

Let Us Pray

God,
I stand before you with an open mind
and an open heart.
I come ready to believe
that you know what is best for me.
I am willing to shed all that you ask of me
so that my true self may be revealed
to you and to others.
I continue to believe that your will for me
is superior to the plans that I have for myself.
I am ready to become new
and clothed with the armor of your love.
Amen.

Catholic in Recovery Twelve Steps and Sacraments Study Week 6: Removing Defects



Catechism of the Catholic Church:

“Penance requires ... the sinner to endure all things willingly, be contrite of heart, confess with the lips, and practice complete humility and fruitful satisfaction.” 1450

“The whole power of the sacrament of Penance consists in restoring us to God’s grace and joining us with him in an intimate friendship.” 1468

Step Six: Were entirely ready to have God remove all these defects of character.

Going Further

1. What have you identified as the source of your hangups?
2. As you work through the steps, pause and reflect on some of the miracles that God has worked in your life. What do you see that you were unable to witness before?
3. How has your behavior changed in an effort to participate in the grace of these miracles?
4. Is there anything that you are still unwilling to let go of that you believe is integral to your ultimate happiness?
5. How willing and ready are you to have God remove all the defects of character that stand in the way of your usefulness to Him and your fellows?
6. If your level of willingness is still low, spend time each day asking God for the willingness to be willing.