

Reflections on Promise 12

Promise 12: We realize that God is doing for us what we could not do ourselves.

This concept came to me early on in recovery. It started out with how I hit bottom. In this situation, I could have lost everything. As time passed, I realized it was my Higher Power working in my life to cause me to experience enough pain to desire to make a change. WOW! My Higher Power, who I call God, has done this for me over and over in my recovery journey. Not only does God help me initiate change but He also continues to put people in my life that I may have never had an opportunity to know if it was not for recovery. The most present example of God doing for me what I cannot do for myself is the experience of processing trauma. I am currently receiving help from outside the program to face some subconscious battles that have held me back my entire life. I know that the only way I am able to get through any of this processing and experience growth is through working closely with my Higher Power. A key point I heard yesterday was “to build resilience you must feel your feelings and your Higher Power together.” Wow, this was revolutionary for me. I am grateful God does for me what I cannot do for myself. I have never been able to handle my life on my own. Through this program and these promises, I now know that He can. — Kelsey W., *EAI Trustee*

Realizing that I cannot control the outcomes in life has been one of the biggest lessons in the EA program. Yes, if I believe I am in control when things work out, I can feel great about myself. But when things go wrong, it is instinctual to be hard on myself because I feel like I could have done something better to change the outcome. In admitting that a *Higher Power is doing for us what we could not do for ourselves*, I am saying that I cannot do everything. I need people and I need HP. — Paul N., *EAI Treasurer*

I never realized this before. I thought I was the one with the power. I first had to come to know that I was powerless over so many things in my life. Then when it appeared that I had power to do a certain thing I knew that it wasn't my power because I knew what I was capable of doing. Here is just one example: I dated a guy for about 6 weeks. Everything was moving along fine; we spent a lot of days and nights together; 4 consecutive days once. He popped up and told me he was married. I was crushed. I had so many emotions at once: anger, fear, sadness, disappointment. I paused, like the program taught me and then I prayed. I was able to act instead of react. He still wanted a relationship with me. I softly told him no. And instead of having or holding resentment, the program taught me that hurt people hurt people. I said to myself, he really hurt me, so he must be really hurting. And the program also taught me to pray for the people who harm me, look on them as the sick people they are. So I am praying for him and his poor wife. And that is God doing for me what I couldn't do for myself. Derita would not have done any of this. She would have been very angry and resentful. She would not have washed the clothes he left over and packed them up neatly with the rest of his things. She would have thrown it all in the garbage. She would not have invited him in when he came to get his things just to hear more lies. She would not have been pleasant at all. That was God doing for me what I could not do for myself.

He left on a good note, so if he would ever reach out to me for help I would be willing to help him. He knows about my 12 step involvement. My friend seems to think he is a sex addict. I couldn't really tell. We hadn't had sex yet. He may reach out to me one day and ask if I know of a 12 step program for a person like him, whatever his problem may be or for someone else he knows. Now I feel much better, I feel some peace. That would not have been the case if I was running on my will and did not have this awareness of God working in my life and on my behavior. There are many other stories of God doing for me what I could not do myself. There's not enough space here to share them all. Just ask me, I have a whole slew of them and I love sharing them too! — Derita P., *EAI Trustee*