

Promises for Hope

From the AA Promises (Big Book pages 83-84)

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

From the NA Promises (Basic Text page 94)

As we develop faith in our daily lives we find that our Higher Power supplies us with the strength and guidance we need. As we recover, we gain a new outlook on being clean. We enjoy a feeling of release and freedom from the desire to use. We find that everyone we meet eventually has something to offer. We become able to receive as well as to give. Life can become a new adventure for us. We come to know happiness, joy, and freedom.

A whole new life opens up. We do recover. Slowly our life changes and if we learn rigorous honesty these promises come true.

From the SA Promises (White Book page 58)

Left to our own devices, the prognosis is dismal. Only for those who want recovery is there any hope at all, and to such, we offer great hope: release from the power of addiction, loss of guilt and shame, power over wrong and freedom to do right, and the ability to live comfortably with ourselves, others, and God. This is precisely what the Fellowship of the Steps will do when we make it a way of life.

Excerpts from the Al Anon Promises

If we willingly surrender ourselves to the spiritual discipline of the Twelve Steps, our lives will be transformed. We will become mature, responsible individuals with a great capacity for joy, fulfillment, and wonder.

Though we may never be perfect, continued spiritual progress will reveal to us our enormous potential. We will discover that we are both worthy of love and loving.

We will love others without losing ourselves, and will learn to accept love in return.

Sometimes slowly or haltingly, occasionally in great bursts of brilliance, those who work the Steps change and grow toward light, toward health, and toward their Higher Power.



Allow the Promises of God to Fill You with Hope

AA – A Vision for You

We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man or woman who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you — until then.

🌐 *italics added for inclusiveness*

From the Bible

Proverbs 3:5-6

⁵Trust in the LORD with all your heart; do not depend on your own understanding.

⁶Seek his will in all you do, and he will show you which path to take.

I Corinthians 13:4-8

⁴Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶Love does not delight in evil but rejoices with the truth. ⁷It always protects, always trusts, always hopes, always perseveres. ⁸Love never fails.

Matthew 7:7-12

⁷“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

⁹“Which of you, if your son asks for bread, will give him a stone? ¹⁰Or if he asks for a fish, will give him a snake? ¹¹If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! ¹²So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.



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