God is faithful and just. All God's commands are dependable. They last for all time. They were given in truth and righteousness. God sets people free and makes an eternal covenant with them. (Psalm 111)

No one can please God without faith, for whoever comes to God must have faith that God exists and rewards those who seek him. (Hebrews 11)

One definition of insanity is performing the same action again and again, each time expecting to achieve a different result. Anyone who has been affected by an addictive lifestyle: our own or that of another has experienced this and other forms of insanity. Yet no matter how distorted our outlook or how out of control our lives seem, help is available to us.

No person, no chemical, no relationship can heal our wounds. Neither can our will power, quick-wittedness, or perseverance. Turning to these sources again and again is no more useful - or sane - than going to a car lot to buy groceries. Having continually failed to resolve our difficulties ourselves, most of us finally realize we must look for help in a more promising place. What we seek is something greater, beyond our own abilities, a source of help, comfort, guidance, and strength unrestricted by our human limitations. So many of our needs have gone unsatisfied in the past that we hardly dare to hope that we might find the help we need.

In Step Two, what has been impossible for us on our own becomes possible because we have placed ourselves in the presence of something that surpasses our individual human capacity. We have reached out for the help of a power greater than ourselves and have tapped into the collective wisdom of a fellowship. In time, we come to believe that only a Power greater than ourselves has the power to restore us to sanity.

The Bible tells us that the key is in the nature of the higher power we look to. If we see God as one waiting to reward us, we will be more eager to look for him. If your faith has not yet matured to that point yet, we can ask for help. We can start by asking God to help us have more faith. Then we can ask him for the courage to hope for a better future.

We must never forget the price God paid that we might live in loving relationship with him. God is willing to make sacrifices so we can be restored to a God-filled and joyful life. This can encourage us as we seek recovery. God wants it to happen even more than we do! That's why we can safely entrust our life into God's hands. God has proven his desire for our recovery by giving his own Son to suffer on our behalf.

Questions for Reflection and Discussion

1. What was/is your process of "coming to believe?" How long is the journey for you and what are you currently challenging yourself to do to continue this process?
2. When is it easy to entrust my life and actions to God? When do I struggle to do that?
3. What blocks me from experiencing the fullness of this power that is greater than myself and that so longs to restore me to sanity?

Adapted from: *How Al-Anon Works for Families and Friends of Alcoholics*, ©1995,
Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA and
The Life Recovery Bible, ©1992,
Tyndale House Publishers, Wheaton, IL