

Step 4 Made a searching and fearless moral inventory of ourselves

4M Spirituality

Spirituality is part of that moral inventory

Inventory how you have denied your higher power's influences in your life:

How have you denied that a higher power could actually have an impact in your life? This can be true for both of the Atheist and the Bible Thumping preacher. The preacher can insist that God has to work only in specific ways and deny all the other ways that a higher power can operate.

One of the main ways of denial is to insist that if there is a clear path of how something happened, then there is no spiritual significance. How have I denied the spiritual impact on others of events by looking only at the physical causality?

By this time, you should have had some experiences with spirituality - both in the "oh, my!" category and the simple steady spiritual growth. What are the spiritual experiences you have had in recovery?

What are the elements that identify spirituality for me?

What is my experience in identifying what the "next right thing" is?

What has been my experience when I have not followed that? How have I experienced spiritual acceptance and growth or "grace"?

How am I learning to live life under the care and direction of a higher power?