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| Step 3 Made a decision to turn our will and life over the care of God as we understood God.  3.E Of God as We Understood God | |
| This phrase often adds to the confusion. It is ok to wrestle with the phrase and change it to what helps us recover. | |
| What is the first thing that comes to mind when I hear this phrase? |  |
| Is that helpful to my recovery? |  |
| In recovery, many people start experiencing a higher power in a totally different way than they did prior to recovery. What experiences of spirituality and what experiences of a higher power caring for you have you had in recovery? |  |
| What methods are you learning in order to be more open to a higher power’s direction? |  |
| How are you learning to be more connected with yourself or true to your own self? |  |
| One word that is used a lot in spiritual circles is “discernment”. What do you think this word means and how does that help you see what the “next right thing” is? |  |
| One common theme in many spiritual circles is learning to wait for the “right time”. What experiences with “the right time” have you had in recovery? |  |
| How have your experiences in recovery changed your original ideas of what the word “god” means? |  |

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