

## Naming My Problem

### 5<sup>th</sup> Step - Lesson 4

When we're talking about what's wrong with us, there's a temptation to keep things kind of vague; for instance, saying, "I admit I sometimes drink a little too much," instead of saying, "I am an alcoholic," or saying, "I haven't been a perfect father," instead of saying, "Here are some mean and irresponsible things I've done to my children..."

But the Fifth Step says, "We admitted to God, to ourselves, and to another human being the exact nature of our wrongs." Naming our problems is an important part of turning our problems over to God.

Psalm 32:1-5 – Blessed is he whose transgressions are forgiven, whose sins are covered. Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit. When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"— and you forgave the guilt of my sin.

Luke 8:30 – Jesus asked him, "What is your name?" "Legion," he replied, because many demons had gone into him.

"We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

"Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better." – *Alcoholics Anonymous*, Chapter 5: "How It Works"

- What are some ways we avoid admitting "the exact nature of our wrongs"? (For example: "I admit I'm a sinner" "I admit I'm not perfect and I've made mistakes") What happens when we avoid being exact?
- Q: What if I know something's wrong but I'm not sure of "the exact nature" of my wrong? A: Be as exact as you're able to be. (What helps you be exact about naming your problems?)
- How does it help to know that we're already forgiven and accepted by God?
- How does it help to know that God can do something about my wrongs, that I'm not hopeless?