

Step Three

Made a decision to turn our will and our lives over to the care of God as we understood God.

Summary

- Taking the Third Step is acting on the belief that a Higher Power can relieve our addiction and restore us to sanity.
- Our understanding of this Power does not need to be perfect or complete in order for us to take this step.
- We need only an open mind and a willingness to try something new.
- For most of us, the actual turning over of our will and lives to the care of God will take place gradually, through working the remaining nine steps. *(Step Three Prayer Line 6)*
- We give up the belief that our intellect, our knowledge, our judgment, and our will could successfully guide our lives. *(Step Three Prayer Line 5)*
- Having accepted both the reality of our disease and the possibility that a Higher Power can help us where our own efforts have failed, we make a leap of faith, turning to that Power for assistance. *(Step Three Prayer Line 2)(Step Three Prayer Line 6)(Step Three Prayer Line 7)*
- In so doing, we find that God's care applies not only to becoming abstinent from addictive sexual behaviors, but to the entire course of our daily lives and to every aspect of our existence. *(Step Three Prayer Line 8)*
- The profound surrender of old beliefs, habits, and behaviors is something we learn to renew every day.

Principles

- Surrender
- Faith
- Willingness

Promises

- When we make a decision to turn our will and our lives over to the care of God of our understanding, we begin to notice signs of growth and transition, evidence that the program is working.
- In taking this step, we find the willingness to allow a God of our understanding to work in our lives. *(Step Three Prayer Line 1)(Step Three Prayer Line 3)*
- Turning our lives over to the care of the God of our understanding offers a way of gentleness and compassion. *(Step Three Prayer Line 3)*
- Taking this step, we become willing to walk through all experiences and emotions, including painful and difficult ones. *(Step Three Prayer Line 7)*
- We discover that turning our lives over is not the end of our problems, but a way of seeing our difficulties in a new light-with a developing sense of trust that solutions are possible.
- We loosen the grip on our old destructive patterns, perhaps not knowing yet what will replace them, but in the faith that something better will be revealed. *(Step Three Prayer Line 4)*
- ...we become open to making new choices for ourselves in the light of a Higher Power's transforming love and care. *(Step Three Prayer Line 3)*
- When we surrender our old way of living to a Power greater than ourselves, we don't always know where we're going, but we can be sure that it will be better than where we were. *(Step Three Prayer Line 4)*
- The decision has been made, and the work of fearless self-exploration can begin.
- We move on to Step Four.

Step Three Prayer

Higher Power,

I now accept the reality of my disease.

*I am now willing to allow your Compassionate and
Loving Power to work in my life.*

*When my willingness falters, please help to again
loosen my grip,
on my way of doing things.*

*Here and now, I completely Surrender any belief that
my intellect, knowledge, judgment, and will can
successfully guide my life.*

*Help me make this leap of faith in carrying out this
decision by working the rest of the Steps;
turning to You forever for assistance.*

*In doing this, I know I will be asked to walk through
great pain. I am willing to do so, because I trust you
will help me where my own efforts have failed.*

*Guide my daily decisions, every aspect of my
existence, not just in being abstinent, but in every
area of my life.*