

Step Seven

May 3

"Humbly asked Him to remove our shortcomings"

Attitude adjustments allow us to move closer to our Higher Power and to others. Step Seven is all about adjusting our sense of humility.

Humility comes to us in our Higher Power's time. We concede to willingness in Step Three, commit to cleaning house in Step Four, and get a pure taste of humility through confessing our defects to our Higher Power, ourselves, and another human being in Step Five. We came, in Step Six, to believe our Higher Power could remove defects of character, as we prepare to ask Him to do so in Step Seven.

Step Seven is a prayer for help. Some of us pray on our knees. Others plan a thoughtful ritual prior to the Seventh Step Prayer. Some ask their Higher Power for help in the car as they listen to the radio. How we pray for help matters little.

What matters is the action of a sincere request that our shortcomings and defects of character, we identified in Step Six, be removed.

Step Seven challenges us to change dark to light. As that light surrounds us, it exposes the truth about our defects and leaves us assured that our Higher Power will remove them in His own time, not in our time.

We have taken Step Seven when we pray for the release of defects that separate us from our Higher Power and from others, knowing the answer to that prayer will come.

TODAY'S MEDITATION

Please continue to remove those defects, God, which keep me from being of service to you and to those around me.

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*"We're often ashamed of asking for so much help because it seems selfish or petty or narcissistic, but I think, if there's a God-and I believe there is-that God is there to help. That's what God's job is."
—Anne Lamott*