

Workshop: Refined by Fire – Becoming the Diamond God Created You to Be

Willingness:

...I need to want to get well, and then I need to be willing to take some action, to do something differently, before I can make progress in my recovery. My action demonstrates my willingness to be healed, and then God can come in and do the healing.

H4T pg. 202

My recovery either begins or ends with my degree of willingness.

H4T pg. 149

What does willingness mean to you? How are you applying willingness today?

Surrender:

The First Step is by no means a statement of despair. It merely points out our human limitations. It prepares us to become humble, so we can find the spiritual answers that will place our lives on an entirely different plane. It is preparing us for deliverance from problems we cannot cope with alone.

ODAT pg. 42

What has surrender meant to you?

Spiritual Discipline:

...the Steps are a “How-to” guide that helps us find answers to our most pressing questions, answers that previously eluded us. In the process, we get to know ourselves. By showing us how to make peace with the past, the Steps help us learn to live in the reality of the present. We begin to take care of ourselves, even to challenge ourselves. We come to forgive ourselves as well as others—and ultimately to love more profoundly than ever before. But unlike other “How to” approaches, the Steps do not presume to hand out pat answers to complicated, personal questions. Instead, they offer a process that enables us to find those answers ourselves.

How Al-Anon Works pg. 42-43

What Step are you on and how is it enabling you to find answers to complicated, personal questions?