

HIS WORD TODAY — Step 3

“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 very 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.

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.

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.

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.

5. A PRACTICAL EXERCISE — LETTING GO

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... or maybe all of the above.

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.

6. ENCOURAGE OTHERS ALONG THE WAY

Share with someone how surrender has brought peace into your journey.

Your testimony may be the encouragement someone else needs to take their own Step 3.

When we share our surrender, we strengthen our own recovery — and we strengthen others.

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.

GET EXCITED ABOUT JESUS!