



Let Us Pray

In the name of the Creator God,
and of Jesus Christ,
and of the Holy Spirit. Amen.

THE SEVENTH STEP

Turn your heart toward God.

My Lord, I lift my heart to you now
and begin this seventh step along a journey of faith.
I seek now the ability to evaluate honestly
my own level of consumption:
food,
packaging,
clothing,
where I live,
how I travel,
and all other things I consume.

Pause to consider what you consume in a single day.

I know that the earth cannot sustain itself
if my level of consumption is too high
And yet, I find it hard to adjust and to reduce.
Grant me now a willing heart for this key step
and open within me a spirit of being satisfied.
Let your grace fill me with power to change
my lifestyle if needed
my desire for more possessions if needed
and my level of overall consumption if needed.
I pray with an open heart today, O God,
and believe you will fill me with wisdom.
Amen.

Now turn to the seventh step and continue your journey.