

Step 7

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As I began my 7th step, I was struck at how short it was and yet how deeply impacting it could be if we really mean the words "remove our shortcomings", meaning, every single one. I saw a few Member Shares where they had used the phrase "To you who are...I give..." and it inspired me. What if I tried to put ALL (or most of!) my character defects and contrasted them with the character of my Higher Power? It was so much more meaningful to me as I realized I wasn't just letting go of my shortcomings, it was holding on to a relationship with Someone who didn't have my shortcomings!

Seventh Step Prayer

Thank you for meeting me today at my point of need.

- To You who are All Powerful, I give my powerlessness and weakness.
- To You who are Fierce and Mighty, I give my fear.
- To You who are Protector, I give my vulnerability.
- To You who are Unchanging, I give my instability and variability.
- To You who meets my needs, I give my neediness and tendency to run to people that can't meet my needs.
- To You who are Faithful, I give my tendency to run and hide from hurt, from people, from relationships.
- To You who never fail, I give my failure and shame.
- To You who are Holy and Sinless, I give my guilt and the penalty I deserve.
- To You who never gives up, I give my desire to jettison and cut off people and relationships that hurt me.
- To You who endured rejection, laughter, ridicule, and criticism, I give you that pain.
- To You who thought of me, I give you my selfishness and self-centeredness.
- To You who always speaks Truth, I give you my urge to lie and manipulate and control.
- To You who are the only Source, I give you my attempt to run to people and things to meet my needs.

Please hold these for me, and in return, lend me Yourself.

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