

# CZR Step Study

## Step Three – Week 1 of 3

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

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

- Read *COSA Step Three* booklet/chapter up to the Voices. Please read the questions but wait to answer them until next week. See Step Study Resources on the [COSA Zoom Room](#) website for ordering information.
- Spend some time each day thinking about/meditating on the words of Step Three. After several days of meditation, pick one word that stands out to you, and write about that word (any length, any style of writing).<sup>1</sup>
- Identify two things every day you can turn over to your Higher Power. They can be large or very small. You don't have to have a perfect concept of who or what that Higher Power is. You can turn these things over via prayer, by writing them down, by saying them out loud, or any other method that works for you.<sup>2</sup>

#### **Please read and answer the questions below.**

These questions<sup>3</sup> are prompts to help you recognize your thinking and behavior in relation to this Step. What matters most is how these concepts relate to your life. Be prepared to share your answers with your group.

- Step Three can be considered both an action step and a daily process. How do you view the magnitude of Step Three? i.e., Do you see Step Three as a single step off of a giant cliff? Do you see Step Three as the first of many small daily action steps on a new, different, and beautiful path you've never taken before? Do you see Step Three as a path you've explored a bit before, but perhaps without much light? What imagery from the above list, or your own, best describes how you see Step Three?
- Tradition Two describes our group conscience as being guided by a "loving" Higher Power. Would you describe your own understanding of your Higher Power to be loving?
- Do you feel you need to fully understand God in order to take this Step? Why or why not.

<sup>1</sup> South Bay Step Group by Amy MJ and Brian T

<sup>2</sup> Walk in the Light Step Study

<sup>3</sup> Walk in the Light Step Study

## Forever Essential Assignments

It is important for our own recoveries to attend and contact other COSAs. It is recommended for the entire year-long step study. It helps us embrace the “we” part of our fellowship.

- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

## Recommended

- Read and Highlight [Chapter 5](#) from the *Big Book / Alcoholics Anonymous* pages 60–63 from "Our description of the alcoholic..." through "was felt at once."

### Boundaries Exercises

- *Breaking Free* (a recovery workbook) Read and do the exercises on pages 316–326 regarding external boundaries. See Step Study Resources on the [COSA Zoom Room](#) website for ordering information.

## Optional

### Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

# CZR Step Study

## Step Three – Week 2 of 3

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

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

- Answer the questions from the *COSA Step Three* booklet/chapter.
- Read the Third Step Prayer

*"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."*

- Consider: Is this prayer meaningful to you? If so, pray when you are ready. If not, write your own prayer to express this concept. When you are ready, use/pray your prayer.

#### **Please answer the questions below.<sup>4</sup>**

- How might your actions and feelings differ from what they are now if you truly turned all of your decisions over to your Higher Power?
- Those of us in COSA have had our trust deeply broken by other people, and the thought of giving up control and turning our will and our lives over to anyone or anything may be terrifying. What scares you or makes you unwilling to trust your Higher Power as you think about this Step?

#### Forever Essential Assignments

It is important for our own recoveries to attend and contact other COSAs. It is recommended for the entire year-long step study. It helps us embrace the “we” part of our fellowship.

- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

<sup>4</sup>South Bay Step Group - Amy MJ & Brian T

## Recommended

### Boundaries Exercises

- *Breaking Free* (a recovery workbook) Read and do the exercises on pages 327–338 regarding internal boundaries part one.

## Optional

- Listen to the MP3 below, which is from a live presentation recorded at the 2021 COSA ISO convention. It is available for purchase for \$3.00 [2021-12 Serenity Prayer Workshop \(mp3\) | COSA-Recovery](#)

### Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

# CZR Step Study

## Step Three – Week 3 of 3

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

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.

*“God, I offer myself to Thee - to build with me and 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. May I do Thy will always.”<sup>5</sup>*

If you have not already prayed the *Third Step Prayer* to your Higher Power, consider the following questions:

- What is preventing this action or interfering with you moving forward?
- How can you offer this prayer with a genuine heart but still honor where you are?

**Please answer the questions below.<sup>6</sup>**

- In what ways do you feel ready to trust your Higher Power and turn your will and your life over to God as you understand God?
- If there is not enough time for you to share everything you’ve written, what is most important or helpful for you to share in the group about your work on this Step? (Keep in mind that what is most important or helpful is often what we are most ashamed of or fearful about)
- Were there any questions or concepts you struggled with, found confusing, or where you felt stuck?

#### Forever Essential Assignments

It is important for our own recoveries to attend and contact other COSAs. It is recommended for the entire year-long step study. It helps us embrace the “we” part of our fellowship.

- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

<sup>5</sup> *Big Book | Alcoholics Anonymous* page 63

<sup>6</sup>South Bay Step Group - Amy MJ & Brian T

## Recommended

- Listen to the [One Year to Live Fantasy](#)<sup>7</sup>
- Use the One Year to Live Fantasy Worksheet to help process this meditation. See [COSA Zoom Room](#) website for the PDF.

Story In Three Sentences Instructions<sup>8</sup> See the [COSA Zoom Room](#) website for the PDF if you need to review the instructions.

Write out your Step Three story in three sentences. Instructions:

- Sentence 1: The Story – Write out (in one sentence) how you became willing (or haven't yet become willing) to turn your will and your life over to the care of God.
- Sentence 2: What I did wrong - Write out (in one sentence) what you did that you wish you had either not done or done differently.
- Sentence 3: What I should have done – Write out what would have been a better choice and/or what I will choose to do in the future when that situation repeats itself.

### Boundaries Exercises

- *Breaking Free* (a recovery workbook) Read and do the exercises on pages 339–352 regarding internal boundaries part two.

## Optional

### Forever Optional Assignments

- Read back issues of the COSA [Balance Newsletter](#). The month of publication usually has a reading about the Step of that month included.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

<sup>7</sup> The Gentle Path Through the Twelve Steps by Patrick Carnes Pages 243-255

<sup>8</sup> Dennis F - [website](#)