

Step Six (76:1)

Sixth Step Instructions:

1. (76:1) Are you now ready to let God remove from you all the things which you have admitted are objectionable?
2. (76:1) Can He now take them all-every one?
3. (76:1) If we still cling to something we will not let go, we ask God to help us be willing.

A 6th Step prayer:

"God, Thank you for removing my fear and for showing me the truth about myself. Father, I need your help to become willing to let go of the things in me which continue to block me off from you. Please grant me your Grace Lord and remove these objectionable characteristics, defects and shortcomings from Amen" (76:1)

Step Seven (76:2)

(From the original manuscript (pg 28) of the Big Book) We get down on our knees and ...

(76:2) When ready, we say something like this: "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. Amen."