

Step 7. Humbly asked Him to remove our shortcomings

Tradition 7. Every SA group ought to be fully self-supporting, declining outside contributions.

Promise 7. We will lose interest in selfish things and gain interest in our fellows.

Reward 7. The respect of others instead of their pity and contempt.

Readings:

White Book:	115-121
AA Big Book:	76
12 and 12:	70- 76
Step Into Action	105-118

Seventh Step Prayer

*My Creator,
I am now willing that you should have all of me, good & bad.
I pray that you now remove from me every
single defect of character which stands in the way
of my usefulness to you & my fellows.
Grant me strength, as I go out from here to do Your bidding.*

Are we now ready to have God remove all the things we have admitted are objectionable? Can God now take them all – every one? If we still cling to something we will not let go, we ask God to help us be willing.

Since this Step so specifically concerns itself with **humility**, we should pause here to consider what humility is and what the practice of it can mean to us.

Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all (*Twelve and Twelve* p 70).

Humility is honest, accurate self-perception. Humility is seeing ourselves right-sized, rightly proportioned to our Higher Power and our fellows. Humility is seeing ourselves as we really are, as our Higher Power would see us. Thinking highly or lowly of ourselves is a form of pride or fear, and humility is the opposite of both. (*Step into Action* p 105)

A great turning point in our lives came when we sought for humility as something we really wanted, rather than as something we must have. It marked the time when we could commence to see the full implication of Step Seven: "Humbly asked Him to remove our shortcomings" (*Twelve and Twelve* p 75).

Step 7. Humbly asked Him to remove our shortcomings

The chief activator of our defects has been self-centered fear - primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have. (*Twelve and Twelve* p76)

When we are ready, we say something like this:

'My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here, to do your bidding. Amen.' We have now completed *Step Seven*." (*Alcoholics Anonymous*, p 76)