



“Humbly asked Him to remove our shortcomings.”

Step 7

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The One Thing I Need To Know About This Step: Humility Heals Pain

Spiritual Principle of the Step:
HUMILITY

Reading Assignment:
BB: Pg. 76 / 12&12: Pgs. 70-76

The basic ingredient of all humility is: a “desire to seek and do God’s will.” (12 & 12 – Page 72, Step Seven)

STEP SUMMARY

One dictionary defines humility as: “the quality or condition of being humble; modest opinion or estimate of one’s own importance, rank, etc.” While that is a perfectly good definition of it, the “Literature Reference” above highlights that Bill W. gave us HIS definition of humility in the 12&12 as: “a desire to seek and do God’s will.”

One of the first and most important things we need to learn about our defects is that we can’t be relieved of them without some level of humility. Alcoholics are victims of pride and selfishness. In the past when we felt pain and suffering (generally as a result of said pride & selfishness), we masked it with alcohol. Before coming to A.A., we used self-reliance to deal with it. Today, we can acknowledge the limits of human power in addressing these character defects. We cannot do it on our own. We cannot do it by sheer willpower. We cannot do it by our own intellect and reasoning.

Although Steps 6 & 7 are the shortest Steps in terms of wording in our Big Book and are perhaps the least discussed in meetings these days, they are probably the most potent of all twelve. As we mentioned in Step 6, they ARE the meat & substance of our program of recovery. They embody the miracle of transformation as we turn over our broken, defective personalities for God to transform them into healthy, effective instruments of God’s will.

Humility turns obstacles into opportunities for God to act through us. When questioning whether or not I am applying humility to a situation I could ask, “How would a humble person handle this situation?” When we mix self-centeredness with a situation, a problem results. When we remove it, we only have a situation to deal with, not a problem. The Seventh step is not a one-way street, though. God will remove our defects to the degree that we are willing to practice the spiritual obedience that lay behind them. Step 7 gives us the choice to pray to be free of a defect rather than obsessed with it as we were before taking it. Be patient. Be diligent. Our defects didn’t mold us overnight and we can’t change our life overnight. ed objective and for the perfect objective which is of God.” (“12 & 12,” p. 68).



What Can I Surrender in this Step?

Belief that I can become less of my character defects on my own or remove them myself.

To see the **Checklist** for this Step, visit takethe12.org

MYTHS ABOUT THIS STEP

Humility isn’t necessary for recovery. You can’t see your shortcomings without stripping yourself of your ego and pride. This unfiltered look into yourself allows you to develop a humble attitude and correct your moral defects.

Step 7 means we will not have any defects once God removes them. Self-centered fear will still trigger our defects. The difference is that we now have a choice to follow our lust, for example, or not. We will be given a divine nudge at the onset of our defects to pray to God to change us, and God will, whereas, before Steps 6 & 7 we had no choice over our defects and were obsessed by them.

We have the ability to remove our defects ourselves. This sort of thing is WAY above our pay grade. We simply don’t have the built-in skill sets to become less prideful, angry, greedy, gluttonous, lustful, envious, slothful or fearful on our own.

INVENTORY

Taking a step displays a willingness to write inventory and allow it to surrender something within us. Write inventory on your most serious shortcomings around the practical application of this step in your life today (“How am I applying the spiritual principle found in this Step to every moment of my life?”).

Looking at the patterns of disobedience to spiritual principles in your life, answer these questions in all three areas for which you have been previously writing inventory:

In **1.)** My Personal Relationships, at **2.)** Work and **3.)** with God and A.A....

- ... where am I being prideful (lack of humility)?
- ... where am I being greedy (lack of generosity)?
- ... where am I being lustful (lack of purity of intention)?
- ... where am I being angry (lack of a loving attitude)?
- ... where am I being gluttonous (lack of discipline)?
- ... where am I being envious (lack of gratitude)?
- ... where am I being slothful (lack of action)?

(Provide examples for each of these in each area – this inventory MAY take longer than previous inventories written)