

# Surrender School Step Study

Work the steps using a “Study Guide for Overeaters”

Step Two – [Pages 15-19](#) and Video [Session C](#)

# SET ASIDE PRAYER

God, please set aside everything I think I know about myself, my emotional sobriety, the 12 Steps and You; for an open mind and a new experience of myself, my emotional sobriety, the 12 Steps and especially You!

LINK:

<https://surrenderschool.org/wt-s-usingastudyguide/>

Password: **Surrender2023!**



1. Read the [Study Guide \(Step Two\)](#), pages 15-19

2. Optional Homework:

1. Watch the [video of Step 2 Session C: Homework](#) and [view the slide show](#).

2. Read: *Big Book "Bill's Story,"* pages 9-16

3. Read: *Big Book "We Agnostics"*

4. Listen to these *OA Podcasts on Step Two*.

1. [Step 2](#) by Mellisa C. from *A Design for Living*

2. [Step Two](#) from *Overeaters Anonymous: "The Importance of Working All Twelve Steps"* podcast series

3. [Bill's Story by AD4L](#) from *A Design for Living*

4. [We Agnostics: Step 2](#) by Lawrie C. from *Choose Your Own Conception: OA Big Book Study*

3. Watch [video for Session C](#)

## Step One – [Pages 4-14](#) and Video [Session B](#)

Our real problem, as the Big Book points out, is that we keep finding excuses to go back to those foods and those eating behaviors:

*These observations would be academic and pointless if our friend never took the first drink, thereby setting the terrible cycle in motion. **Therefore, the main problem of the alcoholic centers in his mind, rather than in his body.** (pages 22-23 of the Big Book)*

# Step Two – [Pages 15-19](#) and Video [Session C](#)

[Link to Video:](#)  
[7:27 – 8:01](#)

SESSION C – STEP 2  
2023 STEP STUDY

[NORWENDERSCHOOL.ORG](http://NORWENDERSCHOOL.ORG)

Step Two – [Pages 15-19](#) and Video [Session C](#)

# Step Two

*“Came to believe that a Power greater than ourselves could restore us to sanity.”*

[Link to Video:](#)  
[14:00 - 15:57](#)

SESSION C - STEP 2  
2023 STEP STUDY

[NIRRENDER.SCHOOL.ORG](http://NIRRENDER.SCHOOL.ORG)

## Step Two – [Pages 15-19](#) and Video [Session C](#)

### Step Two:

In Step One we found complete despair—powerlessness. We cannot solve the problem of our compulsive eating by ourselves. In Step Two we will find hope—power. A power greater than ourselves will restore us to sanity.

Step One is the problem. Step Two is the solution.

Most of the discussion of Step Two in the Big Book is aimed at persons who do not believe in a personal god—agnostics (who have come to the conclusion that they will never know whether there is a God or not) or atheists (who believe there is no God).



## Step Two – [Pages 15-19](#) and Video [Session C](#)

Why, then, would a person who believes in a specific God be interested in this discussion? There are two reasons.

[Link to Video:](#)  
[11:15 - 13:17](#)

1. The religious person will someday in sponsoring meet someone like me, and he or she should know the arguments to help someone like me.
2. There is an extremely important page of the Big Book which the person who believes in God but who is still suffering from compulsive eating ought to understand—if he or she is to recover!

## Step Two – [Pages 15-19](#) and Video [Session C](#)

[Video Link: 34:38](#)

From Step 1

We understand the "**double whammy**" of not being able to stop when we start (the physical allergy), and of not being able to stop from starting again (the mental obsession) and realize that there is no hope for us on our own.

Because we have this mental obsession, we are insane. We need to have constant sanity to be able to say, "I don't want to eat foods or indulge in eating behaviors that cause me uncontrollable cravings."

# Step Two – “We Agnostics” – AA’s Big Book

## Chapter 4

### WE AGNOSTICS

*I*N THE PRECEDING chapters you have learned something of alcoholism. We hope we have made clear the distinction between the alcoholic and the non-alcoholic. If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic. If that be the case, you may be suffering from an illness which only a spiritual experience will conquer.

[Link to 16:44 - 17:59](#)

# Step Two – “We Agnostics” – AA’s Big Book

[Link to 18:56 -  
19:31](#)

Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*. Obviously. But where and how were we to find this Power?

Well, that’s exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem. That

## Step Two – “Bill's Story” – AA's Big Book

I pushed a drink across the table. He refused it. Disappointed but curious, I wondered what had got into the fellow. He wasn't himself.

“Come, what's all this about?” I queried.

He looked straight at me. Simply, but smilingly, he said, **“I've got religion.”**

I was aghast. So that was it—last summer an alcoholic crackpot; now, I suspected, a little cracked about religion. He had that starry-eyed look. Yes, the old boy was on fire all right. But bless his heart, let him rant! Besides, my gin would last longer than his preaching.

