

THE DISCIPLINE OF REPENTANCE – steps 6 & 7

– based on the Seven Deadly Sins

READINESS EXERCISE:

The following exercise is intended to help you prepare to let go so that God can remove the character defects you discovered while working Step Four. When necessary, refer to your fourth step written inventory.

Pride: Conceit; disdainful behavior or treatment of others; arrogance.

In what ways are you willing to let go of your constant need to impress others?

What difficulty do you have in letting go of your preoccupation with self?

Greed: Selfishness; hoarding; never having enough of anything.

What do you fear losing by letting go of your intense need for material things?

What will you gain by giving up your selfish tendencies?

Lust: Lechery; an intense indulgence in inappropriate sexual activity; above-normal desire.

What inappropriate sexual behavior is God asking you to give up?

How will removing your lustful tendencies change your current social behavior?

Dishonesty: Deceit; disposition to defraud or deceive; justifying behaviors by explaining ourselves dishonestly.

What anxieties do you feel when you realize the need to tell the truth?

How will honesty improve the quality of your life?

TRAIT REMOVAL EXERCISE:

The following exercise is to help you review your success in letting go so that God is now removing your character defects.

Humility: Being aware of one's shortcomings; not proud; not aggressive; modest; seeing ourselves as God sees us.

List ways in which you are practicing humility.

What new behaviors show your more humble attitude toward God?

Generosity: Willingness to give or share; being unselfish.

Cite examples of your willingness to share with others.

How does your new behavior help you to care about the happiness and welfare of others?

Acceptance of Sexual Self: Feeling comfortable with your sexual nature, without needing to have it lead to sexual intercourse. Clearly expressing preferences for sexual activity with partner.

How has your sexual behavior improved because of letting go of your inappropriate sexual relating?

In what way has your self-esteem been enhanced because of your improved sexuality?

Honesty: Telling the truth; being trustworthy. Honestly presenting yourself without creating false illusions for impressions sake. Being truthful about your real feelings.

What feelings surface when you risk being honest in your communication with other people?

How has being trustworthy improved your relationship with others?

Gluttony: Abnormal and distorted appetites; overwhelming need for possessions; excessive eating or drinking.

When changing your habits of overindulgence, what benefits do you hope to gain?

What are you ready to give up?

Envy: Jealousy; painful or resentful longing for an advantage or benefit enjoyed by another, combined with a desire to possess the same perceived benefit.

In what ways are you ready to lessen your desires for status and material wealth?

What do you believe your life will be like when you no longer experience jealousy?

Laziness: Not inclined to activity or exertion; not energetic or vigorous; distinct avoidance of responsibility.

In what ways are you willing to heighten your productivity?

What are you willing to do to eliminate your habit of procrastination?

Temperance: Moderation in eating and drinking; control of self-indulgence in all things.

Cite examples that show moderation in your use of food and drink.

How do you control self-indulgence in other areas?

Amicable: Friendly; harmonious; enthusiastic and helpful toward others.

Explain how being friendly helps you to feel more comfortable with yourself and others.

List ways in which your enthusiasm toward others is improving your self-confidence.

Energetic: Active interest in ideas and activities; attention to needs at work and play.

In what areas of your life is increased energy noticeable?

Cite examples of work habits that show you are being more productive.

SERENITY PRAYER

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Living one day at a time,
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did,
this sinful world as it is,
not as I would have it;
trusting that you will make all things right
if I surrender to your will;
so that I may be reasonably happy in this life
and supremely happy with you forever in the next.
Amen.

– Reinhold Niebuhr