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 your bidding. Amen.**
>
> *Alcoholics Anonymous, 1939 first edition (p. 76 in the fourth edition)*

What you're asking for

- "All of me, good and bad": you hand God the whole of you, not just the parts you're ashamed of.
- "Every single defect": you stop keeping a favorite one in your back pocket.
- "Which stands in the way of my usefulness": the point isn't to feel better about yourself. It's to be useful to God and to the people around you.
- "As I go out from here": the prayer ends by sending you out the door to live it today.

Living the prayer today

- [ ] I prayed the Seventh Step prayer this morning.
- [ ] I named one defect I want God to work on today.
- [ ] When it showed up, I paused and asked for help instead of acting on it.
- [ ] Tonight I'll look back honestly and thank God for any progress.

WALLET CARDS

Cut on the dashed lines. Print on cardstock if you can.

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stepsandscripture.com

"Create in me a clean heart, O God, and renew a right spirit within me."

Psalm 51:10 (ESV)

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SCRIPTURE

> *"Create in me a clean heart, O God, and renew a right spirit within me."*
>
> **PSALM 51:10 · ESV**

> *"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*
>
> **1 JOHN 1:9 · ESV**

> *"Humble yourselves before the Lord, and he will exalt you."*
>
> **JAMES 4:10 · ESV**

> *"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"*
>
> **PSALM 139:23–24 · ESV**