

Arizona Step Study Step Three Assignments

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

Do all of these assignments:

- Define all the words in Step Three.
- Start a God Box or a God Can. Use any receptacle and USE it! When something is bothering you, date a slip of paper and explain what it is you need to turn over to your Higher Power. Watch your Higher Power move!
- Answer questions in COSA's Step Three booklet.
- When you have finished Step Three, write a letter to your Higher Power. Then put pen to paper again and write Dear (your name.) Write the words that come to you- that's your letter from your Higher Power.
- When you are finished with Step Three, take some time to write about your experience.
- Use an existing Third Step prayer (the AA Third Step prayer is an example) or write your own personal Third Step prayer. Use that prayer every day.

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On working Step Three:

Start working Step Three. Turn over whatever you can, each day. If you can turn over your primary relationships and your employment, do so! Then just watch what happens. Paying attention and memory is key in Step Three. If you find you can't yet turn over the "big stuff" turn over the little stuff- the red light when you are in a hurry, the unkind word, etc. Pay attention to what happens. Remember, Step Three is about making a decision!

Answer two or more of the following bullet points each week. Pick those that most resonate with you. Remember, the deeper you go, the more you'll get.

- What major decisions have you made in your life, and how long did it take you to make them? Consider marriage, job changes, etc.
- What's the difference between your life and your will?
- Describe some times when exercising your will got you in some trouble.

- What experiences have you had in being cared for? What was it like for you?
- Could you believe your Higher Power cares for you? How?
- List all the things you might or might not be willing to turn over to your Higher Power.
- Write about the people you have trusted, and what made them trustworthy in your eyes.
- Is your Higher Power trustworthy? Why?
- Have you turned your life and your will over to your Higher Power before? What was that experience like?
- If you are holding back from taking step 3 write about what is standing in your way.
- What would my life look like if I turned my life and will over to God as I understand him one day at a time? What would be the benefits? Would there be any disadvantages?
- What is it like when you are totally in charge of your life and your will? What are the possible outcomes if you let go?
- What obstacles do you face in taking Step 3?
- Ask three people who have completed Step Three about their experiences with Step Three. Write about what you learned.