

ASHLEY HASEOTES

<https://youtu.be/8GXYwBPM0mo>

Who or what does God mean to you? Do you struggle with this topic, or wonder if having a relationship with God is necessary in order to find peace and spiritual freedom here on earth? Will developing a relationship with God while in the midst of Covid-19 quarantine help to relieve your anxiety?

In this video, our third of the series, we talk about all of this and more. Morgan and Chris share with us how even when they didn't understand how to even have a relationship with God, they just did the work and over time this relationship unfolded and continues to do so for them even today!

Welcome to the 3rd Step in our 12 Steps to Spiritual Freedom and Deep Happiness journal course.

If you are just joining us, I invite you to watch our first two videos first, as the Steps are meant to be completed in order, as in AA.

Below are your journal prompts for Step 3.

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

1. How would you answer the question "Who is God"? In other words, describe God as you understand God.
2. What things, people or circumstances have you tried to control in the past and how has that turned out? Do you think that God will be able to handle your life better than you have?
3. How do you feel in general about turning your life over to God?

4. In what ways will you keep up the process of turning your life over to God? Possibilities include going to religious services, prayer, meeting with others, writing a journal, service to others/charity, meditation, reading, physical exercise, or engaging in therapy.
5. How would you answer the question "Who am I"?
6. What are your greatest fears about giving up control over your life to God as you understand God?
7. Describe who or what you trust and to what degree.
8. In what do you find meaning now or think that you can find meaning in the future?
9. How do you think that you should live your life after giving your life over to the care of God as you understand God? What changes do you expect to make and how will this look in specific detail?
10. How do you plan to celebrate or honor this step of turning your life over to the care of God?
11. Describe any celebration or honoring activity that you have actually made in turning your life over to the care of God. How did you feel afterward?

Step 3 Conclusion:

When you have completed these questions, use this prayer as an affirmation of your willingness to receive help from God as you understand God. Meditate on this prayer.

3rd Step Prayer:
*"Take my will & my life,
Guide me in my journey, Show me how to live."*