

## Let Us Pray

Lord, Creator, and author of my life,

I have made a decision to turn my will  
and my life over to your care.

While that may come with fear and trepidation,  
I am willing to acknowledge my need for you  
as I surrender control of all that I have.

For far too long I have played the role of director,  
and I am now coming to believe

that a life directed by my own self-will  
is neither fulfilling nor fruitful  
for the work of your kingdom.

I am open to a new way of life  
that is designed by your grace and mercy.

Let me overcome my shame and fear  
so that nothing may get in the way  
of seeking your will.

For thine is the kingdom, the power,  
and the glory forever.

Amen.

## Catholic in Recovery Twelve Steps and Sacraments Study Week 3: Turning Our Will over to God



### Prayer to the Holy Spirit

O Holy Spirit,  
Beloved of my soul.  
I adore you.  
Enlighten me,  
Guide me,  
Strengthen me,  
Console me.  
Tell me what I should do.  
Give me Your orders.  
I promise to submit myself  
To all that You desire of me and  
To accept all that you permit to happen to me.  
Let me only know Your will.  
Amen.

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

## Going Further

1. What are the aspects of your life that you are most afraid to let go of?
2. What experiences do you have that lead you to believe that putting those aspects of your life in God's hands will have negative results?
3. Do you believe that you are worthy of being loved? What personal encounters have shown you unconditional love?
4. What are some of the triggers, or stimuli, that cause you to return to old behaviors and addictive cycles?
5. How can you avoid those triggers or learn to cope with them in a healthy, God reliant way?
6. Recite 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. May I do Thy will always.  
Amen.*