

The Heart of Step Three

Step 3 is the moment we stop trying to manage life on our own.

It is the decision to trust God with what we cannot control.

“Trust in the Lord with all your heart... and He will make your paths straight.”

Proverbs 3:5–6

Surrender is not giving up — it is giving God room to lead.

42 “Father, if you are willing, take this cup from me; yet not my will, but yours be done.”

Luke 22:42

Reflection & Prayer

Reflection:

- What part of your life is hardest to surrender to God.
- Where do you still rely on your own strength.
- What would trusting God “one day at a time” look like for you.

Prayer:

*God, I offer You my will and my life.
Where I cling to control, loosen my grip.*

Where I fear surrender, give me courage.

*Teach me to trust Your goodness,
Your timing, and Your plan.*

Lead me step by step into the freedom You promise.

*In Jesus Name,
Amen.*

cornerstonetorecovery.org



**Cornerstone
to Recovery**
MINISTRIES



You're not alone. We walk this journey together.

© 2026 Cornerstone to Recovery Ministries. Scripture quotations taken from the Holy Bible, New International Version® (NIV). Used by permission. All rights reserved.



**Cornerstone
to Recovery**
MINISTRIES

STEP THREE

SURRENDER & TRUST

“Made a decision to turn our will and our lives over to the care of God.”

Key Scripture:

5 Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

Proverbs 3:5-6 (NIV)

5 Commit your way to the LORD; trust in him and he will do this: 6 He will make your righteous reward shine like the dawn, your vindication like the noonday sun.

Psalms 37:5-6 (NIV)

A simple guide to understanding Step 3 through the lens of surrender and trust.

1. The Decision to Surrender

Step 3 is not about perfect faith.

It is about willingness — the willingness to let God lead.

Surrender means:

- Letting go of self-reliance.
- Trusting God with outcomes.
- Allowing Him to reshape our desires.
- Choosing obedience over impulse.

Key Idea:

Surrender is the turning point where recovery becomes spiritual transformation.

Self Inventory:

Check any that apply:

- I try to control outcomes I cannot control.
- I struggle to trust God with my future.
- I rely on my own strength more than God's.
- I fear what surrender might cost me.
- I want God's will but resist letting go.

Reflection:

- What part of your life is hardest to surrender?
- What would trusting God look like today?

2. Jesus in the Garden: A Model of Surrender

(read Luke 22:39–46)

In the Garden of Gethsemane, Jesus prayed:

“Not my will, but Yours be done.”

His surrender was not passive — it was courageous. He trusted the Father even when the path was painful.

Jesus shows us that surrender is:

- Honest.
- Costly.
- Courageous.
- Anchored in trust

Key Idea:

Step 3 is choosing God's will even when our feelings resist.

Scripture Engagement:

Read Luke 22:39–46.

Underline any words that speak to surrender for you.

Reflection:

- Where do you identify with Jesus' struggle.
- What would it look like to pray “not my will” in your situation.
- How might God be inviting you to trust Him more deeply.

3. Turning Our Will and Lives Over to the Care of God

Step 3 is both a decision and a daily practice. We surrender once — and then we surrender again tomorrow.

Turning our will and lives over means:

- Trusting God with our choices.
- Inviting Him into our desires.
- Allowing Him to guide our steps.
- Letting His Word shape our decisions.

Key Idea:

Surrender is not losing control — it is giving control to the One who loves you.

Surrender Inventory:

Rate 1–5 (1 = not true, 5 = very true):

- ___ I trust God with my future.
- ___ I invite God into my decisions.
- ___ I believe God's will is better than mine.
- ___ I am willing to let go of control.
- ___ I want God to lead my recovery

Reflection:

- What fears keep you from surrender?
- What step of trust is God inviting you to take?
- Who can walk with you as you practice Step 3?