

**RECOVERY & ME**  
**Step Seven: Willing & Humble**  
**- Anonymous**

**“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.”**

**-A.A. Big Book p.76**

What does it mean to “Humbly ask Him to remove our shortcomings”? Well, time to go back to the dictionary.

**“Humble; adjective; 1. Not proud or haughty. 2. Not pretentious. 3. Meek, modest, unassuming.”**

My second sponsor (Kenny, who passed away in 1992) was always good at reminding me of the two foundational facts of human enlightenment;

- 1. “There is a God” and**
- 2. “It ain’t you”.**

What a horrible thing to say to such a great guy like me. I’m humble. Just ask me. Well as usual Kenny was right. I only thought that I had lost my selfishness. Ongoing work had to be done. Step Seven again made me take a hard look at me. In Step Three I agreed to take on the role of “agent, child and employee” of God; however I would need more help. I came to an understanding that humility is a gift from God. He, and He alone, can provide this quality. I became humble only through self sacrifice and service to God and others. I, like all the alcoholics that I have ever met, were incapable of being humble without His help. I was impossible. Like every step in the glorious program of Alcoholics Anonymous, I had to develop an attitude of selflessness. The entire program of AA is built on humility and one does not have to be a rocket scientist to extrapolate this message from AA’s basic text.

So how do I demonstrate this gift? Well, one way is not to think less of myself (I am a precious child of God); it is to think of myself less. How can I be of service and avail myself to the improvement of lives of others and the world that I live in? Not an easy task for a group of people that’s life mantra had been, up to their entry into the AA Program; **“Hooray for me, and the hell with you.”** I needed to come to the realization that I wasn’t the center of the universe. I had to become **humble** in all my affairs. This was a daunting task indeed. It wasn’t going to happen overnight. It is an ongoing process which improved in my life as I repeated the directions of Step Seven. Try it; it works.

**P.S. Step Seven – Described on page 76 (The directions for taking Step Seven are on page 76, paragraph 2, lines 1- 7).**