

Sermon Notes / Exercises for Week 3

July 20, 2008

“Made a _____ to turn _____ and _____ over to the care of God as we understood Him.”

Biblical Models of Step 3:

1. David -
2. Jonah -
3. Jesus -

What is the common element here?

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. May I do Thy will always!*

Exercises for Week 3

1. **Work on developing a “beginner’s mind.”** A beginner’s mind is the mind of a child. Young children don’t obsess over performance and outcomes. We teach them those obsessions. Reflect on what your life would be like if you left all outcomes up to God. Write about how your life would change.
2. **Develop a one-year-to-live fantasy.** Imagine that you just walked out of the doctor’s office after hearing that your medical diagnosis was terminal. You were told you have one year to live. Would you quit your job? Would you travel? How would you spend the last year of your life?
3. **Name the promises of 12-step living.** After working on this stuff for three weeks, you probably need to hear the good news of the spiritual benefits for what you are striving. Reflect and journal on the following promises of the program and what they would mean to you:
 - a. We will know peace.
 - b. Feelings of uselessness and self-pity will disappear.
 - c. We will lose interest in selfish things and gain interest in others.
 - d. Fear of people and economic insecurity will leave us.
 - e. We will intuitively know how to handle situations that used to baffle us.
 - f. We will suddenly realize that God is doing for us what we could not do for ourselves.

All of these exercises are to prepare for writing our fourth step in which the real work of the program begins.

