

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.

Honesty

"Is it true or is it false?"

Purity

"Is it right or is it wrong?"

Unselfishness

"How will this affect the other fellow?"

Love

"Is it ugly or is it beautiful?"

Night and Day Club 440 946-9682
35403 Euclid Ave. Willoughby Ohio
Facebook.com/AANightandDayClub

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

"The 4 Absolutes ARE
in the Big Book!"

HONESTY
PURITY
UNSELFISHNESS
LOVE

The opposite of honesty is...

Honesty	Dishonesty
Purity (motive)	Resentment
Unselfishness	Selfishness
Love	Fear

Step 4 Questions:

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

Step 10 Directions:

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

Step 11 Questions:

Were we resentful, selfish, dishonest or afraid ?

AA p86

HONESTY PURITY UNSELFISHNESS LOVE

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

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



AA co-founder

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,".

4 Absolutes in the Twenty-Four Hours a Day" book.

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

Beginner's Big Book
Sunday 6:30pm
Night and Day Club

Spiritualsteps.com 208 277-1747
Youtube channel: AA100011
10001@Mail.com

The 4 Absolutes were used by the *Oxford Group in three 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.

*These principles were adopted by the Oxford Group (for those who don't know, the Oxford Group is where A.A. acquired most of it's program of recovery from).

They 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 "The Principles of Jesus".

"The Principles of Jesus"
(Published 1902) Book online!
tinyurl.com/2dlyj87