# Step Two – [Pages 15-19](#) and Video [Session C](#)

In November 1934, Bill was visited by an old drinking companion Ebby Thatcher. Bill was astounded to find that Ebby had been sober for several weeks under the guidance of the evangelical Christian Oxford Group. Bill took some interest in the group, but shortly after Ebby's visit, he was again admitted to Towns Hospital to recover from a bout of drinking. This was his third and last stay at Towns hospital under Doctor Silkworth's care. – [Link for more information:](#)

What was Bill to do? He saw in his friend a real miracle:

***Like myself, he had admitted complete defeat. Then he had, in effect, been raised from the dead, suddenly taken from the scrap heap to a level of life better than the best he had ever known!***

***Had this power originated in him? Obviously, it had not. There had been no more power in him than there was in me at the minute; and this was none at all.***

***Never mind the musty past; here sat a miracle directly across the kitchen table. He shouted great tidings. (page11 AA's Big Book)***

## Step Two – [Pages 15-19](#) and Video [Session C](#)

But how could Bill have that miracle if he did not believe in God?

Ebby then gave Bill, and AA, and OA and all other Twelve Step programs, a great gift. Although he was part of an evangelical Christian movement (the Oxford Groups), he didn't try to persuade Bill to believe in any kind of God. He said, "***Why don't you choose your own conception of God?***" (page 12)



## Step Two – “Bill's Story” – AA's Big Book

My friend suggested what then seemed a novel idea. He said, *“Why don't you choose your own conception of God?”*

That statement hit me hard. It melted the icy intellectual mountain in whose shadow I had lived and shivered many years. I stood in the sunlight at last.

*It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning.* I saw that growth could start from that point. Upon a foundation of complete willingness I might build what I saw in my friend. Would I have it? Of course I would!



## Step Two – [Pages 15-19](#) and Video [Session C](#)

[Link to Video:](#)  
[21:27 – 21:49](#)

This theme is expanded in the chapter "We Agnostics". It is designed to give the still-suffering alcoholic reasons to be willing. It is NOT designed to prove the existence of God. I misread it for years. I thought it was designed to prove the existence of God, and of course it fails in that respect.

## Step Two – [Pages 15-19](#) and Video [Session C](#)

### **Outline of *We Agnostics*:**

The chapter is divided into three major sections.

The first section, from page 44 to page 48, poses the essential dilemma **facing a person who does not believe in God.**

The second section, from page 48 to page 54, presents three powerful arguments on **why one should be willing to find a Higher Power.**

The third section, from page 54 to page 55, gives the **reality of fundamental belief and is the section of extreme importance to the believer as well as to the non-believer.** (There is also a fourth anecdotal section from page 55 to page 57 providing experiential testimony.) I'll summarize each section.

# Step Two – [Pages 15-19](#) and Video [Session C](#)

## **First section—the dilemma:**

“...facing a person who does not believe in God.”

[Link to Video: 21:03 - 23:22](#)

**Pages 44 - 48:** Because we cannot recover on our own, we are doomed unless we find a Power greater than ourselves. This book is all about finding that Higher Power.

Don't be prejudiced by the words we use in this book to describe a Higher Power. It's your own conception that's important. And don't worry. You don't HAVE to believe in a Higher Power in order to work the Steps. You only have to be WILLING to believe.

## Step Two – [Pages 15-19](#) and Video [Session C](#)

### **Second section—the reasons:**

[Link to Video: 24:03 - 27:00](#)

“...why one should be willing to find a Higher Power.”

**Pages 48 - 54.** Here are the **three reasons** the agnostic or atheist should be willing to try what this book offers.

**First reason** (pages 48 to the top of 51): *Scientifically speaking, a theory that’s grounded in fact—that works—is worth trying out.* All of us believe in theories about electricity even though we’ve never seen the atoms upon which that theory is based; but the theories work for us, and therefore we believe them. Our theory is that a Higher Power can restore us to sanity. Clearly that theory works. Therefore the agnostic or atheist should try it!

# Step Two – [Pages 15-19](#) and Video [Session C](#)

## *Second section—the reasons:*

[Link to Video: 28:27 – 32:02](#)

**Pages 48 - 54.** Here are the three reasons the agnostic or atheist should be willing to try what this book offers.

**Second reason** (pages 51 to the bottom of 53): *No real progress is ever made in this world unless we challenge established ideas that don't work and become willing to try new ideas that might work*

The idea of the agnostic or atheist that he or she can handle his or her own addiction doesn't work. Our idea that we need a Higher Power does work. Therefore the agnostic or atheist should try it!

## Step Two – [Pages 15-19](#) and Video [Session C](#)

[Link to Video: 32:50 - 35:00](#)

**Third reason** (pages 53 to the bottom of 54): *Regardless of the protestations of the atheist or agnostic, he or she DOES believe in things that are in fact more powerful than he or she is. The atheist or agnostic believes in his or her own reasoning; actually, worships things—like love or money—that can't be justified using logic. As a matter of fact, the things the atheist or the agnostic worships are what give him or her the essence of his or her life. "It was impossible to say we had no capacity for faith, or love, or worship. In one form or another we had been living by faith and little else"* (page 54). So, the atheist or the agnostic DOES believe in something that he or she can't touch or see and can't prove. So why not TRY the idea that this program will give you a sense of a higher power? **It can't hurt!**

## Step Two – [Pages 15-19](#) and Video [Session C](#)

***“There is a principle which is a bar against all information, which is proof against all arguments, and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation.”***

**THE  
APPENDIX ON  
SPIRITUAL  
EXPERIENCE  
(PAGE 568)**

# Step Two – [Pages 15-19](#) and Video [Session C](#)

[Link to Video: 37:03 - 39:00](#)

Third section—deep down within us is our fundamental conception of a **Higher Power:** "...reality of fundamental belief and is the section of extreme importance to the believer as well as to the non-believer."

