

STEP 3.	Made a decision to turn our will and our lives over to the care of God as we understood Him.
Tradition 3	The only requirement for membership is a desire to stop lusting and become sexually sober.
Promise 3.	We will comprehend the word serenity.
Reward 3	We will know Peace

Readings:	
White Book	Pg. 93-96
Step Into Action	Pg. 43-56
AA Big Book	Pg. 58-63
12 & 12:	Pg. 34-41

3rd Step Prayer:

God, I offer myself to Thee - to build with me and do with me as Thou wilt. Relieve me of the 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!

Step Three calls for affirmative action asking each of us to **make a decision**. This takes a lot of effort and even more willpower. For it is only by action that we can cut away the self-will which has always blocked the entry of a Higher Power - or, God if you like, - into our lives

It is repeatedly explained that other Steps of the Program can be practiced with success **only** when **Step Three** is given a determined and persistent trial. In fact, the effectiveness of the whole (S.A.) program will rest upon how well and earnestly we have tried to come to "a decision to turn our will and our lives over to the care of God as we understood Him." This should tell you just how important Step Three is.

This statement may seem contradictory because our control and use of our own willpower has been one of the problems that led us deeper into our addiction, isolation and turned us away from our Higher Power. Our powerlessness, so well illuminated in Step 1, showed where our own willpower had taken us. After all, hadn't the greatest show of our own willpower resulted all too often in our acting out or facilitated the all too familiar slide into the deep sense of emptiness we felt every time those things we wanted – *no, needed and lusted after* - just never seemed to come our way. Hadn't we thought that we could have kept from acting out if we'd just applied a little more willpower?

But Step Three tells us that a lack of willpower was not our problem, instead it was the misuse of our will power. It was not until we brought our willpower into line with our Higher Power's that our own willpower became an ally in our struggle to stay sober. The books tell us that all we need to develop is the quality of willingness; the willingness to

“come to believe in a power greater than ourselves” and then to “turn our will and our lives over to the care of (this) Higher Power.” Trying to do this takes a determined act of one’s own will.

Just what does, “*turning it over*” mean? The words refer to the *transfer* of possession and control. Ok so you make the decision and ask for willingness to turn your will and your lives over to your Higher Power. Now what? Well maybe that is why Step 3 is so important – because if we don’t make this decision then it is practically impossible to face the reality of working the remaining 9 steps.

How else can one write out their 4th step inventory, share it with their sponsor, face the fact that most of our problems are of our own making by living according to our character defects, take a good hard look at all the people we have hurt along our destructive path and actually make amends to those we can, keep up that practice of self-examination and restitution where necessary, recognize where our strength and serenity come from by seeking a closer relationship with our higher power and then sharing all this with another struggling sexaholic. If you think you can do it without the embodiment of Step 3 I wish you luck? My experience, strength and hope have shown me it just doesn’t work that way.

Some may ask: ‘Just how do you know what your Higher Power’s will is for you?’

Those who have gone before found that regular prayer and meditation worked for them. In prayer we seek God’s will for us, in Meditation we try to listen to what God is telling us.

Intuition, it will sometimes amaze us that sometimes in the quiet time of prayer and meditation that all of a sudden we will intuitively know how to handle situations that used to baffle us (and that’s a promise).

Rely on a friend, sometimes just getting out what we are thinking can help, and other times our friend might very innocently provide us with the answer we seek. In addition, if anyone can see when your big ego is directing your decisions it is an SA friend or sponsor.

Read the literature, we are often amazed at how many times the passage you thought you understood when you read it the first time now applies directly to a completely different situation.

Work the Steps, often the enlightenment we seek can be found by simply working the steps.

Any number of sexaholics are bedeviled by the dire conviction that if ever they go near SA they will be pressured to conform to some particular brand of faith or theology.

They just don’t realize that faith is never an imperative for SA membership; that sobriety can be achieved with an easily acceptable minimum of it, and that our concepts of a

Higher Power and God - as we understand God - afford everyone a nearly unlimited choice of spiritual belief and action.

GRAPEVINE, APRIL 1961

*** **

In talking to a newcomer, stress the spiritual feature freely. If the man be agnostic or atheist, make it emphatic that he does not have to agree with your conception of God. He can choose any conception he likes, provided it makes sense to him.

The main thing is that he be willing to believe in a Power greater than himself, that this problem is the solution to his problem, and that he be willing to live by spiritual principles. Willingness here is the key.