

March 23, 2021

Hello again Lord,

When I first entered AA, I thought that, besides not drinking, I would be taught how to manage my emotions, control my anger and eliminate my depression making my life better. Instead, I was told the craziest thing: I was told to “let go and let God.” That sounded way too esoteric to work in my case. I mean, God wasn’t going to fix my career, pay my mortgage, or repair all the damage I had caused. “That’s right,” my sponsor said. “Your job will be to take the action. The results, however, you will leave up to God.” That seemed even crazier, but I was willing to learn to try.

Lord, I’m a slow learner, so I only let go a little bit at first. But each time I did, things got better. And what was truly miraculous was that when I completely trusted You and let go, things turned out better than I could have imagined. My sponsor taught me that by doing this I was working the first Three Steps in the program, and he recommended I try it not only on my drink problem but in my life as well. He said the shortcut to remembering Steps One through Three was to simply say, “I can’t, He can, let Him.” And I’ve found that it works when I’m willing to work it.

Step I: "Dear Lord, I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction."

Step II: "Heavenly Father, I know in my heart that only you can restore me to sanity. I humbly ask that you remove all twisted thought & addictive behavior from me this day. Heal my spirit & restore in me a clear mind."

Step III: "God, I offer myself to Thee To build with me & to do with me as Thou will. Relieve me of the bondage of self, that I may better do Thy will."

Thanks to Your grace and forgiveness and love my life is better. I am making spiritual progress. Amen.

The Etruscan