

Step 3 Made a decision to turn our wills and our lives over to the care of god as we understood god

### 3F Sponsorship

For many people, the first experiences of a caring higher power occur with their sponsor. The relationship with a sponsor has both easy parts and challenges.

Who is my sponsor?

What expectations did I have when I first asked that person to be a sponsor?

How has the relationship been different from my expectations?

What disagreements have I had with my sponsor?

What benefits have I seen in my life because of the relationship I have with my sponsor?

Have I learned anything from my sponsor about caring for myself?

What recommendations would I give a new person in the program about sponsorship?

What am I learning about the nature of a higher power by my relationship with my sponsor?