

The Heart of Step Six

Step 6 is not about fixing ourselves. It is about becoming willing for God to do what we cannot.

“Create in me a clean heart, O God, and renew a steadfast spirit within me.”

Psalm 51:10

Readiness is not perfection — it is surrender. It is the posture that says:

“God, I’m willing for You to change me.”

Reflection:

- What character defects or patterns do you sense God inviting you to release?
- Where do you feel resistance to change?
- What would willingness look like in your life today?

Prayer

God, make me willing.

Where I cling to old patterns, loosen my grip.

Where I fear change, give me courage.

Where I feel unworthy, remind me of Your grace.

Prepare my heart for the transformation You desire.

I am willing — help my unwillingness.

*In Jesus Name,
Amen.*

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STEP SIX

WILLINGNESS & READINESS

“Were entirely ready to have God remove all these defects of character.”

Key Scripture:

¹⁰ Create in me a pure heart, O God, and renew a steadfast spirit within me.

Psalms 51:10

²⁶ I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

Ezekiel 36:26

⁶ being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Philippians 1:6

A simple guide to understanding Step 6 through the lens of readiness, willingness, and spiritual transformation.

1. Becoming Entirely Ready

Step 6 is the bridge between confession (Step 5) and transformation (Step 7).

It is the moment we stop clinging to old patterns and begin opening our hands to God.

Becoming ready means:

- Acknowledging that our defects harm us.
- Recognizing we cannot remove them ourselves.
- Trusting God's desire to heal.
- Letting go of excuses, denial, and self-protection.

Key Idea:

Readiness is the soil where transformation grows.

Self-Inventory:

Check any that apply:

- I want change but fear what it will require.
- I still cling to certain patterns or behaviors.
- I doubt God can change me deeply.
- I feel unworthy of transformation.
- I want to be willing — even if I'm not fully there yet.

Reflection:

- What patterns are you most afraid to release?
- ?What would readiness look like for you today

2. God's Work of Transformation

God promises not just forgiveness — but transformation.

"I will give you a new heart and put a new spirit in you."

Ezekiel 36:26

"He who began a good work in you will carry it on to completion."

Philippians 1:6

Transformation is God's work, not ours.

Our part is willingness.

His part is renewal.

Key Idea:

God removes what we release.

Scripture Engagement:

Read Ezekiel 36:25–27 and Philippians 1:3–6. Underline any words that speak to God's transforming power.

Reflection:

- Where do you see God already beginning a good work in you?
- What new heart or new spirit do you long for?

3. Willingness Over Perfection

Step 6 does not demand perfection — only willingness.

Willingness is the quiet courage to say:

"God, I'm open. Change me."

Willingness looks like:

- Letting go of self-reliance.
- Admitting we need God's help.
- Trusting God's timing.
- Being patient with the process.
- Staying open even when it's uncomfortable.

Key Idea:

Willingness is the doorway to Step 7.

Willingness Inventory:

Rate 1–5 (1 = not true, 5 = very true):

- ___ I am willing for God to change me.
- ___ I trust God's timing in my transformation.
- ___ I believe God can remove my defects.
- ___ I am open to letting go of old patterns.
- ___ I want God's will more than my comfort.

Reflection:

- What fears or doubts do you need to bring to God?
- What step of willingness can you take today?
- Who can support you as you walk through Step