

Recovery Fellowship

Welcome to our

12 Step

Pathway to Freedom



Step 3

Worksheets

“Dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice – the kind he will find acceptable.” (Romans 12:1)

Recovery Fellowship

Step 3: We made a decision to turn our will and our lives over to the care of God.

1. In steps one and two we talked about humility, a lack of power, and God. This step is the next logical step in the process. If we have admitted our powerlessness and have come to believe that God could restore us to sanity if He wants to then we can now, in this step, make a decision to let Him help us. Are you willing to let God help you?
2. Have you made good decisions in the recent past?
3. Do you think it is a good idea now to let God take over your life and run the show?
4. If God knows everything and is all powerful then does it not stand to reason that He can run your life better than you?
5. Are you ready to turn your will over to God?
6. Are you ready to turn your life over to the care of God?
7. Are you scared to take this step?
8. Are you scared of other things?
9. Would you say that you have lots of fears and doubts about your life and your future?

10. Being scared at this stage of your recovery is normal. If you are scared then you are probably more normal than you think. Do you think you are radically different than other people?
11. Do you ever pray?
12. This step involves saying a prayer where you turn your will and life over to God. You can take this step alone or with your sponsor. You may want to discuss this with your sponsor before you do it. Have you discussed it with your sponsor?
13. Do you discuss things with your sponsor regularly?
14. Are you being open and honest with your sponsor?
15. In the 3rd step prayer you can put it in your own words but you need to surrender to God. You need to ask Him to take over control of your life. Discuss it with your sponsor after you have done it and then write about it here. You may use the rest of this page and also add another if you need to.

16. This is not a step you take only once and then you are done with it. As very rebellious people we sometimes take our will and life back when we get scared. Have you ever turned things over to God and then took control back?
17. Many of us feel a need to take this step daily. God wants us to stay close to Him, and praying at least once a day helps us to do this. Many of us pray several times a day. Do you now pray regularly? Do you think you could benefit from praying more often?
18. How does it feel when you think about prayer? Does thinking about prayer remind you of how little you pray? If that is the case, then more prayer is definitely in order.
19. What have you heard about the benefits of prayer? Do you know people who say that prayer has helped them? Please elaborate.
20. Have you made a decision about how many times you want to pray each day?