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**Step 3: Learning to Trust Others**

**Step 3**: We make the decision to turn our lives and our wills over to the only Higher Power, Jesus Christ.

*Proverbs 3:5-6 Trust in the Lord with all your heart and lean not on your own understanding; 6**in all your ways submit to him, and he will make your paths straight.*

**Three Questions**

1. ***How*** do I learn to trust again?

* Spend **\_\_\_\_\_\_\_\_** with people whose lives bear **\_\_\_\_\_\_\_\_\_** **\_\_\_\_\_\_\_\_\_.**

*Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.*

* Become more \_\_\_\_\_\_\_\_\_\_\_\_.

*Luke 6:31 Do to others as you would have them do to you.*

* Make the \_\_\_\_\_\_\_\_\_\_\_\_\_ to trust.

*Proverbs 17:17 A friend loves at all times, and a brother is born for adversity.*

1. ***Why*** is it important to trust others?

* I\_\_\_\_\_\_\_\_ do recovery \_\_\_\_\_\_\_\_\_.

*Proverbs 18:1 Whoever isolates himself seeks his own desire; he breaks out against all sound judgment.*

* God \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ them.

*Hebrews 3:13 But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness.*

1. ***Who*** should I trust?

* Trust those with a good \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_.

*Matthew 7:16-17 You can identify them by their fruit, that is, by the way they act. Can you pick grapes from thornbushes, or figs from thistles?****17****A good tree produces good fruit, and a bad tree produces bad fruit.*

**Sponsor**

* Completed a Step Study or Process Group
* Has minimum of 1 year of continuous sobriety
* Actively attending Forever Free meetings
* Displays committed, growing relationship with Christ
* Has a sponsor and accountability partners
* Must be same sex a sponsee

**Accountability Partners**

* Actively attending Forever Free meetings
* Shares a similar area of recovery
* Must be same sex
* Committed to growing in their relationship with Jesus
* Shows signs of growth in their recovery

**Leader’s Question:** Do I struggle to trust others? If so, do I struggle with *how* to learn to trust again, *why* it’s important to trust, or *who* to trust?