

12 Steps On The PATH To Freedom

#23 ~January 13, 2026

Defects of Character STEP 7

23

1. Read and highlight the second paragraph on page 76 of the Big Book. This is the Step Seven Prayer. Take a look at the prayer and write out your own, based on the principles and concepts of the Step Seven Prayer, A prayer in your own words will assist you to understand the prayer in the Big Book.

“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.”

2. Pray the prayer.

IF you have time:

3. Read and highlight Step Seven in the Twelve Steps and Twelve Traditions.

4. LISTEN/WATCH: Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE STEP SEVEN (SESSION 36) STEP SEVEN PRAYER (SESSION 37)