

---

# Carrying The Message

---

## **STEP 7 - "Humbly asked him to remove our shortcomings"**

**Indeed, the attainment of greater humility is a foundation principal of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency. (Twelve and Twelve, page 70)**

**"True ambition is not what we thought it was. True ambition is the profound desire to live usefully and walk humbly under the grace of God." (Bill W.)**

**The Seventh Step is where we make a change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. (Twelve and Twelve, page 76)**

### Trustee Reflections

Step 7 asks me to be humble and I had to learn how to do that. What really helped me was picturing circumstances in my life where humility came in to play and let me determine how those emotions influenced my interaction with my higher power. Also, to benefit from this step, I learned that I need to start approaching God with an attitude of accomplishing something with modesty instead of arrogance. Any sense of arrogance about shortcomings defeats the purpose of asking God to remove them because to ask Him to help you is to need Him, and to need Him is to be modest in front of Him.

A position of humility without arrogance and a position of inferiority toward God as you understand Him will allow you to experience His power in removing shortcomings. This humility is a necessary experience in succeeding at Step 7.

**-Zack L.**

---

July 2020

## RAI Board of Trustees

---

I once asked a good friend of mine in the program who had been sober for about 45 years - "How do I know that I am truly humble when I ask God to remove my shortcomings". Sometimes I am speaking to God and I sincerely believe that I am humble, but I am not sure.

My friend then said something to me that was to change the course of my life. He said; "Humility to me is not necessarily something I feel, it is more apparent in my actions and attitudes toward God and others". "If I am willing to be of service to God and others and show that willingness through my actions then with God's grace I will continue to work toward the kind of humility this step is looking for".

I thought about that quite a bit and realized that I could do all the praying and asking I wanted but nothing was going to change if my words weren't preceded with acts of humility. If I desired that God take away my character defects then I had to work toward becoming a person of good character.

Charlie's words helped me to realize the answer to showing God true humility was to ask for His help in changing my attitude and for the courage to begin those practices that spoke so much to humility such as honesty, integrity, kindness, forgiveness, treating others with respect, patience, tolerance, gratefulness, maintaining a positive view of myself and others, etc. All those things that can bring me toward being of service to God and others.

As I continue working Step 7 and try to practice these principles in all my affairs I continue to ask God with all humility for the courage to change so I can become a better person. **-Craig S.**

My experience with Step 7 was a daily practice where I focused on one character defect a day. I would pray in the morning about it then work on noticing when it cropped up during the day. The end result was one of "I can't believe I'm still doing this." At that point, I was instructed to hit my knees and say the 7th Step prayer. **-Jessica N.**

If you have any comments or would like to provide your reflections on Step 7,

please send to Central Office at

[office1@rochester-ny-aa.org](mailto:office1@rochester-ny-aa.org)