

Step Three Summary

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

Directions for step three are on page 63:

“We were now at Step Three. Many of us said to our maker, as we understood Him”

“God, I offer myself to thee- to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy way of life. May I do Thy will always.”

The textbook states we are to do this with another human being, this is usually our mentor, but it does not necessarily have to be.

Step three is deciding to let God direct our will (our thoughts) and our lives (our actions) going forward in life. While the “decision” is simply put in a prayer, the authors state that the words are optional so long as we “express the idea, voicing it without reservation.”

It also states that we need to think well before taking this step to make certain we are ready; “that we could at last abandon ourselves utterly to Him.”

It was mentioned early on that for us to proceed we had to (1) want what they have and (2) be willing to go to ANY lengths to get it.” This decision outlines the lengths we are going to need to be willing to go- turning all of our thoughts and actions over to God for the rest of our lives.

There are 3 pre-qualifications to starting this step found on page 60.

- (A) That we were alcoholics and could not manage our own lives (we are just as powerless to run our lives successfully)
- (B) That probably no human power could have relieved our alcoholism (we are beyond human aid)
- (C) That God could and would if He were sought (we do the seeking)

The next sentence states- “being convinced we were at step three.” That means that if you are not convinced of A, B and C, then you are not ready to move on to step three.

There is more than just the prayer to step three. There is a “requirement”, actions we must take. There is a new way we are to think and act, based on Gods will.

Page 60- “The first requirement is that we be convinced that any life run on self-will can hardly be a success.”

This step and all forward have little to do with alcohol. Top of page 64 says that “Our liquor was but a symptom.” It has to do with the way we are living, running our lives based on our will and trying to “wrest satisfaction out of life.” How has it worked out so far?

AA is a “new” way of living that starts here.

Dr Silkworth said that the addiction cycle begins with us being sober and that in that state we are restless, irritable and discontent. THEN we start think about the ease and comfort from drinking (or whatever our addiction is). Drinking is the solution to restlessness, irritability and discontentedness and being filled with fear, guilt, shame and remorse. Why are we so miserable when sober?

Page 64- “.....for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.”

We have a 3 prong illness. Mental (alcoholic mind- obsession), physical (allergy) and spiritual. We do not attack this illness on the physical front as there is no way to control an allergy, nor do we attack it on the mental front as we already know (pg 24) that we cannot make ourselves at certain times able to reflect on the consequences. The AA program works on the spiritual malady and the authors state that when we fix that; the mental and physical straightens out on its own (see page 84-85).

What is the “spiritual malady”?

Page 62- “Selfishness and self-centeredness! That we think is the root of our problems.”

“Above everything, we alcoholics must be rid of this selfishness. We must or it kills us. God makes that possible. And there often seems no way of entirely getting rid of self without His aid. (Important statement-of all the directions in the textbook, this is the most important goal, above everything)

“Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have Gods help.”

The deal we are making with God here with God in step three is summarized on page 63:

“He provided what we needed, if we kept close to Him and performed His work well.

He will provide everything I will need going forward in life to the exact extent that I keep close to Him (constantly asking what He would have me do, seeking His will) and performing His work well. Once I find out what He wants me to do, I not only need to do it, but I need to do it well.

It continues with the next statements being the third step promises: “Established on such a footing we became less and less interested on ourselves (the root problem), our little plans and designs (our plans and goals). More and more we became interested in seeing what we can contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.”

Remember- “We have to stop playing God, it didn’t work”