

Step Six and Seven

Are you now willing to let God remove from you all the things which you have admitted are objectionable?

Yea or nay. If you answered Yes without reservations, you just did Step 6

Humbly asked Him to remove our defects.

Read aloud the Seventh Step Prayer:

My Creator, I am now willing that you should have all of me good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do you bidding. Amen.

Re-read aloud three times to slow down and get present with what we are asking.

Self-righteous anger can also be very enjoyable. We take satisfaction in feeling superior to those who annoy us. Gossip can be a polite form of murder by character assassination. The belief that we are only trying to help them because they, like us, would be grateful or pleased that we have given them insight towards helping them understand how to be better.

Another great short tag-line to almost any prayer is:

Ask God in your morning meditation what you can do for the person who is still sick. And:

I ask only for knowledge of your will for us and the power to carry that out.