

Step Three:

March 3

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

Prior to recovery I operated with selfish objectives. *How will this benefit me?* How could *my* will in a situation prevail successfully so that I win? My question preceding any decision I made was, “*What’s in it for me?*”

Thankfully, our 12 Steps of recovery was written with intention and in a precise order. First, we came into the rooms of recovery in Step One. In Step Two we came-to; we awoke enough to experience our miracle of spiritual awakening. We began to have enough faith in *Step Three* to make a decision to turn our life and will over to the care of God in whatever way we understood God. We were asked to decide to surrender our best thinking to that deity. We admitted we are His children and He is the Father. Throughout the day we reminded ourselves we are subordinate.

The vision of the Third Step Prayer prepared us to develop the trust and humility needed to get out of our own way—to surrender and quit playing the Director. We trusted that, “God could and would if He were sought.” As we came to see our own imperfections, “Thy Will not mine be done,” became our daily plea.

Without the confidence in our ability to turn our will, and our life, over to the care of God in *Step Three*, how could we possibly be prepared for Step Four? We turn our will over and take it back what seems like a hundred times a day. And that’s okay. Doing so is what happens in the Third Step. *We practice human progress, not human perfection.* In so doing, we concede to our imperfection and defer to our Higher Power from whom all power comes.

TODAY’S MEDITATION

Today, I know over time my Third Step will become automatic allowing you, God, to be in charge. Only then will I be ready to submit to the fourth step.

.....
“Put your trust in God and move forward with faith and confidence in the future. The Lord will not forsake us... If we will put our trust in Him, if we will pray to Him, if we will live worthy of His blessings, He will hear our prayers.”—Gordon B. Hinckley