The Third Step Prayer

the surrender at the heart of Step Three

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

THE PRAYER, WORD FOR WORD

> *"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.

THE PRAYER IN FOUR MOVEMENTS

OFFERING	God, I offer myself to Thee—to build with me and to do with me as Thou wilt.
RELEASE	Relieve me of the bondage of self, that I may better do Thy will.
WITNESS	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.
SURRENDER	May I do Thy will always!

The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation.

Thee, Thou, and *Thy* are simply older English for *you* and *your.*

Alcoholics Anonymous (the Big Book), "How It Works," p.63