

ABANDON PART 2 - ABANDONING ANTAGONISM TOWARD SPIRITUAL THINGS

The Word “abandon” is used a number of times in the Big Book and the 12x12 and in several ways.

Webster Dictionary gives several definitions of abandon ... to give up to the control or influence of ... to give up with the intent of never again claiming a right or interest ... to withdraw protection, support, or help from ... to give (oneself) over unrestrainedly ... a thorough yielding to something.

In this series of six (6) lessons on Abandon, Bill W uses several of these definitions in his writing.

Bill W. recognizes that some thinking must be changed if we are to get and stay sober. It is still true today. We live in a world of negative, pessimistic, cynical, and suspicious thinking. It makes you feel crappy about the world, about yourself, about the future. It contributes to low self-worth and a loss of value. Psychologists link this kind of thinking to depression, anxiety, chronic worry, and obsessive-compulsive disorder (OCD). Does that sound like the thinking and attitude of addictions? It is destructive to a sober life and will never lead to a life that is happy, joyous, and free. Here is what Bill W, writes,

BB,p47-48 ... Besides a seeming inability to accept much on faith, (48) we often found ourselves handicapped by obstinacy, sensitiveness, and unreasoning prejudice. Many of us have been so touchy that even casual reference to spiritual things make us bristle with antagonism. This sort of thinking had to be abandoned. Though some of us resisted, we found no great difficulty in casting aside such feelings. Faced with alcoholic destruction, we soon became as open minded on spiritual matters as we had tried to be on other questions. In this respect alcohol was a great persuader. It finally beat us into a state of reasonableness. Sometimes this was a tedious process; we hope no one else will prejudiced for as long as some of us were.

- a) What is some thinking you need to change?
- b) What has your “stinking thinking” done for you?
- c) Why is bad thinking so destructive to a sober and clean life?
- d) How would you define faith?
- e) Why do some people struggle with accepting issues on faith?
- f) Have you ever been touchy about spiritual issues? What caused you to be that way?
- g) Why did Bill encourage people to abandon thinking that is pissy toward faith?
- h) What is the alcoholic faced with?

- i) How would you define alcoholic destruction or destruction from some opioid use or mind controlling substance?
- j) How does the drink or drug become a great persuader?
- k) How do we become open-minded about spiritual issues?

Questions to ask when studying a paragraph or chapter of the Big Book

- 1) What is the main idea in this paragraph? What is this paragraph really all about?
- 2) What does this paragraph teach me about God?
- 3) What does this passage teach me about another person (alcoholic or addict)? Me?
- 4) Is there something in this paragraph that I need to think about? Do more study on? Pray about? Do? Obey?
- 5) Is there something in this paragraph that God wants me to believe? Some truth to receive? Some promise to claim? Some temptation or sin to reject?
- 6) Is there anything in this paragraph that bothers me? Causes me some concern. Raises questions I don't have answers to? If so, why, and what am I going to do about it?
- 7) Is there some sinful behavior, character defect or attitude in this paragraph that I need to confess, repent of or change?
- 8) Is there something in this paragraph that I need to praise God for?
- 9) List 3 to 5 takeaways (new ideas, new thoughts, questions, suggestions, things you are not sure about, etc.) from this paragraph.
- 10) How can you apply something you gained from this paragraph into your personal life?