| Looking UP | | |
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| Tri-County Intergroup | | |
| A Pathway to Miracles As a newcomer, my sponsor encouraged me to have constant contact with my HP. Learning to pray was new for me; at least the learning to pray for God’s will. I believe it is God’s will for me to be abstinent so I can be happy, joyous and free.  I learned this because food and meals are something I cannot control by my unaided willpower. I must pray at mealtimes for God’s will. I must pray before and during my meal when I get afraid the food is not enough, and ask that I be satisfied. I must pray at the end of my meal to thank Him for His help.  In the mornings I pray for God’s guidance to find order and balance in my thoughts and actions. I look at the good and the bad of the day and write a gratitude list at night along with the things I see need change.  I need to plan my abstinence and my food, just like I plan my daily activities. I believe that God wants to be involved in my whole life and is willing to help me with everything. My part is I must be willing to pray and invite God in. I have found God will help me if I will take the action. It may mean getting out of my way and calling my sponsor or another member of OA. It might mean being willing to see my part in a disagreement and make immediate amends.  I trust that nothing bad will come from asking God for help. What have I got to lose but my self-will which has proven to be a place for trouble?  ***Trust - Ask - Receive Miracles!***  **Anonymous**  **South Hills Group** | | |
| Suggested Tags | Sponsor, Prayer, Trust in God | |
| sent to Web Master | | June 30, 2014 |