

# 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 help me 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.<sup>1</sup>

1. Read the *COSA Step Three: Working the COSA Third Step* booklet/chapter, up to the Voices. For information on ordering, see Step Study → [Resources](#) on the [COSA Zoom Room](#) website.
2. 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>2</sup>
3. 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, writing them down, saying them out loud, or any other method that works for you.<sup>3</sup>

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

The following questions are prompts to help you recognize your thinking and behavior regarding working this Step. What matters most is how these concepts relate to your life. Be prepared to share your answers with your group.

4. 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 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?
5. 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?
6. Do you feel you need to understand God to take this Step fully? Why or why not?

<sup>1</sup> Adapted from Herb K's [Way of Life](#) document

<sup>2</sup> South Bay Step Group by Amy MJ and Brian T

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

<sup>4</sup> Walk in the Light Step Study

## Forever Essential Assignments

For our recovery, attending meetings and contacting other COSAs is important. 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

7. 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

8. Read and do the exercises in *Breaking Free* (A Recovery Workbook) Part 3 Setting External Boundaries on pages 316–326 from *After improving your...* through ...the worksheet. For information on ordering, see Step Study [Resources](#) on the [COSA Zoom Room](#) website.

## Optional

Watch: Hand in Hand Series — [Boundaries Presentation Hand in Hand](#)

## Forever Optional Assignments

- For more information on each step, read the *COSA Balance* newsletter. For information on ordering, see Step Study → [Resources](#) on the [COSA Zoom Room](#) website.
- 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 help me 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.<sup>5</sup>

1. Choose at least three readings from the COSA Voices in the *COSA Step Three: Working the COSA Third Step* booklet/chapter.
2. Read the Third Step Prayer<sup>6</sup>

*"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."*

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

#### **Please answer the questions below.<sup>7</sup>**

The following questions are prompts to help you recognize your thinking and behavior regarding working this Step. What matters most is how these concepts relate to your life. Be prepared to share your answers with your group.

4. How might your actions and feelings differ from what they are now if you truly turned all your decisions over to your Higher Power?
5. 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?

<sup>5</sup> Adapted from Herb K's [Way of Life](#) document

<sup>6</sup> *Big Book | Alcoholics Anonymous* page 63

<sup>7</sup>South Bay Step Group - Amy MJ & Brian T

## Forever Essential Assignments

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

## Recommended

### Boundaries Exercises

6. Read and do the exercises in *Breaking Free (A Recovery Workbook)* Part 3 Setting Internal Boundaries on pages 327–338 from You need an internal... through ...the worksheet.

## Optional

7. Listen to the MP3 below, 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

- For more information on each step, read the COSA *Balance* newsletter. For information on ordering, see Step Study→[Resources](#) on the [COSA Zoom Room](#) website.
- 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 help me 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.<sup>8</sup>

1. Choose at least three questions to answer from the *COSA Step Three: Working the COSA Third Step*, booklet/chapter. The questions follow the COSA Voices. Remember, the ones that you want to skip are likely ones that you need to answer.
2. If you have not already prayed the *Third Step Prayer* to your Higher Power, consider the following questions:

*“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>9</sup>*

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

#### **Please answer the questions below.<sup>10</sup>**

The following questions are prompts to help you recognize your thinking and behavior regarding working this Step. What matters most is how these concepts relate to your life. Be prepared to share your answers with your group.

3. 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?
4. If you don't have enough time to share everything you've written, what is most important or helpful for you to share with your group about your work on this step? (Remember that what is most important or helpful is often what we are most ashamed of or fearful about sharing.) Consider sharing this at a COSA meeting as well.
5. Were there any questions or concepts you struggled with, found confusing, or where you felt stuck?

<sup>8</sup> Adapted from Herb K's [Way of Life](#) document

<sup>9</sup> *Big Book | Alcoholics Anonymous* page 63

<sup>10</sup> South Bay Step Group - Amy MJ & Brian T

## Forever Essential Assignments

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## Recommended

6. **Story In Three Sentences.**<sup>11</sup> For instructions, see Step Study→Step One→[Story In Three Sentences Presentation](#) on the [COSA Zoom Room](#) website for the PDF.
- a. 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.
  - b. Sentence 2: Write out (in one sentence) what you did that you wish you had either not done or done differently.
  - c. Sentence 3: Write out what would have been a better choice and/or what I would choose to do when that situation repeats itself.

### Example:

- a. **The Story:** *When my partner does something I consider foolish (i.e., spending money as if we were millionaires), I have difficulty remaining in serenity.*
- b. **What do you wish you had either not done or done differently?** *I sometimes obsess about how we can get out of the situation or whether I need to end the relationship to protect myself financially.*
- c. **What would have been a better choice?** *I would choose to trust that Higher Power will provide financially, surrendering to the reality that Higher Power will use every situation for good.*

## Boundaries Exercises

10. Read and do the exercises in *Breaking Free* (A Recovery Workbook) Part 3 Examples on pages 339–352 from Use the following space... through ...the worksheet.

<sup>11</sup> Adapted from Dennis F - [website](#)

## Optional

### Forever Optional Assignments

- For more information on each step, read the *COSA Balance* newsletter. For information on ordering, see Step Study → [Resources](#) on the [COSA Zoom Room](#) website.
- 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.