



The
**Cornerstone
to Recovery**
Show

EPISODE 3 WORKBOOK

LETTING GO

LETTING GOD

Commit to the LORD whatever you do,
and he will establish your plans.

Proverbs 16:3

HIS WORD TODAY — EPISODE 3 WORKBOOK

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

Key Scriptures: Psalm 37:5 • James 4:7

THE SCRIPTURAL FOUNDATION

Psalm 37:5 (NIV):

“Commit your way to the Lord; trust in Him, and He will do this.”

James 4:7 (NIV):

“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”

These verses form the foundation of surrender, trust, and spiritual alignment — the heart of Step 3.

1. STEP 3 — THE HINGE OF RECOVERY

Step 3 is the turning point where we stop clinging to the illusion of control and place our lives into God’s hands.

This step is not about weakness — it is about wisdom.

It recognizes that:

- God’s care is greater than our chaos.
- His strength is greater than our struggle.
- His clarity is greater than our confusion.

Addiction thrives on the lie:

“You’ve got this. You can handle it. You don’t need help.”

But that lie always leads back to exhaustion, fear, and defeat.

Key Idea: Trying to control everything is exhausting — surrender is where healing begins.

Reflection:

- Where have you been trying to control outcomes?

2. PSALM 37:5 — THE CALL TO COMMIT

To commit means to hand over, entrust, release our grip.

It is saying:

“God, I’m placing this in Your hands because my hands are too small to carry it.”

When we commit our way to the Lord, we are not giving up — we are giving God room to move.

And the promise is clear:

“Trust in Him, and He will do this.”

- He will act.
- He will guide.
- He will establish.
- He will move.

Key Idea: Commitment shifts us from self-reliance to divine guidance.

Reflection:

- What part of your life needs to be entrusted to God?

- What fears make commitment difficult?

- Where do you need God to “act” on your behalf?

3. JAMES 4:7 — SUBMISSION IS ALIGNMENT

Submission is not defeat — it is alignment.

“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”

Submission places us under God’s protection and authority.

It positions us in the flow of His strength.

It empowers us to resist temptation, cravings, old patterns, and the lies of the enemy.

When we submit to God, we are not shrinking back — we are standing firm.

Key Idea: Submission aligns us with God’s power, not our own.

Reflection

- What does submission mean to you today?

- Where do you need God’s strength to resist old patterns?

- What would alignment with God look like in your daily life?

4. STEP 3 IS A DAILY DECISION

Step 3 is not a one-time event.

It is a daily choice, a daily surrender, a daily alignment.

Every morning we pray again:

“God, I give You my will and my life today.”

Over time, this daily decision reshapes:

- Our habits
- Our relationships
- Our hope

Surrender becomes a rhythm.

Trust becomes a lifestyle.

Peace becomes a companion.

Reflection:

- What would daily surrender look like for you?

- What habits need to be reshaped by God?

- Where do you need daily peace?

5. A PRACTICAL EXERCISE — LETTING GO

On a separate piece of paper write down one area of your life you've been trying to control – a relationship, a fear, a habit, a financial worry, a secret struggle...

Pray, releasing it to God.

Then throw the paper away.

When the temptation comes to take it back, pause and say aloud:

“Let go. Leave it to God.”

This simple phrase becomes a spiritual anchor.

Reflection:

- What did you write down?

- How did it feel to release it?

- What does “letting go” look like in practice?

7. THE STRENGTH FOUND IN SURRENDER

Step 3 is where surrender becomes strength.

In letting go, we discover that God is already holding us.

- His care is firm.
- His love is constant.
- His guidance is steady.

“Commit your way to the Lord; trust in Him, and He will act.”

And He will, He always does.

Reflection:

1. What part of Step 3 is most challenging for you?

2. How do you understand the difference between surrender and giving up?

3. What does daily submission look like in your life?

4. Where do you need God’s guidance right now?

5. How has surrender brought peace or clarity?

PRACTICAL NEXT STEPS

- Pray a daily surrender prayer
- Read Psalm 37:5 each morning
- Share your Step 3 reflections with a trusted believer
- Practice the “Let go. Leave it to God.” exercise
- Identify one area where you will stop trying to control outcomes:

CLOSING PRAYER:

Father, today I make the decision to turn my will and my life over to You.
I release my need to control what only You can heal.
Align my heart with Your will.
Guide my steps.
Strengthen my surrender.
Teach me to trust You daily.
I place my life in Your hands — fully, freely, and with hope.
Amen.