

Step Three

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

The most frightening thing about God is not what scared us about Him as children. Our biggest fear is what God might ask us to do now. We fear God will ask too much and that we won't be able to do what He asks. The Third Step appears to confirm this fear. "...turn our will and our lives over to the care of God *as we understood Him*".

This seems to go far beyond asking too much by asking for everything, everything I want, my will, everything I have, my life. Will these things no longer be mine? It's easy to see how someone might object to this idea.

We take the Third Step at the beginning of our sobriety. Giving up our will at that time is giving up our desire and determination to use heroin. Giving up our life at that time is giving up our life as a heroin addict. We are asked to give up a life controlled by heroin addiction. We turn over to our Higher Power a life that we no longer control.

We turn our obsessive desire to use and our life as an addict over to our Higher Power. By giving our old life to our Higher Power, we begin life anew. We do this so we can begin finding a life of our own, free of heroin. We find this life in the twelve-step program of Heroin Anonymous.

We could try to take the steps alone, but it is greatly suggested that we find a sponsor to help us. With our

sponsor's help we clear up the mess we have made of our lives and repair our relationships with loved ones. The only thing most of our loved ones want for us is to be free of heroin, to be the person they know and love.

With our personalities and relationships adjusted by the twelve steps, we receive intuitive direction from God. Our Higher Power guides us when we ask to know His will for us and to be granted the power to carry it out.

We know God wants us to stay sober. Everything we already do to maintain our sobriety is the will of Our Higher Power. Going to meetings, sponsorship, and helping other addicts get sober are all the will of our Higher Power.

Our Higher Power is not a navigation system that provides turn-by-turn instructions. As free persons we must take the initiative. Having cleared away the mess and dedicated our lives to sobriety, our motives are sincere. We make honest efforts based on these motives and take responsibility for ourselves. We learn from our mistakes and build on our successes.

We know hurting others is not the will of Our Higher Power. The opposite of hurting others is finding our place in this life; the productive role we are going to play is will of our Higher Power. The point of sobriety is that we recover who we were and become the person we ought to be. This is a different thing for each of us, and we use our Higher Power's direction to find our true selves.

A Bill Friend