

Step Seven

Seventh Step Prayer

My Creator,

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

We Do Together:

- Continue reading “Into Action.”
- Discuss the potential meaning behind the absence of an “Amen” in the Third Step Prayer and the addition of an “Amen” in the Seventh Step Prayer.
- Review definitions of defects and antonyms. *This is your personalized list of qualities to aim for and practice - though this may have been provided in limited form by me in your 5th Step.*
- We say the *Seventh Step Prayer* together.

Daily Work:

- Prayer (and/or meditation, spiritual study, etc.) at least twice a day.
- Pray 3rd and 7th Step Prayers.
- Continue sending gratitude lists.
- Read the *Twenty-Four Hours a Day* book (in the morning, if possible).
- Read some of a spiritual book *in addition* whatever your religion, or you, decree a Holy or spiritual text (or audio/mediation apps/what-have-you).

Step Seven Work:

- Read the *Twelve Steps and Twelve Traditions* chapter on Step Seven to review together.
- Read the Seventh Step chapter in *The Steps We Took*.
- Read the **Step Seven** chapter and final four **prayers** of *Drop the Rock*.

YOU CAN DO IT ☺

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