

Step Seven

Shared in the PSEC eNews email on July 5, 2022

We humbly asked Him to remove our shortcomings.

Shortcomings bring us to a state of desperation and we're ready to make the decision to have God remove these destructive aspects of our personalities. Humility is the spiritual principle of Step Seven and is a result of getting honest with ourselves. Accepting ourselves as we are is what it means to be truly humble.

We take action by asking God for help and relief. Relief comes not only from God, but by accepting feedback and direction from other addicts. We are sick of what we have been doing and how we are feeling. A variety of different methods are used to show willingness while working this Step. Some pray quietly, while others share openly about their process.

Action and prayer help us to not focus on ourselves, but rather on the will of our Higher Power. Accepting the defects of others paves the way for relief from our own defects. God works through those in recovery to bring light to our individual shortcomings. We become ready to let go and let God. We have begun our road to spiritual growth and continue with Step Eight.