

Original Seventh Step Prayer as used by Dr. Bob

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Dear God,

I am coming to You on my knees in all humility to humbly ask You to forgive all my past wrongs and to remove all my defects of character.

I want to start a new life today, and I ask You to help me do so and to keep helping if I keep asking.

In Step Three, I turned my will and my life over to Your care.

Thank You for taking complete control of my life, and thank You for this opportunity to wipe my slate clean and start my life anew.

In Steps Four, Five and Six I have completed my moral inventory and admitted to myself and another person the exact nature of my wrongs. I now admit these wrongs to You, God.

I am entirely ready to ask and pray now that You please remove from me every single defect of character. Specifically, I ask You to remove the following shortcomings listed in my Fourth Step moral inventory: (Read aloud here those defects from your list.)

Thank You, God, for this opportunity for a new beginning in my life and a chance to be a part of the solutions in life instead of the problems. Please grant me wisdom, knowledge and strength as I go out from here to do Your work and live the Victorious Life (I say God-Centered Life) You designed for me.

Thank You, God, for the steps which will make Your plan for my life clear to me. Thank You and praise Your Name. (You can substitute hallelujah or any other personal phrase you may prefer from your individual faith). Amen.

I was going through the blog, and for some reason, I was unable to find my post on the original seventh step prayer as used by Dr. Bob. Somewhere along the way, it must have gotten deleted. Fortunately, I was able to resurrect it.

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