The Seventh Step Prayer

"Humbly asked Him to remove our shortcomings." (p. 59) — made a daily practice

When ready, we say something like this:

THE PRAYER, WORD FOR WORD

"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 your bidding. Amen."

We have then completed Step Seven.

THE PRAYER IN FOUR MOVEMENTS

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

MAKE IT YOURS

name the defects

"God, please remove my…"

Copy from the defects you marked at your Fifth Step — the left column of the checklist.

ask for the opposites

"God, strengthen my…"

The spiritual opposites — the right column of the checklist. What He grows where the defect was.

ON AWAKENING The Third Step Prayer — the day is turned over before it starts.

EVERY EVENING This prayer, out loud, with your two lists by name. Then off to bed — the day's inventory belongs to God now.

"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!"

the Third Step Prayer — How It Works, p. 63