

## ABANDON PART 3 - ABANDONING LIMITED OBJECTIVES AND MOVING TOWARD GOD'S WILL

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.

You may have heard the phrase, “stinking thinking” in AA. According to the AA glossary, the phrase “stinking thinking” refers to an alcoholic's reversion to old thought patterns and attitudes. Stinking thinking may include, blaming others, alcoholic grandiosity, fault-finding, and self-centeredness. It also describes the human tendency to persistently engage with thoughts that do not serve us. The Cambridge Dictionary defines “stinking thinking” as a bad way of thinking that makes you believe you will fail; that bad things will happen to you; or that you are not a very good person. It was formally known as Cognitive Distortions by mental health specialists. In recovery, you will be given tools that can help you to approach life in a different way. Therapy can help you to talk out your negative thoughts. Working the 12-Steps can help you to let go of the excess emotional baggage that you have been carrying around for years. Creating a relationship with God through meditation and connection can bring some peace that you have probably been searching for. Although you have to work at your recovery, you might call this work the easier, softer way compared to what drugs and alcohol are capable of. Doing the work will help you to better alleviate your stinking thinking and become the person you want to be. Here is a thought from Bill W.

12x12,p69 ... (Some of us thought) ... Maybe I can postpone dealing with some of my problems indefinitely." Of course, this won't do. Such a bluffing of oneself will have to go the way of many another pleasant rationalization. At the very least, we shall have to come to grips with some of our worst character defects and take action toward their removal as quickly as we can. The moment we say, "no, never!" our minds close against the grace of God. Delay is dangerous, and rebellion may be fatal. This is the exact point at which we abandon limited objectives and move toward God's will for us.

- a) Why do we often postpone dealing with some of our issues?

- b) How do we come to grip with some of our worst character defects, and take action towards removing them?
- c) How does our mind close against the grace of God?
- d) Why is delay dangerous?
- e) What can be the end result of rebellion?
- f) Why do we abandon limited objections?
- g) Why should we move towards God's will for us?

### **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?