

Big Book Awakening is a 12 step program that is Christ focused, unlike the other programs that let the participant decide what their 'higher power' is (which could be the light bulb on the ceiling!). This program, led by Wendy & Wayne, has helped me in my walk with God and laying aside the sin that entangled me. For me that was wine. Not every day or like the stereotypical "wino", but I used it as an escape and a crutch to make me more confident socially. When the reality was it was destroying my confidence, and my walk with God. The guilt I felt was awful, especially with regards to my witness. I looked like a double-minded Christian with one foot in the world, and it was killing me spiritually. The Lord knows my heart and I thank Him that He never let me fall completely or hit rock bottom. He led me to a new church family and this program.

As of the time of this writing, I am 260 days sober. Life isn't perfect and I know I'm still a work in progress, but the crippling guilt and anxiety are gone, replaced with peace. I've got a ways to go adjusting to life 'sans vino' (or anything else that impedes my Christian walk), but I lean on the promise that "He who began a good work in me will complete it until the day of Jesus Christ".

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Hi, my name is J

I was a Christ follower for 26 years, but my life was a mess. I was so unhappy and my family was falling apart. I tried bible studies, Christian counselling and crying out to God for help through prayer, but I couldn't seem to hear God. My prayers sounded like this: God take away my pain, fix this situation and hurry up. I know the solution God, so can't you just do what I want? God never answered those prayers for me. I thought that if I looked like I had the perfect family on the outside and everyone admired us/me that I would be happy. I wore many masks, by being the BEST (I wanted to be better than everyone else because my self esteem was so low) mother, wife, daughter and friend my problems would magically go away because I would be greatly esteemed.

I came into Celebrate Recovery, Al-Anon, and Life's Healing Choices about 10 years ago. When I came into Big Book Awakening, God started to reveal in me that I was playing God in everyone else's life. In church I heard of the concept of surrender and just trust God, but I didn't know how to do that. Fear and anxiety drove me to step in and fix the situation so that I could have some kind of peace. The obsessing and worrying was constantly destroying my peace! I knew worry was a sin and I felt like crap and a disappointment to God. My fixing a situation provided only a temporary solution, because another crisis would pop up.

The miracle of BBA is that I am learning that I don't have to fix my problems myself any more. BBA has shown me how to have a closer relationship with Jesus, one step at a time. My focus must remain on the fact that I am NOT suppose to be fixing and controlling other people. I am not to do for other people what they can do for themselves. I wanted people to behave

so that I would feel okay about myself. This is the perfect definition of codependency. When I start obsessing, I have to decide that God is either everything or He is nothing and what is it going to be in this problem.

Now I am reaping the blessings of a lot of hard work and my relationships are much better. This doesn't mean I don't have problems, but I have the tools to have peace in life even when it's messy. I have the option of calling my Sponsor or Step Guide to share my burdens and see a different perspective that I might not have thought of before. The burden seems lighter. I can be okay even when life isn't okay. Today I say to myself, I choose to trust you Jesus. It helps me to remember that this situation is exactly how it is suppose to be at this present time. What freedom I have when I am tapping into God's power not my power. Breathing in Jesus's will and breathing out my will.