

Subject: Alcoholics Anonymous Step Three

This is what I've come up with for us to thoroughly work Step Three... Please review and get back to me at your earliest convenience. Thanks! And remember, Step Three ONLY asks us that we make a decision.

Step Three: "Made a decision to turn our will and our lives over to the care of G-d as we understood him"

Made a decision: All it takes is for you to decide! To let Him take control over the life that you have done so well at messing up. You had your chance at it, now let Him try. The serenity prayer becomes key tool in your arsenal at this point. Keep this thought in front of your mind at all times: "Am I doing as G-d would have me do? Or have I taken my will back?"

(Full-Length) Serenity Prayer: G-d, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time. Accepting hardships as the pathway to peace. Trusting that He will make all things right if I surrender to His will. That I may be reasonably happy in this life, and supremely happy with Him in the next.

(Alternate) Serenity Prayer: G-d, grant me the serenity to accept the **person** I cannot change, the courage to change the **person** I can and the wisdom to know it's **me**.

The Spiritual Principles encompassing Step Three:

- Faith (A higher level of trust).
- Commitment (Sticking to what we decide).

Assignment #1 for Step Three:

Write (not type) what these words mean to you. After writing, look up the definitions to the following words in a dictionary:

1. Decision

2. Share what you wrote with your sponsor, another AA member or your home group.

Assignment #2 for Step Three:

Write down each of these questions on a separate piece of paper. Then answer them to best of your ability.

1. Do I see myself anywhere on page 61? Where? How?

2. What does page 62 tell me about the root of my problem? Describe my own personal root.

3. Re-write pages 60-62 into your own words from your perspective, change the past tense into the present tense. Change the "we" and "our" into "I". By writing this, it will heal you and by reading it later on, it will foster humility and growth.

4. What does the serenity prayer mean to me? What does the alternate version of the serenity prayer mean to me?

5. Am I ready to turn my life over to the One who can allow me freedom from the bondage of self? How will I do this?

6. Share what you wrote with your sponsor, another AA member or your home group.

NOTE: Before completing assignment # 2, repeat the meditation exercise from Step Two (deep breaths).

Assignment #3 for Step Three:

Read Chapter 4 (pgs 44-57) in the Big Book titled "We Agnostics" & part of Chapter 5 (pgs 58-63) titled "How It Works."

1. As you are reading, pay attention to what you notice about your feelings when reading about G-d.

2. As you are reading, try to identify the similarities in belief you relate to.

3. When you are done with the chapter, take a few minutes and write a paragraph or two that identifies what you related to with each feeling.

4. Share what you wrote with your sponsor, another AA member or your home group.

Assignment #4 for Step Three:

Read Step Three in the (pgs 34-41) in the Twelve Steps and Twelve Traditions and talk about its meaning with someone.

Assignment #5 for Step Three:

The Third Step prayer is located on page 63, lines 13-20 in the Big Book.

1. Read this prayer silently to yourself. Then read it out loud to yourself.

2. Next, get down on your knees and say this prayer to G-d.

3. Finally, find another member in AA and publicly say this prayer together, as you both kneel (preferably your sponsor).

Assignment #6 for Step Three:

1. Write your very own personal theological perspective. This means write down on paper exactly what you feel the G-d of your understanding is and what He is not. List the attributes that you feel He possesses. Write in as much detail as possible. Remember, this is not someone else's conception of G-d or what you were taught. This is **YOUR** own understanding.

2. It is now time to turn your will and your life over to the care of G-d. If you have decided to do this, locate an agreement for a establishing a limited partnership. Fill it out and give G-d 51% ownership and you 49%. List in detail the terms of the partnership, with each partner's respective responsibilities. Place your name and His name next to each responsibility.

3. Share what you wrote with your sponsor, another AA member or your home group.

POCKET READINGS

To Be Used During "Crisis Times" -OR- Prayers for Your Daily Meditation

(Every moment you feel anxious, bored, restless, irritable, discontent, take this out and read it. Some days in the past, I read it a hundred times. Peace will come if you keep using this tool. In fact, try reading it daily, in or out of crisis, and see what happens in your life!)

*I will leave the care of ____, ____, and ____ in the more capable hands of G-d.

*I release ____ and her/his future to G-d.

*I release my child/children to G-d, the real Parent of all our children (and us).

*I will have no expectations.

*I will make no demands.

*What I resist persists.

*I will cease fighting anybody or anything--I will resist nothing.

*I do not have the power to drive anyone crazy. Each is responsible for doing the work necessary for peace of mind.

*I do not have the power to make anyone stay, or go.

*I do not have the power to make anyone happy or miserable.

*I will love all, even those whose behavior I do not like.

*My goal is peace (of mind).

*My function is to forgive.

*After that, my function is to refuse to judge so that I do not have to forgive.

*There is a rhythm in the universe; I will move to that rhythm. I will relax and take it easy, now. I will be the water and just flow.

*I am not God, so I do not know what is good or what is bad. In fact, everything just IS, and what IS right now will work out in the future.

*G-d will take charge only when I stop trying to be the protector or the director.

*I wish for others what I wish for myself--and more.

*I will not seek love; I will just love.

*The present moment is a wonderful moment. Breathing in, I calm my body. Breathing out, I smile. Dwelling in the present moment, I KNOW each micro-second is a wonderful moment.

*I will THINK LESS. The past is gone. The future is not yet here. The past is only an IMAGE in my mind of the way I thought it was--and it wasn't really that way. The future is an IMAGE in my mind of the way I imagine things will be, as if I have THAT capability. HA! I will not allow my thoughts and feelings to be controlled by IMAGES (illusions) that are not even real.

*Everything really is going to be OK.

G-d, guide me in making my commitments. Give me the courage to make those that are right for me, the wisdom to not commit to that which does not feel right, and the patience to wait until I know.