

## **Sixth Step Prayer**

Dear God,

I am ready for Your help  
In removing from me the defects of  
character Which I now realize are an  
obstacle to my recovery.

Help me to continue being honest  
with myself & Guide me toward  
spiritual & mental health.

### **6th STEP**

God help me become willing to let go of  
all the things to which I still cling.

Help me to be ready to let you remove  
all of these defects, that your will and  
purpose may take their place. AMEN

(p. 76 BB)

### **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 you're Grace Lord and  
make me willing to have these  
objectionable characteristics, defects  
and shortcomings removed. (76:1)