

## Monthly Focus March Step 3 Detail

### Step Three

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

PRACTICING Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness.

Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: “This is the way to a faith that works.” In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance.

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God—or, if you like, a Higher Power—into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. program will rest upon how well and earnestly we have tried to come to “a decision to turn our will and our lives over to the care of God as we understood Him.”

(Alcoholics Anonymous World Service Inc.. Twelve Steps and Twelve Traditions (pp. 34-35). AA World Services, Inc. Kindle Edition.)

### Other Readings:

#### **Alcoholics Anonymous The Big Book**

There I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my newfound Friend take them away, root and branch. I have not had a drink since.

(A.A. World Services. Alcoholics Anonymous, 4th Edition (p. 13). A.A. World Services, Inc.. Kindle Edition.)

I was to test my thinking by the new God-consciousness within. Common sense would thus become uncommon sense. I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure. My friend promised when these things were done I would enter upon a new relationship with my Creator; that I would have the elements of a way of living which answered all my problems. Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential

requirements.

(A.A. World Services. Alcoholics Anonymous, 4th Edition (pp. 13-14). A.A. World Services, Inc.. Kindle Edition.)

### **Daily Reflections MARCH 8**

Submission to God was the first step to my recovery. I believe our Fellowship seeks a spirituality open to a new kinship with God. As I exert myself to follow the path of the Steps, I sense a freedom that gives me the ability to think for myself. My addiction confined me without any release and hindered my ability to be released from my self-confinement, but A.A. assures me of a way to go forward. Mutual sharing, concern and caring for others is our natural gift to each other and mine is strengthened as my attitude toward God changes. I learn to submit to God's will in my life, to have self-respect, and to keep both of these attitudes by giving away what I receive.

(Alcoholics Anonymous World Service Inc.. Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members . A.A. World Services, Inc.. Kindle Edition.)

### **Daily Reflections MARCH 11**

... Step Three opens the door to the rest of the program. When I ask God for guidance I know that whatever happens is the best possible situation, things are exactly as they are supposed to be, even if they aren't what I want or expect. God does do for me what I cannot do for myself, if I let Him.

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