

Step 4 Made a searching and fearless moral inventory of ourselves

4M Spirituality

Spirituality is part of that moral inventory. The moral issues come from denying our spirituality and thus, denying our needs for connection and purpose in life.

We can deny spirituality by denying its existence or impact or by insisting spirituality can only occur in specific means (“One true church”). What was my concepts and beliefs about spirituality prior to recovery?

In recovery, we have a spiritual awakening. At the simplest level, that can be an awakening as to how we have an affect on others simply by being – how others perceive our “spirit”.

Now, what are the elements that identify spirituality for me?

As individuals, we experience spirituality partly in learning to discern what actions (or non-actions) to take. What is my experience in identifying what the “next right thing” is?

The next phase is a spirituality at the group level. We experience group spirituality through sharing and acceptance. What has been my experience when I have slipped back into the inner circle and brought it to the group? How have I experienced spiritual acceptance and growth or “grace”?

Groups experience a higher power through group conscience work and mutual service. What is my experience in how a higher power can direct the group and what were some outcomes?

Spirituality can expand to include the world wide fellowship. We can connect with other recovering addicts on the other side of the world in phone meetings and Conventions. How is such service offered to me and am I able to participate in such?

Where am I on this “spiritual awakening” and learning to live in accordance with it?