

StepSponsorDA

Free conference call back up number 701 779 9003 pass code 741603 * (the same)

[These are pages from the 'GreenBack Book Study Guide to Existing D.A. Literature. 2019 edition']

Topic 13: More on Steps 6-7

6. *Were entirely ready to have God remove all these defects of character.*

7. *Humbly asked Him to remove our shortcomings.*

STEPS 6-7:

Step six in its original form is a prayer step.

Summary of Readings:

AA BIG BOOK READINGS: Preparation, page 75: 3 (the whole paragraph, lines 1-12) and flip to page 59: 2 (lines 3-12)

READ Aloud together from the DA pamphlet "The 12 Steps of DA," Steps 6-7

READ Aloud together from DA Book *The Twelve Steps, Twelve Traditions and Twelve Concepts of Debtors Anonymous*, (a.k.a. "The 12x12x12") Steps 6-7

Begin With:

*After taking the 5th Step with another human being, read page 75, paragraph 3 in the AABB, that starts: "Returning home..." Follow all directions (they go into Steps 6 & 7 exactly) on the bottom of page 75 and the top of page 76. Then, be sure to flip to page 59 and ask yourself the first 5 steps on page 59, as **questions** (For example for Step 1 you would say "Have I admitted that I am powerless...".) After we ask ourselves these questions, we have taken Steps 1-5.*

Next, go to the STEP 6 questions: from the AABB page 76:1 (lines 3-5) to be taken in prayer

- WHEN do I take Step Six?
- HOW do I take Step Six?
- What is the Sixth Step PRAYER? (p76: 1)
- PRAY the prayer

Then, go to STEP SEVEN (AA Big Book middle of P 76) to be taken in prayer.

- WHEN do I take Step Seven?
 - What is the Seventh Step PRAYER? p76:2
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- WHAT am I praying for?
- PRAY the prayer

Next:

Read Aloud Together from DA Pamphlet “The 12 Steps of DA,” Step 6

Read Aloud Together from The DA Book: *The Twelve Steps, Twelve Traditions and Twelve Concepts of Debtors Anonymous*, (a.k.a. 'The 12x12x12') Step 6

Read Aloud Together from DA Pamphlet “The 12 Steps of DA,” Step 7

Read Aloud Together from the DA Book *The Twelve Steps, Twelve Traditions and Twelve Concepts of Debtors Anonymous*, (The '12x12x12') Step 7

PRAY the DA 7th Step prayer found on p 36 in the booklet entitled 'The Twelve Steps of Debtors Anonymous,' or the same prayer is on p 33 in the 12x12x12 book.

BEGIN WRITING YOUR 8th STEP AMENDS LIST.

TIP:

Without God, the plans debtors make for themselves tend to be grandiose or overwhelming. A debtor will become overwhelmed and quit these plans sometimes before ever starting them. AS DEBTORS, if we are to be realistic about how much we can pay to debt retirement, follow a spending plan, and stay motivated to complete our action plans, we must be entirely ready to have our character defects removed and **ask God to remove them.**

THE resulting CLARITY allows us to create do-able plans and follow them. From this point forward, in morning prayer time, add the AA & DA 7th Step prayers. Share your experience on humility and asking God to remove character defects.

ACTIONS

Finish the process of writing your fourth step columns, praying after each item as indicated.

To get finished, make a sacred appointment via phone or face-to-face to do the writing together with a partner.

If you are finished with the writing, **call and make your appointment and give it away.**

NOTE: Do not burn your 4th Step writing -- you will need it to make your amends list.

After giving away your 5th Step, **immediately take Steps 6 and 7 in prayer.** (see AABB pp 75:3 - 76:1-2)

Start your 8th Step Amends list and pray for the willingness to make amends (see AABB page 76: 3).

ACTIONS carried over from previous sessions:

- REVIEW the Action List from the previous session. Be current with that before going on to this week's Action List. It is absolutely OK, really advisable, to pick up where you left off.

PRAYER CARDS

- Get a pack of 3x5 index cards, if you have not done so already.
- On individual 3x5 cards, put each of the 3 daily prayers; consider making several sets, one set for by the bed, one for your wallet, your desk, vanity mirror, car or other place you frequently look.
- Add the resentment, fear and harms prayers to your prayer cards.
- **Add the 6th Step prayer for willingness and the 7th Step prayer for the character defects to be removed to your prayer cards.**

DAILY

- One Day at a Time Abstain from New Unsecured Debt (consider setting a date for your last unsecured debt or your DA Birthday).
- Call a DA member. Ask for support maintaining your DA program work, **especially 4th step writing**.
- Read from a piece of DA or AA Literature.
- Answer the study questions as indicated.
- Keep a spending record as you spend.
- Every morning: Pray for willingness to work your DA program.
- Pray the Serenity Prayer.
- Pray BOTH the Third Step Prayers, AABB's p 63 and DA's 12x12x12 on page19.
- Pray the resentment, fear and harms prayers as needed, as they apply.
- **Pray the 6th Step Prayer for willingness.**
- **Pray both 7th Step Prayers for the character defects to be removed (AABB p 76:2; DA 12x12x12 p 33).**
- Pray these all through the day and consider carrying your prayer cards with you.
- Spend some time on the READINGS in this study each day as you can, at least 15-20 min or more. Let whatever amount of time you have be good enough. Keep coming back.

WEEKLY

- Attend at least one solution-oriented DA meeting - listen for the DA concepts.
 - At your meeting, share only solutions and only if you have experience doing the work of the meeting topic. If you do not have a solution to share, listen for program-working members of your meetings and ask for their phone numbers or email addresses.
 - GET a DA sponsor or DA phone study partner.
 - Ask for support maintaining your DA program work.
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8. Made a list of all persons we had harmed and became willing to make amends to them all.

NEXT TOPIC:

Topic 14 GETTING IT WRITTEN - STEP 8

Making the Step 8 List of Persons Harmed + Prayer

READ Aloud Step 8: in the AA Big Book-Explanation: pg. 76:3

READ Aloud Together from DA Pamphlet "The 12 Steps of DA," Step 8

READ Aloud Together from DA Book *The Twelve Steps, Traditions and Concepts of Debtors Anonymous*, Step 8

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