

Step 3

Group 2

Let's look some more at STEP 3.

We make a decision to ask for help from a Higher Power and others who understand.

What is a PRAYER? (group discussion)

Here is a 3rd Step Prayer that you can use when you turn your life over to God.

Prayer to the Great Spirit
O Great Spirit,
Whose voice I hear in the winds,
And whose breath gives life to all the world, hear me!

I am small and weak.
I need your strength and wisdom.
Let me walk in beauty and make my eyes ever behold
the red and purple sunset.

Make my hands respect the things you have made
And my ears sharp to hear your voice.

Make me wise so that I may understand
The things you have taught my people.

Let me hear the lessons you have hidden
In every leaf and rock.

I need strength,
Not to be greater than my brother,
But to fight my greatest enemy – myself.

Make me always ready
To come to you with clean hands and straight eyes.
So when life fades, as the fading sunset,
My Spirit may come to you without shame.

A-ho!

On the other side – write out your own Prayer to your Creator and share this with the group.

Ticket:

Welcomed Sobriety Circle Group this morning and opened session with the Serenity Prayer. After brief sharing as to how the weekend went, group was presented with a Prayer to the Great Spirit which focuses on Step 3 : **We make a decision to ask for help from a Higher Power and others who understand.**

Reviewed the theme of Step 3 as that of nurturing FAITH in a Higher Power.

Discussed/Processed with group what “prayer” really is- a “communication” between myself and another. Processed how it is essential in any relationship. One only gets to know another through “communication” which is a sharing of thoughts and feelings on a sincere level.

Group members shared their own ideas of how “communication” enhances relationships.

They then wrote their own “prayer” to express their personal commitment to Step 3 and their Higher Power.

Individual Note:

Client unsure as to how to go about creating their own personal “prayer.” Willing to engage with peers and share.

Plan:

- Next session begin study of Step 4.
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