

Al Kohallek Goes On A Forty-Day Serendipity Journey

DAY 6 - Today is _____

When you start your daily practice you may ask your Higher Power – *“Cause me to have all the honesty, willingness and open-mindedness I may need here and now. I ask, for the guidance, love and wisdom that I need to work through this process and gain the most I can at this time. I am as willing as I can be to set aside everything I even think I know about this area, this way of life so that my chances for an open-mind and to be teachable are better so that I may realize Your Three Spiritual Gifts: Awakening to You, to be the love I am and to be the individual You created me as. Thank You.”*

INDEX FOR THIS DAY ACTION

1. Workbook Reading assignment Step Two page 30. Underline those things that were most useful for you and/or caused you to have questions.
2. Workbook assignment is working the Step Two page 31 - 32. Write out your response to these two questions, a and b.
3. Today’s reading assignment from the Twelve Steps and Twelve Traditions (The Chapter Step Two pages 25 - 33) Average reading time is 17 minutes. Underline those things that were most useful for you and/or caused you to have questions.
4. List the most important ideas you can relate to or identify with as a result of today’s reading; Step Two from the Twelve Steps and Twelve Traditions. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.

STEP TWO (HOPE) CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

Today’s Mission Statement: We are reminded that Step One shows us our problem - we are powerless over our little personal “reality”. That is, we are without the ability to change our habits of thoughts and feelings alone and unaided. When we fall back into one of our ruts, habits, we are unable to consistently manage our thoughts, feelings, or actions. Step Two tells us what the solution is. We need to find, to awaken to a Power Greater than ourselves. So how do we do this? How do we get from Step One, the problem, to Step Two, the Solution? Well that’s what our other ten Steps, the fellowship, and the rest of our program can do for us, if we are willing.

The way these Steps are setup in our Workbook helps the following Steps be more useful, more effective. For example in Step One we realize that we cannot alone and unaided change this area in our life. Now in Step Two we are told that we will come to believe that a Power Greater than we COULD restore us. In Step Two we are asked to write down the ways we have already received God’s grace. So when we get to Step Three we are already aware of this Higher Power helping a person as I am.(like me?) This makes it easier to cross the bridge to surrender everything, even if it is only one hour at a time.

