Honesty

"Is it true or is it false?"

Purity

"Is it right or is it wrong?"

The 4 Absolutes in Cleveland A.A.

The Four Questions were emphasized in actual practice. We are instructed to remind ourselves every morning to go through the day asking the following simple questions before speaking or acting.

Unselfishness

"How will this affect the other fellow?"

Love

"Is it ugly or is it beautiful?"

4 Absolutes in the book "Alcoholics Anonymous"

Step 4 Questions:

Where had we been selfish, dishonest, self-seeking and frightened? p67

Step 10 Directions:

Continue to watch for selfishness, dishonesty, resentment & fear. p84

Step 11 Questions:

Were we resentful, selfish, dishonest or afraid? p86

"God's Will"	"Self Will"
Honesty	Dishonesty
Purity (motive)	Resentment
Unselfishness	Selfishness
Love	Fear

The opposite of Honesty Dishonesty
The opposite of Purity Resentment
The opposite of Unselfishness Selfishness
The opposite of Love Fear

The *Oxford Group is where A.A. acquired most of it's program of recovery from.

Oxford Group AA Surrender Steps 1, 2, 3

The 4 Absolutes were used by the *Oxford Group in 3 ways:

- 1. As a way to take inventory of our past to see where we fell short and in what ways, so that we could learn what areas of our life need to be worked on.
- 2. During meditation or while being inspired or guided by our Inner Voice, as a way to differentiate between "God" thoughts and human thoughts.
- 3. As a standard of living, moment by moment.

We are now living in "the Sunshine of the Spirit."

We conduct a morning "quiet time" to receive guidance from God. The guidance we receive is checked against the "Test for self-will / God's Will" and with our "sharing partners" in order to separate the God thoughts from the self thoughts.

In the evening, we review our day to insure we have carried out the God thoughts, especially those pertaining to helping others and practicing the principles of Honesty, Purity, Unselfishness and Love in all our affairs.

Does your thoughts, words, actions, guidance pass the test of ALL 4 Absolutes?

In 1948, Dr. Bob (AA cofounder) recalled the Absolutes as **"the only yardsticks"** A.A. had in the early days, before the official Twelve Steps.

He said he still felt they held good and could be extremely helpful when he wanted to do the right thing and the answer was not obvious.

Almost always, if I measure my decision carefully by the **yardstick of the absolutes** and it checks up pretty well with those four, then my answer can't be very far out of the way,".

The 4 Absolutes

Honesty
Word, Deed and Thought

Purity
Mind, Body, Purpose & Motive

Unselfishness Help Others

Love Unconditional Appreciation

4 Absolutes in the "24 Hours a Day" book.

March 9, 28, April 8
May 15, June 7, August 26, 29
Sept 12, 17, 20, Oct 27

The *Oxford Group is where A.A. acquired most of it's program of recovery from. The 4 Absolutes are taken from Christ's greatest talk "The Sermon on the Mount" found in Matthew 5:1 - 7:29.

They are the essence of Jesus' teachings about the Will of God, as outlined by Robert E. Speer in his book. (Published 1902)

"The Principles of Jesus"
Book online! tinyurl.com/2dlyj87

The The 4 Absolutes and the Oxford Group

What is the Oxford Group?
Book online! tinyurl.com/oxford4

The 8 Points Of The Oxford Group Book online! tinyurl.com/8oxford