

The **second step** in recovery programs and 12-step fellowships is a pivotal one. Let's delve into the **spiritual principles** associated with this step:

1. **Hope:** The first spiritual principle found in the Second Step is **hope**. When we say, "OK, so I'm insane. Now what?" Step Two offers us hope that we too can get better. Hope is a belief in something that is **possible**. It doesn't guarantee instant restoration to sanity, but it suggests that if we continue to stay clean, sober, and work the remaining steps, we can be restored to sanity. That's a pretty good idea, isn't it?
2. **Faith:** In Step Two, we come to learn that the answer to our unmanageability lies in a **Power greater than ourselves**. As Christians, that Power is through Jesus. We practice open-mindedness and willingness, believing that Jesus exists and offers hope for a way out of the chaotic life we've been living. Faith, in this context, means we can "act as if." It's not about religious conviction; it's about living as if we've already been restored to sanity through the finished work of our Lord. By applying suggestions and solutions, we start to have faith that things will work out as we continue to trust the process. This foundation of Faith will enable us to work the remaining Steps.
3. **Trust:** Trust may be new to us, especially now that we're in recovery. We re-learn how to trust in a Power greater than ourselves. We trust what others tell us—those who've been on this journey longer than us. They've found joy and serenity in their lives and believe in our potential. We want what they have. Trusting in the recovery process becomes essential. Humility also plays a role here; recognizing that our best thinking got us into trouble, we can now rely on something beyond ourselves.

Here are some questions for the group:

1. What are some of the things you consider good examples of realistic/sound thinking?
2. What are some examples of insanity?
3. Why do you think having a closed mind can be harmful to your personal recovery?
4. What could you do to help let go of any fears you have about coming to believe?

Matthew 12:18-21

¹⁸ “Look at my Servant, whom I have chosen. He is my Beloved, who pleases me. I will put my Spirit upon him, and he will proclaim justice to the nations.

¹⁹ He will not fight or shout or raise his voice in public.

²⁰ He will not crush the weakest reed or put out a flickering candle. Finally he will cause justice to be victorious.

²¹ And his name will be the hope of all the world.”^[a]

Mark 9:23-24

²³ “What do you mean, ‘If I can’?” Jesus asked. “Anything is possible if a person believes.”

²⁴ The father instantly cried out, “I do believe, but help me overcome my unbelief!”

Luke 13:10-13

¹⁰ One Sabbath day as Jesus was teaching in a synagogue, ¹¹ he saw a woman who had been crippled by an evil spirit. She had been bent double for eighteen years and was unable to stand up straight. ¹² When Jesus saw her, he called her over and said, “Dear woman, you are healed of your sickness!” ¹³ Then he touched her, and instantly she could stand straight. How she praised God!

John 6:63

⁶³ The Spirit alone gives eternal life. Human effort accomplishes nothing. And the very words I have spoken to you are spirit and life.

John 12:46

⁴⁶ I have come as a light to shine in this dark world, so that all who put their trust in me will no longer remain in the dark.

Acts 3:16

¹⁶ “Through faith in the name of Jesus, this man was healed—and you know how crippled he was before. Faith in Jesus’ name has healed him before your very eyes.

Psalms 18:1-3

¹ I love you, Lord; you are my strength.

² The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection.

He is my shield, the power that saves me, and my place of safety.

³ I called on the Lord, who is worthy of praise, and he saved me from my enemies.