*Pages 54 - 55: Faith is part of our makeup, and in that is the fundamental idea of God.*

*Actually, we were fooling ourselves, for deep down in every man, woman, and child, is the fundamental idea of God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there. We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend. Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us. (page 55)*



## Step Two – [Pages 15-19](#) and Video [Session C](#)

### The Steps unblock us from our Higher Power:

[Link to Video: 44:35 - 45:14](#)

Here is the essence of what the Twelve Steps do for us! The Steps **REMOVE** the things that **BLOCK** us from the Higher Power deep down within us!

As soon as the block is removed, we have contact with that Higher Power. And as soon as we have contact with that Higher Power, we become sane. And becoming sane means that we no longer want to return to the foods and eating behaviors that create uncontrollable cravings.

So whether we believe in God or don't believe in God, if we are not sane when it comes to food, it is clear that we have blocked off our route to sanity. The only solution we know is to get rid of the blocks. To do that we work the Twelve Steps.

## Step Two – [Pages 15-19](#) and Video [Session C](#)

**What to say to the person who doesn't believe in God:**

The question to ask, therefore, of people who don't believe in God is **what concepts or ideas or feelings they DO believe in that are more important than they are:** What gives them any meaning at all in their lives?

## Step Two – [Pages 15-19](#) and Video [Session C](#)

### **What to say to the person who does believe in God:**

The question to ask of those who do believe in God is, "**Do you accept that something is blocking you off from your God?**" Most people asked that question will answer Yes.

They will intuitively understand the notion of being blocked from God.

## Step Two – [Pages 15-19](#) and Video [Session C](#)

### **The Steps provide us with a Higher Power:**

What the Big Book actually promises is that working the Twelve Steps *will* remove the blocks that keep us from our Higher Power, however we have conceived **It**, and that **Higher Power** will enter into our lives and give us sanity. There's no promise that we will believe in the God of a religion at all. The only promise is that we will have sanity—that we will feel a strength and power that we know did not exist in us when we were trying to deal with our problems on our own.

## Step Two – [Pages 15-19](#) and Video [Session C](#)

**Step Two only requires that we be willing to try to find our Higher Power.** That's all. Our willingness is enough to start the process of working the Twelve Steps. When we work the Twelve Steps, we find that automatically (guaranteed by end of Step Nine!) we become sane in relation to food, without any effort on our part in dealing with food (see the Hidden Promises at the bottom of page 84 and top of page 85)!

# Step Two – [Pages 15-19](#) and Video [Session C](#)

So, some questions:

- Do you accept that on your own you are powerless over those foods and eating behaviors that cause you uncontrollable cravings?
- Is what you're doing about your powerlessness working?
- Do you accept that there are those people who have been as powerless as you who are full of a power that has overcome their powerlessness?
- Are you willing to do what those people say gave them power?
- If you don't believe in God, is there anything you believe in that is more important than you are? If so, what? Call that God.
- If you believe in God, do you feel cut off—blocked—from God?
- Are you ready to go forward?

### Protected: Work the Steps using a "Study Guide for Overeaters"

This step study uses *A Study Guide for Overeaters* (available free from [oabigbook.info](http://oabigbook.info)).

*This guide is one compulsive overeater's interpretation of the Big Book's direction for working the steps.*

**\*Important Notice:** This study will be recorded in video/audio format and will be made available on the Surrender School website. To preserve the anonymity of the speaker at the public media level, please do not share the URL of this video on social media.

**Need Zoom Instructions for this Step Study - [Click Here](#).**

Join our Homework Group: [Register Here](#). You will get Zoom Instructions Immediately.

LINK:

<https://surrenderschool.org/wt-s-usingastudyguide/>

Password: **Surrender2023!**

1. Read the [Study Guide \(Step Three\)](#), pages 20-24

2. Optional Homework:

1. Watch the [video of Step 3: Session D: Homework](#) and [view the slide show](#).
2. Read: *Big Book "How It Works,"* pages 58-63
3. Listen to these *OA Podcasts on Step Three*.

1. [Step Three](#) by Roy L. from *A Design for Living*

2. [Step Three](#) from *Overeaters Anonymous: "The Importance of Working All Twelve Steps"* podcast series

3. [Step 3](#) by Abi G. from *OA Great Britain*

4. [How It Works: Step 3](#) by Sue G. from *Choose Your Own Conception: OA Big Book Study*

3. Watch [video for Session D](#)

# SERENITY PRAYER

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.