

## Accepting The Person I'm Doing The Moral Inventory On/ Accepting What I Find In My Moral Inventory

4<sup>th</sup> Step - Lesson 1

“As an old timer in Alcoholics Anonymous used to say, over and over again, ‘You've got to accept it just as it is!’ He'd go on, saying that if the acceptance was real and true, the letting go would just happen. He'd point out we couldn't cheat by accepting it so it would change – the acceptance had to be absolute and total and then, he'd continue, ‘Of it's own action it will change.’ I've found he's often right; in fact, if it doesn't change I now figure I haven't really accepted it.” – powerfullyrecovered.com

“And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism I could not stay sober; unless I can accept life completely on life's terms, I cannot be happy.” – “Acceptance Was The Answer”, *Alcoholics Anonymous*

- God's acceptance of you is complete and unconditional. Is that different from the way you accept yourself?
- Read Romans 14:1-13. Paul talks about accepting anyone who is part of God's family through faith in Jesus, even if that person has some weaknesses that really bother you. What if you would apply that same acceptance to yourself?
- How is acceptance going to change the way you do your “searching and fearless moral inventory”?

## Stop Investing In False Hopes; Start Investing In Real Hope

4<sup>th</sup> Step - Lesson 2

A lot of recovery is about letting go of false hopes so I can start working on genuine hopes –

- ✓ The hope that “I’m basically a good, normal guy who just needs improvement” is a false hope
- ✓ The hope that “I’m a bad person who can be loved, accepted and transformed by God” is true hope

Romans 4:4-5 – “Now when a man works, his wages are not credited to him as a gift, but as an obligation. However, to the man who does not work but trusts God who justifies the wicked, his faith is credited as righteousness.” – God doesn’t justify the “pretty good;” he justifies the *wicked*.

(Compare John’s description of himself in the gospel of John: “The disciple whom Jesus loved.” John couldn’t get over it: “Jesus actually loves *me?!?*”)

- ✓ A study done a few years ago showed that quadriplegics are generally a happier group of people than lottery winners – quads are happy over any little bit of progress, but lottery winners are stuck with “Is this all there is? Where do I go from here?”
- Is your recovery an effort to improve an already good person, or the acceptance of God’s love and plan for a “wicked” person?
- What’s the difference between “I am an alcoholic” and “I am a normal guy who needs to get his drinking under control”?
- How does accepting the fact that you’re a bad person who is loved by God help you do a “fearless” moral inventory in the Fourth Step?