

AA Meeting Lesson

Big Book, Page 62

Selfishness, self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt. So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so.

Above everything, we alcoholics must be rid of this selfishness. We must, or it kill us! God makes that possible. And there often seems no way of entirely getting rid of self without his aid. Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help.

This is the how and the why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our director. He is the Principal; we are his agents. He is the Father, and we are His children.

The answers to these questions are found in the words for the Big Book, above.

1. Most alcoholics and addicts are concerned with what?
2. What is the root of our troubles?
3. There are several words that start with the letter "s" used in this writing. Circle every word that starts with the letter "s" in those lines. What are those words? What do you think Bill W is trying to tell us or point out to us?
4. How do we make decisions that place us in a position to be hurt?
5. What basically comes from our own choices and actions?

6. How does Bill W describe the alcoholic in the words above?

7. Why do we usually think we are not out of control?

8. What must we get rid of? If we do not get rid of this what could be the result?

9. Who makes it possible for us to get rid of our problem? How do you think He does that?

10. What do many of us have but could not live up to?

11. What could we not get rid of by wishing or trying on our own power?

12. Whose help do we have to have? Why?

13. In the above paragraph, Bill W uses some words and ideas to describe our relationship with God. What is the first thing we have to do to develop and maintain our relationship with God? What is the second thing we have to do?

14. Bill W uses three words to describe God. What are they?

15. How does Bill W describe our relationship? Use the one word.

16. What is the concept that leads us to freedom?