

Finding God In The Lowest Times Of My Life

Acceptance and Serenity - Lesson 2

...I didn't even feel I had that much of a drinking problem! Of course, I had *problems*, all sorts of problems. "If you had my problems, you'd drink too," was my feeling. My major problems were marital. "If you had my wife, you'd drink too"...

When I stopped living in the problem and began living in the answer, the problem went away. From that moment on, I have not had a single compulsion to drink.

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 accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

-- Alcoholics Anonymous, pp 407,

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Look at Matthew 17:1-23.

- What do you think Jesus and his disciples were feeling on top of the mountain?
- When have you had that kind of spiritual experience?
- What have you had to accept about those experiences? (for instance, accepting the fact that these experiences aren't going to last)
- What feelings do you think Jesus and his disciples were having when they got to the bottom of the mountain and got on with their lives?
- What happens to you when you think that something about your life is too frustrating or sad or whatever to be acceptable?
- Have you ever found yourself getting to know and appreciate God better during the annoying and sad and frustrating times in your life?
- What else helps you to accept the people, places, things and situations that seem unacceptable?