

Seventh Step Prayer

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

Help me to focus on others rather than myself.

Help me to realize that I am entitled to only what I receive by your grace and the grace of others.

Help me to be patient with the old, the young, the foolish, and the difficult, for at some point I have or will be each of them.

Help me to be free of the temptation to manipulate others and instead to find ways to be of service.

Help me to accept my own limitations and liabilities and find comfort in being imperfect.

Help me to accept criticism from others, whether it is well meant or not.

Help me to mend my poor relationships with others by making me more humble and accepting.

Help me to see and hear the wisdom of others before I offer my own opinions.

Help me to understand that I cannot own the happiness or feelings of others and, therefore, accept the responsibility for my own feelings and not those of others.

Help me to be more rational when considering my economic security and not enter into catastrophic thinking and worry.

Help me to myself, with all my faults, and realize that others do not define me and that I have intrinsic value.

Help me to reach out to others with loving praise, acknowledgement, and recognition more often.

I give these defects to you and ask humbly for your guidance in return.