

## **“We Admitted That We Were Powerless” ... To Deny Our Feelings**

1<sup>st</sup> Step – Lesson 6

“If we willingly surrender ourselves to the spiritual discipline of the Twelve Steps, our lives will be transformed. We will become mature, responsible individuals with a greater capacity for joy fulfillment, and wonder... We will begin to feel and will come to know the vastness of our emotions, but we will not be slaves to them... No longer terrified, we will discover we are free to delight in life's paradox, mystery, and awe. We will laugh more.” (from pp 269-270 of Al-Anon publication B-21, ‘From Survival to Recovery’)

- What are some things that get in the way of this happening?

Look at Jesus dealing with “paradox, mystery, and awe” and “the vastness of his emotions”:

**When Mary reached the place where Jesus was and saw him, she fell at his feet and said, "Lord, if you had been here, my brother would not have died."**

**When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. "Where have you laid him?" he asked.**

**"Come and see, Lord," they replied.**

**Jesus wept.**

**Then the Jews said, "See how he loved him!"**

**But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?" (John 10:34-37)**

- Jesus could have tried to avoid his grief by getting intellectual or philosophical (“Everybody has to die sometime.” “I’m sure it’s all for the best.”) What did he do instead?
- Have you ever tried to think away or drink away your feelings? How else have you tried to avoid feeling what you’re feeling?
- Have you ever been a “slave” to your feelings?
- Does it help to know that God accepts you no matter what you’re feeling, and that you don’t have to tell yourself, “You shouldn’t feel this way”?
- What happens when you quit trying to make your feelings go away and just accept them?