

Workshop Agenda #5

Steps 6 & 7 are covered on Pg 75/76 We review our inventory quietly for an hour carefully reading the first 5 Proposals(Steps) making sure we did not miss anything. Are we ready to have God remove the things which we have admitted are objectionable?

Step 7- 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 the Strength as I go out from here to do Your bidding Amen.

The experience removes our old fears, anger, guilt, resentments, shame, remorse, worries. We are given a new start!

We also start to see these as our Spiritual afflictions

We watch for anger, fear, resentment, jealousy, morbid reflection, selfishness, self pity, worry, remorse when these creep up we pray for these to be removed. We continue to pray. We stay Spiritually fit through pray daily.

- [Prayer for Fear on pg \(68\)](#) Dear God Please remove my fear and Direct my attention to what you would have me be I pray that I at once commence to outgrow fear Amen

- **Step 8 & 9** Pg 76 tells us we are now at Step 8 & 9

- We made our Amends list when we wrote out Step 4
- Remember it was agreed at the beginning we would go to any lengths for victory over alcohol. (Pg 76)
- Are we willing to admit our wrongs
- We then go and make our amends!

The directions for Steps 8 and 9 are very clear we make amends

Follow the directions in the Big Book!

Read pgs 76 - 83 Stop at the bottom of page 83 (The Promises)

