

## **Step Seven**

### **Humbly asked God to remove our shortcomings.**

#### **Summary**

- The preceding steps bring us to a realization that our character defects, the flaws or shortcomings in our personality, have caused us a great deal of suffering throughout our lives and prevented us from completely aligning ourselves with our Higher Power's will for us.  
*(Step Seven Prayer Line 2)*
- When we become entirely ready to have these self-destructive aspects of our character removed, we then ask God to do so in Step Seven. *(Step Seven Prayer Line 1)(Step Seven Prayer Line 5)*
- Whenever we ask for this help, we invite God into our lives in a new way.  
*(Step Seven Prayer Line 6)*
- Many of us wonder why it is necessary to ask *humbly*.
- Many of us have confused humility with humiliation.
- We were more familiar with pleading for, or demanding what we wanted, than with asking.
- In fact, it takes humility to truly ask for help.
- It means admitting that we are not wholly strong and self-sufficient. It means that we are not to proud or ashamed to believe that we can be helped.
- Humility is a result of the self-honestly we have gained through working the preceding steps.
- Ready for fundamental change in our lives, and knowing that we cannot change without the help form our Higher Power, we humbly ask God to remove our shortcomings.  
*(Step Seven Prayer Line 5)(Step Seven Line Prayer 7)*
- The power of this step is in the asking not in the result.
- Asking is a very powerful act-it expresses a deepening surrender on our part.  
*(Step Seven Prayer Line 4)*
- In working Step Seven, we may also see our conception of a Higher Power becoming more personal.  
*(Step Seven Prayer Line 1)*
- In recovery, with the humility we receive through working the steps, we become thankful for the things we used to take for granted. And we can look at our shortcomings as opportunities to learn and grow.  
*(Step Seven Prayer Line 7)*
- We also discover that our character defects can become useful in God's hands.  
*(Step Seven Prayer Line 7)(Step Seven Prayer Line 8)*
- Aspects of ourselves that we were ashamed of and tried to keep hidden can sometimes blossom unexpectedly into gifts that enrich our recovery, when brought into the light of a loving Higher Power.  
*(Step Seven Line 3)(Step Seven Prayer Line 8)*
- Anger may contain the seeds of courage; envy can turn to empathy; self-centered pride may grow into a healthy self-love.  
*(Step Seven Line 8)*

#### **Principles**

- Humility
- Surrender
- Willingness

#### **Promises**

- Our struggles with our shortcomings help us to understand and empathize with the struggles of others and to reach out to the still suffering addict by sharing our own experience, strength, and hope.
- As we grow in humility, we gradually come to view our lives, and even our problems, with gratitude.
- However we experience this step, the result is a steady increase in our serenity, freedom, and spiritual growth.
- Only when we have come this far in our program, and have begun the change from a self-centered approach to life to a new approach
- We move on to Step Eight.

*(Sex Addicts Anonymous, Pgs 45-48 Third Edition)*

# Step Seven Prayer

God,

*I realize that my character defects have caused great suffering throughout my life.*

*I know that I cannot change without the light of Your Loving Power.*

*Help me walk towards a Greater Reliance; an ever deepening Surrender.*

*I am now entirely ready for Change.*

*I invite You into my life in a new way.*

*I Humbly ask You to remove my shortcomings; Knowing that in Your Hands they become seeds of opportunity; helping me to learn and grow.*

*Trusting that under Your care anger can blossom to Courage; Envy can grow to Empathy; and I can move from shame to Grace.*

*Amen.*