

Identifying Your Higher Power . . .

However you understand a “Higher Power,” whether you are an adherent of an established religious faith (Buddhist, Christian, Hindu, Jewish, Muslim, etc.), believe in one or many Gods or Goddesses, a divine force in the universe, or the fellowship of A.A. or N.A., having faith in something bigger and more powerful than yourself can help you feel safe, empowered and calm. This is what people mean when they talk about believing in a “God as they understand Him” (or Her or It). Believing in something divine, holy, or special can help us endure stressful situations.

When we experience things like accidents, crime, serious illness, or loss of a loved one we can feel hopeless and powerless, and in need of strength. During times like these, having faith in something bigger than ourselves can help us feel connected to a larger purpose in life and provide meaning.

While you’re exploring your spirituality, remember that your spiritual beliefs often change and evolve over time. Taking the time to clarify your understanding of your Higher Power, and the relationship you have with that Power, will likely enhance the relationship. Like any other significant relationship in our lives, the one we have with a Higher Power benefits from some occasional thoughtful review. The following questions may help with that review.

1. What is your understanding of a Higher Power?
2. What are some of the characteristics of your Higher Power (or characteristics you would like your Higher Power to have)?
3. How do your beliefs about your Higher Power comfort and support you?
4. How do you acknowledge your belief in a Higher Power in your daily life? (For example, do you pray or attend some house of worship? Do you share your beliefs with others? Do you read books or do Internet searches related to your beliefs?)
5. How are your interactions with others and life generally different because of your belief in your Higher Power?
6. What are some “coincidences” or “miracles” that happened in your life that you attribute to the presence of a Higher Power in your life?
7. What have you learned from your sponsor or friends in recovery about coming to believe and trusting in a Higher Power?