

## STEP 7 : Humbly asked Him to remove our shortcomings

Many of us are misled by the apparent simplicity of the Seventh Step. This is most likely due to the brevity of the instructions we're given in the Big Book (pg. 76:2). After all, it's only a single paragraph long, and it's just a Prayer. So, all we have to do is ask God to "***remove...every single defect of character***" (pg. 76:2 lines 3 and 4) – and we're done! Or – are we???

But the Seventh Step is not a microwave! We don't just pop in a Prayer and pop out change".

Upon *careful reading*, we find there's work that **WE** must do in order to change. Because while God **WILL** do for us that which we **CANNOT** do for ourselves, He/She **WILL NOT** do for us that which we **CAN** do for ourselves.

"***Grant me strength, as I go out from here...***" (pg. 76:2 lines 5 and 6) clearly implies **ACTION** on our part. But what is the action? "***To do your bidding***" (pg. 76:2 line 6) means as we seek to "***(be) useful...to you and my fellows***" (pg. 76:2 lines 4 and 5), we practice Tolerance, Compassion, Patience, Forgiveness, Love and Good Will towards our fellow man. Isn't that how we "do His bidding"?

So how exactly do we do that?

Well -- our first task here is, having already identified our defects/shortcomings in the Fifth Step, we must now take them one by one, and identify their opposites. Those would be our Assets. We must then ask God to help us **BE** those assets. Then with all of the willpower at our command – and God's help – we **PRACTICE** those assets. And then slowly, slowly over a period of time, those (selfish) habits – those old ideas, emotions and attitudes – which were once the driving force of our lives are cast aside. And – a whole new set of (Spiritual) Principles take their place.

***"Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them"*** (p. 27:4 - Dr. Carl Jung to Rowland Hazard).

*The Result?* We are – reborn! We're not the same people we used to be.

But **BE CAREFUL**. Be very careful. Because if we work the Seventh Step the way the Big Book directs us to, we can no longer blame anyone ever again for our problems. If we *remain* frightened, irresponsible, inconsiderate, dishonest, selfish, self-seeking and judgmental -- after being provided with these Tools for Change – it's because we *made a conscious decision* to stay that way! And, we cannot blame anyone or anything anymore. The “blame game” is over!!

*The Seventh Step teaches us to accept responsibility – right here and right now – for our actions and behaviors!*

<b><u>DEFECT</u></b>	----->----->----->----->----->----->----->----->	<b><u>ASSET</u></b>
FRIGHTENED	→ <u>with God's help</u> , I NOW exercise →	COURAGE
IRRESPONSIBLE	→ <u>with God's help</u> , I NOW act →	RESPONSIBLY
INCONSIDERATE	→ <u>with God's help</u> , I NOW practice →	CONSIDERATION
DISHONEST	→ <u>with God's help</u> , I NOW behave →	HONESTLY
SELFISH	→ <u>with God's help</u> , I NOW become →	CONCERNED FOR OTHERS
SELF-SEEKING	→ <u>with God's help</u> , I NOW practice →	HUMILITY
JUDGMENTAL	→ <u>with God's help</u> , I NOW become →	ACCEPTING