

## Get Your Mind Off Yourself: The Seventh Step

*Humbly asked Him to remove our shortcomings.*

Hi, my name is Jim and I'm an alcoholic! I was humbled and honored to be asked to share a few thoughts on Step Seven, which for me is a very crucial part of recovery. All of the Steps are crucial, but I believe I have to practice some of them more on a day to day basis than others. Step seven for me, is one of those steps. Humility is one of the most important "principles" that I have to try and practice in *all* my affairs. Be it at work; at home, in pleasure or business, while working with my sponsees, with my sponsor or on the street with a complete stranger true humility (the desire to seek and do God's will) is at the core of recovery.

I once did a bible study based on the movie "Courageous" and in the workbook the author of the study, a pastor from Colorado, said that humility is not thinking less of yourself, it's not thinking of yourself at all. Wow! That statement hit me like a ton of bricks and I relate it to recover all of the time. The less of me I have my mind on the more I can focus on God and others, which is what my main purpose is now.

Today I want to be a person of good character rather than a person of great material resources. I was one of those people who, as the "Twelve and Twelve" states had to be *humiliated* repeatedly before finally learning something of *humility*. Humility is shown in all of the steps, from admitting defeat on step one, to putting all the principles of the program to work on step two. Constant thought of other, God first, others second, self last this is my mantra.

Step seven, "Humbly asked Him to remove our shortcoming" is my admission and recognition of shortcomings, character defects, or sins (whichever you prefer) and becoming truly ready to have God remove these, root and branch. Though I sometimes will try and gather some of them back, He will *always* come to me if I earnestly seek Him. If God as my guide can relieve me of such a deadly obsession as alcoholism then I can hope for the same result respecting *any* other problem I could possibly have. Whenever my ego starts to take over and I begin to start taking credit for my awesome life today, I must check myself by remembering that it is so today by the grace of God and any success I may be having is far more His success than mine.

I don't practice the principles or the steps perfectly. Nobody does, but I do try to work them to the best of my ability and that's all that is required. So, when you're ready 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  
(Seventh step prayer p. 76 of "The Big Book")

- Anonymous -