



7th Step Meeting

"Humbly asked Him to remove our shortcomings."

—The Seventh Step

Serenity Groups offer support, strength, and opportunities for spiritual growth to those suffering from any addiction, compulsion, disease or weakness, as well as their loved ones and care givers.

The 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."

Welcome to Our Meeting

Remember: "What's said in the meeting stays in the meeting." You never need to tell us why you are here; nor should you be asked, while in a meeting, why you are attending. Feel free to maintain your anonymity and confidentiality, for our Program is only a supplement to traditional 12 Steps Programs and we encourage you to attend other recovery Programs too. Our meetings maintain a compassionate and nonjudgmental attitude toward others. Our desire is to help others as we have been helped. Our meetings begin with a Moment of Silence to focus our minds on the purpose of the meeting. The meeting facilitator will then lead us in praying The Serenity Prayer in unison.

Our Meeting Today

A Moment of Silence The Serenity Prayer The Seventh Tradition

Briefly discuss the meaning and purpose of this tradition.

The Seventh Step

*Take a moment for quiet meditation.
Discuss what this Step says to you.*

The Scriptures and the Seventh Step

*Take a moment for quiet meditation.
Discuss what the Scripture text says about this Step.*

The 7th Tradition

"Serenity Groups offer spiritual support to others freely and without charge, but does not offer counseling, professional counseling services, or advice. The opinions expressed by anyone in any meeting are simply that — personal opinions."

Scripture Text

Matthew

7:7, 8

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened."

Prayer Steps to Serenity

Read Prayer Steps to Serenity Pages 139-140

Take a moment for quiet meditation.

Discuss the Reading. Use the Questions Below

Why do you think this Step may be difficult to take?

What do you think the greatest benefit from taking this Step will be?

How will taking this Step help others as well as the one taking the Step?

How will taking the Step get you further along on your journey?

Why do you think this Step will help someone find and maintain serenity?

How will prayer help someone taking this Step?

What is the most important thing you learned in today's meeting?

What questions or problems would you like to share with the group today?

Answers to Prayer

What answers to prayer have you received this week for which to thank God?

Prayer Requests

Write down any prayer requests and include them in your prayers for this week.

*Without the permission of the person sharing the request,
please do not share these requests outside of the group meeting.*

Moment of Silence and The Lord's Prayer

Anyone in today's meeting may pray out loud or silently as we conclude our meeting.

The meeting facilitator will close by leading the group in The Lord's Prayer.