

SESSION 15

STEP 7 Into Action p. 76: 2

Step 7. Humbly asked Him to remove our shortcomings.

Let God [of our understanding] (76: 1) *Grant me strength.* (76: 2)

Step 7 written inventory

Take Step 7

I ON YOUR OWN: STUDY – What did the Big Book authors say?

- **READ** Read Chapter 6, Into Action p. 76, paragraph 2 on Step 7. [See also 265: 0, 1, 2] Many also read Step 7 in the *I2&I2*.
 - Heard in a meeting: “Humility is our acceptance of who and what we really are, that we are worthwhile, and that we are grateful.”
- **WRITE** Write about the character defects and shortcomings you act out on, and the spiritual principles you might use instead. [Shortcoming: Failure to hit a target. To miss the mark. Out of bounds.]
 - Heard in a meeting: “Our defects are never completely removed, but rather replaced with other attributes (God Given!).”
- **TALK** Talk with your sponsor and other members of the group about your experiences with Step 7. Discuss your character defects and what you are doing about them.
- **PRACTICE DAILY RELAXATION MEDITATION / PRAYER**

II WITH THE GROUP: PRACTICE – What does the Big Book say to me about my practice of Step 7?

- We may read p. 76: 2 Chapter 6, Into Action on Step 7. Members of the group may be asked to share their experience, strength, and hope on Step 7 by the Big Book. We may each share our writings on Step 7 in a round robin format.

Points of Focus and Reflection (Consider 76: 2)

1.) *Humbly*: The action of humility

- How has “my way” landed me in difficulty?
- Am I acting as my own higher power? [See *quit playing God*, BB, 62: 3]
- How does my usefulness to myself and others depend on my being balanced?
- How does my gratitude for my life in recovery relate to my staying right size?
- How may I take a new perspective on the world and so act differently?
- How may I grow to have “solution-based” thinking?
- How is *humility* (55: 4) related to *honesty* (58: 1) and *sanity* (5: 5; 37: 1) in regards to my own sense of proportion and perspective?
- AA literature focuses on humility as seeing things in true perspective, as they really are. [Optional, see also *I2&I2* pp. 48: 0; 58: 1; 72: 2]
- Humility is a sense of our own humanness. We are truly just trying our best.

2.) *Asked Him* : **Meditation / Prayer**

- How does the spiritual principle of surrender apply to getting out of the way so a higher power of my understanding can work in my life?
- Have I asked other recovering alcoholics to help me by sharing their experience, strength, and hope in this matter of prayer and meditation?
- How is the Serenity Prayer (12&12, 41: 0; 125: 2) an expression of Step 7?
- Do I work very hard to act ‘on target,’ in ways that oppose my shortcomings?
- Does my higher power do Steps 6 and 7 for me?

3.) *Remove our shortcomings*: **Practice**

- Why are *defects of character* in Step 6 called *shortcomings* in Step 7? (59: 2)
- How is my *self-centered fear* the *chief activator* of my character defects? [12&12 76: 2]
- Can I see the many faces of my fear (my defects) and not deny or overlook them?
- How may I recognize my fear and/or anger, bring it to awareness, and deal with it in a healthy manner? Can I ask for help to change my fears?
- How can I stop building walls, and act instead as if I want to be happy, serene and sane?
- Am I prepared to take an active role in the new and healthier world that I am now a part of?
- Can I ask for the strength to do the practice? What does the term ‘practice’ mean to me?

III **DAILY PRACTICE OF STEP 7 PRINCIPLES**

- Has my sense of perspective been out of proportion lately?
- How may I accept my powerlessness over my shortcomings as well as my alcoholism?
- How may I humbly ask for strength, practice spiritual principles, and get out of my higher power’s way?
- Can I become more conscious of my motives and intentions before I act?
- Instead of fear and anger, can I respond with love and patience?
- May I practice trust and being worthy, by practicing being responsible?
- Today, can I do what the alcoholic in me says, “I don’t want to do”?
- Have there been times when I have been able to refrain from acting on a character defect and to practice a spiritual principle instead? Do I recognize this as the higher power of my understanding working in my life?

IV **TAKE STEP 7** We take Step 7 in the second paragraph on BB page 76.

See page 96 of this workbook for an optional Step 7 written inventory.

Under the conditions of this day, and according to the Big Book, we take Step 7. You may mark taking Step 7 in the manner you and your group choose. Some form a circle and recite the powerful Step 7 prayer together.