

Learning To Trust God

By Ron B.

I wanted to build a new home. God told me He would set the foundation for me, that it would be solid and never crumble. “Thank you God,” I replied, “but I’d rather build it on my own.” God then told me He would build the walls and roof for me and they would be perfectly insulated and never leak. Once again I thanked God and picked up the hammer, wood, and nails and began to build. God told me He would water the grass for me and it would grow thick and luscious but I didn’t trust Him to send the rain, so I installed a sprinkler system. This “home” was really my journey into sobriety. God offered the steps and told me he would send someone to help me with them but I wanted to work them “my” way because in my heart I didn’t really trust Him or anyone He sent.

The result was that my house crumbled, leaked, and was drafty. I cursed God because I knew I had erred. Far be it for me to blame myself. Eventually, on the verge of collapse, God smiled and said, “I’ll give you another chance. I’ll give you a little faith first, so you can come to believe that I will be there for you.”

Many of us state that we “trust” God but how many of us really do? We have faith in God and try to live by His will, yet when times get tough we tend to try to solve problems on our own. I can’t count how many times I’ve run into difficulties or have had tough times and it didn’t even occur to me to pray and ask God for help and guidance.

There are several tests to determine how much we trust God. He wants us to trust Him, He’s told us He would help us if we would just ask. To this alcoholic that just seems too simple.

The Pressure Test: How do I handle stress in my life?

Am I quick to anger, make judgments, or feel rejected? Do I make rash decisions concerning my job, family, or friends? Does the urge to drink or drug pop into my mind? Do I succumb to these feelings or urges? Or...do I pray to God for help, talk to my sponsor or another alcoholic, bring up the topic at a meeting? We all have moments of pressure brought on by events over which we have little or no control. Can we accept these events as just as they are supposed to be and not blow a fuse? My other Big Book tells me, “I want you to trust Me in your times of trouble, so I can rescue you.” Bill W. wrote on page 15 of our *Big Book*, “The joy of living we really have, even under pressure and difficulty”. This stems from working this program in order to learn to trust God.

The People Test: How do I handle disappointments?

Do I trust people too much? Do I idolize some because they seemingly have “good” sobriety or can say things that make us feel better? Do I think that my sponsor or AA group can “save” me? People are only human. We make mistakes, errors in judgment. How do I feel when someone lets me down? Am I hurt or angry, do I began a resentment? Or do I turn to God for comfort?

On page 43 of the *Big Book* it says, “The alcoholic at certain times has no effective

mental defense against the first drink. Except in a few rare cases, neither he nor any other *human* being provide such a defense. His defense must come from a *Higher Power*." God will never let us down.

The Persistence Test: Can I keep my commitments?

If I make a promise, do I carry through with it? If I commit to chairing a meeting for a month or sign up as GSR for a group do I follow through and show up or do I conveniently "forget" about it? You are not only making a promise to your fellow man but to God. Do you pray to God to help you follow through on your commitments? I've only touched on the part that refers to A.A., but it holds true in every aspect of our life.

From *As Bill Sees It*:

"All A.A. progress can be reckoned in terms of just two words: humility and responsibility. Our whole spiritual development can be accurately measured by our degree of adherence to these magnificent standards.

"Ever deepening humility, accompanied by an ever greater willingness to accept and to act upon clear-cut obligations - these are truly our touchstones for all growth in the life of the spirit. They hold up to us the very essence of right being and right doing. It is by them that we are enabled to find and to do God's will."

The Priorities Test: What (Who) will be first in my life?

Do I say sobriety is first in my life then act like it has no meaning? Do I feel that I have to have lots of material things to make me happy? Do all I think about is Sex? Food? Power? Does anger rule my life? Whatever we worship is our God.

Many of us say sobriety is the number one priority in our lives. For some, especially the newcomer this is essential. For this alcoholic my number one priority is God. His gift to me was my sobriety. Without Him I would have no sobriety, happiness, love. If I push God out of the forefront, my life seems to fill with problems and worries, anxiety and fear, anger and hatred. I may not drink but I will not be sober. I pray daily that God is first in my life. I ask that I be allowed to do His will, not mine.

Page 100 of the *Big Book* states:

"When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!"