

7 th Step Prayer Exercise

“ 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 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”

What does this look like?

Write out a Vision of each part of this prayer – BE SPECIFIC!!!

- **My Creator:[Who is your Creator? Describe His attributes]**

- **I am now willing: [What is Willingness to you? What does it look like? Specific attributes]-**

- **You should have all of me, Good and Bad [What’s the Good? What’s the Bad?]
[Good]**

[Bad]

- **Remove from me every defect of character which stands in the way of my usefulness:
[What Defects are currently standing in your way of usefulness to God?]**

- **[How do your defects stand in the way of your usefulness to God and others? What does it look like when you are blocked off from God?]**

- **Grant me strength [What does this look like? Why do you need God’s strength?]**

- **As I go out from here [Go out where? Home, Work, etc. Where in your life do you need to do God’s bidding most?**

- **Where have you been failing to do God’s bidding most?]**

- **To do Your bidding [What does doing God’s bidding look like?]**
