

Hope in Faith

Step 2 --We came to believe that a Power greater than ourselves could restore us to sanity.

Step Two is often referred to as "The Hope Step". In coming to believe that a Power greater than ourselves can restore us to sanity, we will remember what it was like to live sanely and have the faith to hope that sanity can return.

"What is faith?" the Bible says, ***"It is the confident assurance that something we want is going to happen. It is the certainty that what we hope for is waiting for us, even though we cannot see it up ahead."*** (Hebrews 11)

How can we be confident that something we want is going to happen, especially if all of our hopes have been dashed? How can we risk believing that the life we hope for is waiting for us around the bend?

The Bible tells us that the key is in the nature of the Higher Power we look to. We are told, ***"Anyone who wants to come to God must believe that there is a God and that he rewards those who sincerely look for him."***

(Hebrews 11) If we see God as one waiting to reward us, we will be more eager to look for him. If our faith has not matured to that point yet, we can ask for help. There was one man who came to Jesus and asked him to help his young son who was afflicted with a demon. He said to Jesus, ***"Oh, have mercy on us and do something if you can." "If I can?" Jesus asked. "Anything is possible if you have faith." The father instantly replied, "I do have faith; oh help me to have more!"*** (Mark 9)

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.

The same Power that created the universe is available to create a new life from our shattered

hopes. This source of all life and one true light of the world is the source of our recovery. Eternal life and true recovery are ours when we believe what God says, renounce our tendency to do things our way, and receive the one whom God sent to help us. The true light of the world became a human being, known to us as Jesus Christ. Through Jesus we can know what God is like and enjoy a relationship with him. Jesus Christ came to bring us God's forgiveness from sin and to reveal God's truth to us. God's forgiving grace says, "I forgive you for your wrongs; I love and accept you freely for the person you are." His truth says, "I will show you what is true about me, about life, about yourself, and others."

Have you never heard or understood? Don't you know that the LORD is the everlasting God, the Creator of all the earth? He never grows faint or weary. No one can measure the depths of his understanding. He gives power to those who are tired and worn out; he offers strength to the weak. Even youths will become exhausted, and young men will give up. But those who wait on the LORD will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint. (Isaiah 40)

The only issue remaining for us is, "Do we want to be restored to sanity?" or do we want to continue to run our lives on our own? One definition of insanity is "performing the same action again and again, each time expecting to achieve a different result." Have we had enough of our own insanity? Are we willing to give God a chance to restore us to sanity?

Questions for Reflection and Discussion

1. What is my current concept of sanity? What would a life of sanity look like for me?
2. What do I know/believe about Jesus Christ and His offer to be my Higher Power?
3. What benefits seem to come my way when I give my life over to God?
4. What changes will be necessary if God becomes the one in charge of my life rather than myself?