

STEP SEVEN

WEEK ONE

STEP SEVEN:

Humbly, asked him to remove our shortcomings.

THIS WEEKS THEME: **Surrender all of ourselves, including our Defects.**

The first part of the suggested 7th Step Prayer is read from page 76.

The original draft of Step Seven read:

7. Humbly, on our knees, asked Him to remove our shortcomings - holding nothing back.

(Surrender and Let Go of Defects)

If we can answer to our satisfaction, we then look at *Step Six*. We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all—every one? If we still cling to something we will not let go, we ask God to help us be willing.

When ready, we 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.” We have then completed *Step Seven*.

Now we need more action, without which we find that “Faith without works is dead.” Let’s look at *Steps Eight and Nine*. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven’t the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol*.

Probably there are still some misgivings. As we look over the list of business acquaintances and friends we have hurt, we may feel diffident about going to some of them on a spiritual basis. Let us be reassured. To some people we need not, and probably should not emphasize the spiritual feature on our first approach.

STEP SEVEN

WEEK TWO

STEP SEVEN:

Humbly, asked him to remove our shortcomings.

THIS WEEKS THEME: **Humility / God's Will.** The final part of the Seventh Step Prayer is read from page 76. Here it is suggested we deeply commit to doing God's Will and ask for the strength to do it.

Page 263 is included. The original way that Dr Bob took people through the steps is outlined by Earl T from the story He Sold Himself Short. This helps give context to page 76 and the reason Step Six and Seven are so succinct. It was the deep connection and meaning passed on from Sponsor to Sponsee that ignited the spiritual experience for Earl T. It was this kind of word of mouth transmission that was responsible for AA's incredible growth and success.

(Strength to do God's Will)

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it was Dr. Bob's afternoon off—he had me to the office and we spent three or four hours formally going through the Six-Step program as it was at that time. The six steps were:

1. Complete deflation.
2. Dependence and guidance from a Higher Power.
3. Moral inventory.
4. Confession.
5. Restitution.
6. Continued work with other alcoholics.

Dr. Bob led me through all of these steps. At the moral inventory, he brought up several of my bad personality traits or character defects, such as selfishness, conceit, jealousy, carelessness, intolerance, ill-temper, sarcasm, and resentments. We went over these at great length, and then he finally asked me if I wanted these defects of character removed. When I said yes, we both knelt at his desk and prayed, each of us asking to have these defects taken away.

This picture is still vivid. If I live to be a hundred, it will always stand out in my mind. It was very impressive, and I wish that every A.A. could have the benefit of this type of sponsorship today. Dr. Bob always emphasized the religious angle very strongly, and I think it helped. I know it helped me. Dr. Bob then led me through the restitution step, in which I made a list of all of the persons I had harmed and worked out the ways and the means of slowly making restitution.

I made several decisions at that time. One of them was that I would try to get a group started in Chicago; the second was that I would have to return to Akron to attend meetings at least every two months until I