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# Should I Try To Live My Life on LIFE'S TERMS or on GOD'S TERMS?

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**The A.A. Textbook Recovery Program** (thru page 164) is about learning to live on God's terms; not on ours. "Accepting life on life's terms" is one person's opinion from a story, (not part of The Program). *"Our real purpose is to fit ourselves to be of maximum service to God and the people about us."* pg 77. **Life doesn't make terms; other people and my EGO make terms. So now my choices are: other's terms, my EGO's terms, or GOD's terms?**

We cannot change the past, but we CAN "accept, change, or eliminate" what needs to be—with God's help... we ask God to direct our thinking and actions.

**The Serenity Prayer suggests we ask for wisdom to know what CAN and should be changed; and we do not waste energy trying to accept those things that need to be changed.**

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## **LIFE ON LIFE'S TERMS — Letting whatever happens direct or dictate my life**

- I have to accept, and put up with, whatever crap or abuse that life dishes out.
- Believing that "whatever happens must be God's will" so therefore, it must be "the next right thing."
- God could never love me; I'm damaged goods (or) I've done too many bad things.
- My EGO is who I am. I can't change. I'm just sicker than others.
- I'm only human; so I can excuse my bad actions.
- I want what I want, when I want it.
- I'm an alcoholic. There's a bottle. I guess I might as well drink it.
- If life isn't wonderful, then I must not be working a good-enough Program.
- Life is a Rat Race, and the rats are winning.
- The Early Bird gets the worm.
- Everyone is out to get me.
- If not for bad luck, I'd have no luck at all.
- Murphy's Law: Anything that can go wrong, will go wrong.
- When something goes wrong, it must be someone else's fault.
- I'll hurt you before you hurt me.
- Two can play THAT game.
- What's yours is mine, and what's mine is mine.
- Love is limited, so you are not allowed to care about anyone else; only me.
- Boasting (tough-guy syndrome): I will not turn these over—I'm proud of the stuff I did!
- Poor me. I'm a victim, so others should pity me and take care of me.
- If you have more money or stuff than me; I'm entitled to take some of it.
- I did \_\_\_\_\_, to please my parents.
- I am stuck in a dead-end job and a dead-end life.
- Criticism and contempt prior to investigation.
- When your tool is a hammer, everything looks like a nail.
- If it doesn't fit—force it.
- When in doubt, flip out.
- If it's not perfect, it's worthless.
- Materialism. Success is the accumulation of money and stuff.
- He who dies with the most toys, wins.
- "Keep up with the Joneses" to look good.
- Anyone who isn't paranoid simply isn't paying attention.
- Everybody lies; everybody cheats, so why can't I?
- I'll take the easy way out, because I'm tired and lazy. I don't want to think or work too much.
- Accuse others of having no sense of humor (to "just lighten up") if they don't laugh at my sexist, racist, or derogatory comments.
- Life is unfair; so why bother trying?
- When I feel miserable, I will make sure everyone else does too.
- Holding on to my resentments.
- We're all puppets in the game of life... we're on a predetermined path.
- If someone in my life is in a bad mood, it must be my fault and I have to try to fix it.
- I am so stupid; I can't learn anything.
- You can't fix stupid.
- Life sucks, and then you die.

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## LIFE ON GOD'S TERMS — God-Directed after fully surrendering my self-will. Practicing Spiritual Principles in ALL My Affairs

- There is a God and I am not Him, Her, or It.
- When bad people do bad things, I understand that THEY chose to do that. God didn't make them do that for some cosmic game to test me or punish me.
- Yes, life goes on and crap still happens, but God helps me deal with it.
- I can't; He can; I think I'll let Him.
- Be willing to live by spiritual principles.
- Pause, reflect, and pray for guidance. Be still, calm, and alert to God's Will.
- I redouble my spiritual efforts in order to survive (total abstinence).
- I will ask for help— professional or spiritual help when feeling stuck, trapped, or helpless.
- I now let God direct my path in life.
- Accept that I have character defects and become entirely willing to let them go. Uncover, discover, and discard.
- Only God can love unconditionally. I won't demand it from others.
- The price of recovery is a radical change in lifestyle. I must completely give myself to this simple program.
- No more Lying, Cheating, or Stealing.
- Ask for God's protection and care with complete abandon.
- EGO is Edging God Out. It's a barrier between me, God, and others. I can DAILY surrender it.
- I get a daily reprieve from alcoholism dependent on maintenance of my spiritual condition.
- Make decisions based on honesty, unselfishness, purity, and love. These are yardsticks for behavior (Dr. Bob) (the 4 absolutes)
- Morning Quiet Time... Prayer and meditation; conscious contact with the HP.
- Regular self-examination... a daily 'moral' inventory of myself.
- Hang on to God; to the Truth; to total abstinence; to recovering, spiritual friends.
- Restitution... righting the wrongs I've done.
- **Continuing gratitude.** Practice being satisfied with what I have and with what I'm doing.
- Get involved with Spirit-filled Fellowship... loving, caring, honest sharing with other spiritual-seekers. A small, intimate 'home group' of people for accountability, encouragement, and growth.
- Trust infinite God rather than my finite self.
- Depend on my HP rather than myself or someone else (including my sponsor or spiritual advisor)
- Resist the beginnings of a slip (thoughts and behaviors).
- I will do the footwork and leave the outcome to God (God will open a path or door even if it is not what I expected or hoped for).
- God is my new Employer; HE's the one I have to answer to.
- Continue to grow in understanding and effectiveness.
- Faith without works is dead.
- If I keep my focus on God, and have the right spiritual attitude, everything else falls into place.
- I can't change the Past, but God can help me adjust my Future by living and working in Today.
- I cannot transmit something I have not yet gotten (a spiritual awakening).
- When life hands me lemons, I'll make lemonade.
- Joy, delight, and happiness are always a byproduct of trying to create joy, delight, and happiness for someone else.
- The spiritual quest is a life-long journey with no short-cuts, no quick paths, no hidden secrets, and no appeal to privilege that can short-circuit the discipline and relinquishment required.
- Carry the FULL message of recovery to others seeking a new way of life.
- Follow your passion. Travel unbeaten paths— with God. He will provide what you need for the journey.