

• **ATY March 23rd** Blessed are the poor in spirit: for theirs is the kingdom of heaven Matthew 5:3
“To be poor in spirit means to have emptied yourself of all desire to exercise personal self-will, and, what is just as important, to have renounced all preconceived opinions in the wholehearted search for God. It means to be willing to set aside your present habits of thought, your present views and prejudices, your present way of life if necessary; to jettison, in fact, **anything and everything that can stand in the way of your finding God.**”

• **(63:2)** “We were now at Step Three. Many of us said to our Maker, *as we understood Him*: “**(1)** God, I offer myself to Thee-**(2)** to build with me and **(3)** to do with me as Thou wilt. **(4)** Relieve me of the bondage of self, **(5)** that I may better do Thy will. **(6)** Take away my difficulties, **(7)** that victory over them may bear witness **(8)** to those I would help of **(9)** Thy Power, **(10)** Thy Love, and **(11)** Thy Way of life. **(12)** May I do Thy will always!”

Third Step Vision Exercise

Write out a vision for your life for what each of these **(12)** areas of the prayer personally mean **TO YOU**. The Second Step exercise should have clarified your vision of God for you so, we'll start with the second half of **(1)**

- 1. What exactly are you offering?** (your sobriety, your health, your actions, your body etc.) **And What does it look like to offer your self to God?**
- 2. How do you expect God “to build” with you? What does that look like?** (better actions, better thoughts etc.)
- 3. What do you think God will “do with” you? What does God want with you? Why were you spared from Alcoholism when so many others aren't? Does God have a plan for you? What does His plan for you look like?**
- 4. What is your bondage ? What exactly does it look like, when you are actively in bondage of “self”?**
- 5. Describe what it would look like for you to “better do” God's will?**
- 6. What are your current “difficulties”?**
- 7. Are you gaining “victory” over your difficulties? If not, Why not?** (are you still running the show?) **Who should be able to observe you, in order for you to “bear witness” to your victory?**
- 8. Would you “Help” if you could? To what lengths would you go to “Help”? Are you of “Help”?** **What does it look like for you to be of real “Help” to others?** (are you a living example of God's Power?)
- 9. Why would you need Power? How much Power is available to you? What does it look like when you have received His Power?**
- 10. Do you need God's “Love” in your life? Can others recognize God's “Love” in your life? What does God's “Love” in your life look like?**
- 11. What is God's “way of life”? What does God's “way of life” specifically look like for you?**
- 12. Are you attempting to “do” God's will “Always”? What would it look like for you to attempt to do God's will “always” in you life?** (See also #5 above)