

#23 ~January 13, 2026

Assignment 23 – 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"

This image shows a blank sheet of white paper with ten horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.