

My Third Step

I'm a control freak. I think I know what's best for me always. I tend to be strong-willed. Most of the time, I am pretty sure that I can handle everything on my own. And if that didn't make my Third Step difficult enough, I suspect that my will is often contrary to that of my Higher Power. Needless to say, Step 3 is a daily struggle for me.

In Step 3, I do not surrender anything to my Higher Power. Rather, I simply place myself under his care & trust him with the results. I am not giving up control; I am allowing my Higher Power to make me a new creation so that my will is to do his work in my life.

Step 3 requires practice, & I find that it is easiest to break it down into more manageable portions. So, in conforming my will to my Higher Power's will, I try to practice integrity (doing what is right even when no one is watching). Rather than turning my entire life over at once, I turn over each decision, individually & as I must make them.

This is consistent with AA's slogan "One Day at A Time." Rather than staying sober for the rest of my life, I will stay sober just for today. Rather than surrender my entire life to my Higher Power, I will allow him to guide me in making this particular decision.

Try that a few times. It gets easier.

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