

# BALANCE

Issue 3

MARCH 1995

**Step Three:** *Made a decision to turn our will and our lives over to the care of God as we understood God."*

This step teaches us how to find ourselves. This step can set us free. It can give us the gift of ourselves.

The first time I read this step, I didn't want to do it. I heard "let go & let God". However, I didn't believe God would be there. It felt like if I let go, I would never stop falling. I would never get my control back again., the control I thought I had.

My life was filled with so many false beliefs. The belief that I was in control was only one of those false beliefs.

My third step gift came at a COSA meeting when I heard another person share on the word "care". When she read the third step, she saw the step as asking her to turn her life over to the "care of God". She saw the word care. I saw the words Let Go. Her gift of sharing gave me the gift of knowing I could let go and I wouldn't be alone, falling into space. I would be nestled in the care of God. That sharing released me to experience step three in a nurturing way.

*As we understand God, is an important part of this step. At first I feared this part. My rigid religious training taught me to obey*



**YOUR**

**COSA**

**NEWSLETTER**

God, not to trust him as I understood Him. I learned that I have that freedom to understand God as I choose.

Today when I began to feel out of control, I try to stay focused on the steps. I go back to step three and turn my life over to the care of God.

Before recovery, I turned my life over to other people and allowed them to determine how I was feeling.

I ask you to stay focused on the steps today. Take your eyes off the other people who are controlling you.

Stay in close relationship with your support group. Your real gift will come from your Higher

Power, your step work and your recovery group.

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Tradition Three: "The only requirement for membership is that there be a sexual addiction in a friend or relative."

This tradition reminds us of our singleness of purpose. We are not out to change the world, stamp out porn, close strip joints, change laws.

We come together to share our pain and find our purpose through a single qualification. We have been affected by sexual addiction. It has altered our thinking and our actions.

Our singleness in purpose will keep us strong in our recovery. Our traditions will hold our program together.

Our steps will hold our personal recovery in focus. With the steps and the traditions our program is complete.

## STEP THREE PRAYER

Lord Jesus, I turn my life over to you,  
to mold me and do with me as you will.  
Trusting that you guide my steps,  
I enter the world with hope;  
that I may better do your will.  
I welcome your Holy Spirit's Power, Love  
and Guidance in everything I do.

Amen

### Some Step Three Questions:

How would you describe your childhood relationship with God?

How can Step Three be an opportunity to start over and repair your childhood issues?

When has trusting in man failed you?

How do you plan to practice Step Three in your daily routine of living?

God grant me the  
Serenity to accept the things I cannot change.  
Courage to change the things I can and  
Wisdom to know the difference.

Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as a pathway to peace,  
Taking as He did this sinful world as it is,  
Not as I would have it;

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 forever in the next.  
Amen.