

# Step 3 Workbook v2: Turning It Over

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Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

This is the step of alignment. It's not about giving up—it's about choosing trust over control. When we stop managing everything ourselves, we make room for real spiritual direction. We decide to let go of the wheel and invite a Higher Power to guide us.

## Reflection Questions

1. What would it mean for you to fully let go of control?
2. Where has self-will shown up in your decisions—and what were the results?
3. What does it feel like to try to manage your own life without guidance?
4. What parts of your story are hardest to surrender?
5. How has fear shaped your actions more than trust?
6. What do you imagine a life guided by spiritual principles would feel like?
7. What values or actions help you feel aligned with something greater?
8. What does the Third Step Prayer mean to you, line by line?
9. Where do you still try to play God—and why?
10. What blocks you from trusting your Higher Power fully?
11. What do you need to stop managing today?
12. What does 'care of God' look like to you, in a practical sense?

## Quotes from AA Literature

### Big Book (4th Edition)

*"We had to quit playing God. It didn't work." — Big Book, p. 62*

*"We decided that hereafter in this drama of life, God was going to be our Director." — Big Book, p. 62*

*"God, I offer myself to Thee—to build with me and to do with me as Thou wilt..." — Big Book, p. 63*

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### Twelve Steps and Twelve Traditions

*"Faith is more than our greatest gift; its sharing with others is our greatest responsibility." — 12 & 12, Step 3*

*"Every man and woman who has joined AA and intends to stick has, without realizing it, made a beginning on Step Three." — 12 & 12, Step 3*

*"Each of us has to find what kind of relationship with God works for us." — 12 & 12, Step 3*

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### Plain Language Big Book

*"We decide to stop trying to run the show by ourselves." — Plain Language Big Book*

*"Turning it over doesn't mean giving up—it means getting aligned." — Plain Language Big Book*

*"This Step reminds us that we're not alone and we don't have to figure it all out." — Plain Language Big Book*

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## **Affirmations**

Write affirmations that reflect your willingness to let go, to be guided, and to trust something greater than self.

*Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'*

## **Prayer Reflections**

Write a prayer of surrender, asking for the strength to follow your Higher Power's will instead of your own plans.