

The Third Step Prayer

From page 63 of *Alcoholics Anonymous* - the Big Book:

We were now at Step Three. Many of us said to our Maker, *as we understood Him*:

"God, I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"

We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him.

We found it very desirable to take this spiritual step with an understanding person, such as our wife, best friend, or spiritual advisor. But it is better to meet God alone than with one who might misunderstand. The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation. This was only the beginning, though honestly and humbly made, an effect, sometimes a very great one, was felt at once.