

OA Desert Recovery

July 2022 – Step Seven

“HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.”
[Spiritual Principle: Humility]

The Seventh Step Prayer says, "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." The key takeaway for me is that my defects keep me from being useful to my Higher Power and my fellows. That is why I must humbly ask my Higher Power to remove my defects—so that I may be useful. I am grateful that I want to be useful to my Higher Power and others because it makes me willing to give up those defects and helps me stop acting on them. ~Michelle S.

The Seventh Step Prayer is part of my daily morning ritual. I pay attention to whatever word or phrase jumps out at me on any given day. "... you should have all of me, good and bad..." is often front and center. Am I overly kind, being dishonest when I think the truth might hurt? Am I being overly generous, doing for someone what they need to do for themselves? What I am looking for is a balanced, God-centered life – to “walk humbly with God” just for today. ~Neva S.

Step Seven is when the program came alive for me. My sponsor wrote out my Step Six defect list and asked me to enter each into the Step Seven prayer. Dubiously, I did so. To my surprise and relief, I felt a lifting of heavy guilt, which was overwhelming. I cried for an hour. But that does not mean I have no defects. I have the honor of repeating Step Seven as needed to feel free. I like feeling free. ~Becki B.

The Spiritual Principle of Step Seven is Humility. OA is where I first heard someone say, "I am just another Bozo on the bus," and that made sense to me. Humility is not thinking less of yourself but thinking of yourself less. Step Seven is about knowing I am no better and no worse than anyone else, and my purpose is to do my HP's will, not mine. My character defects (currently) are being self-centered, fearful, and expecting others to act as I think they should. So now, when I'm itching to correct someone else's behavior, I remind myself that "I am just another Bozo." ~Janis R.

Recently while reading the OA 12&12, Step Seven....these new words “real humility about our character defects carries with it **acceptance**“ caught my attention. Each of my painful character defects is part of who I am. Acceptance....I take that in..... “Acceptance is the answer to all my problems today.”^[1] I must accept all of me including these deeply rooted and recurring unskillful habits. It's humbling. Only Higher Power can remove my food compulsions and my defects. I say the simple prayer of the Big Book^[2] and know that I have completed Step Seven for today. ~Barbara V.

^[1] Alcoholics Anonymous, p.417 ^[2] Alcoholics Anonymous, p.76