

## Fellowship Feedback for COSA Recovery Workbook

April 16-June 26, 2025

[Feedback Form](#)

### Step Three

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

1. Considering Step Three
  - a. What difficulties do you face in your daily life? What difficulties brought you to COSA?
  - b. What can propel you to make new choices and take action in your life?
  - c. In what ways is it encouraging to witness other COSA members who have found serenity in their lives through Step work? What will help you trust that you may also find peace by working the program?
  - d. In what ways can Step Three help you find a connection with a God you can trust?
  - e. What will help you decide to believe that a Higher Power will support and sustain you? Care for you?
  - f. What difficulties do you face *simply making a decision* to turn your will and life over to the care of a Power greater than yourself?

#### **Exercise: Gathering Enough Willingness**

- When in your life have you taken a chance and tried something new (a new job, living in a new city, embarking on an adventure)?
- Were you excited or frightened or both?
- What gave you the willingness to try these new things?
- If the change was an unexpected necessity, how did you find enough courage and willingness to go along with the change?

Make a list of these changes in your life and note what you learned from each and the growth you experienced, regardless of the final outcome.

#### **Activity: Planting a Seed**

Plant a seed or sapling in your garden or in a pot in your home and watch it grow, as a symbol of your willingness to make a decision and allow it to evolve.

2. Step Three in Action

- a. What is your daily spiritual practice, or what might a daily spiritual practice be like for you?
- b. What people and situations have you allowed to exert power over you, your serenity, and your feelings of self-worth?
- c. What people and situations have you sought to control?
- d. Who or what have you tried to change, when in reality you had no power over them?
- e. How did this affect your serenity and well-being?

**Exercise: Make your own God box**

Write down on slips of paper the places, people, situations, and things over which you have no power. You might wish to use one item per slip of paper, and perhaps write one or two every day or as they occur to you. Deposit them in a special receptacle for your Higher Power to take care of for you. This is a helpful symbolic tool to encourage you to “Let go and let God,” and to consciously decide to allow this Power to care for you and relieve your burdens. Design/decorate your own God box, which you can use as a reminder of the hope and strength you have found in Step Three.

- f. What kinds of things are in your control?
- g. How can you tell when an impulse or idea is your Higher Power’s will or your own will? What actions (such as prayers, meditations, self-care, surrender) can you take toward aligning your will with your Higher Power’s will? What is your experience when your will does align with that of your Higher Power?
- h. What does your process of “letting go” look and feel like?
- i. In what ways are you learning to rely on and trust the God of your understanding?

**Exercise: Discovering Freedom**

Write down examples of occasions when you made a decision to relinquish control. Describe if it felt nerve-racking and scary, or if it felt freeing. Write down the outcome of each decision. Even if the outcome did not align with your desire, were you okay

nevertheless? As you continue to “let go” more often, does it become easier to make this decision?

3. Step Three Reflection

- a. In what way(s) have you experienced relief and/or inner peace by taking Step Three?
- b. In what areas do you continue to long for relief and inner peace?
- c. How do the words of the Serenity Prayer support Steps One, Two, and Three?
- d. How does it feel to ask your Higher Power for courage and wisdom to align with your Power’s will, rather than asking for specific desires and outcomes?

**Exercise: Third Step Prayer Activity**

Some COSAs find this Third Step Prayer helpful, even though it comes from a different fellowship<sup>1</sup>. It reads:

*“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.”*

In what way(s) is this prayer meaningful to you? Make this prayer personal by rewriting it, using your own concept of Higher Power and words that apply to your own journey. Example of one COSA’s personal rewrite: *Show me Your way. Change me into the person You want me to be.*

**Art Activity:**

Using the medium of your choice, create a representation of turning your will and your life over to the care of God as you understand God. What does this look like to you? Consider sharing your creation with your sponsor as you work this Step.

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<sup>1</sup> From Alcoholics Anonymous