

Humility & Seventh Step Exercise

1. • [12&12 (70:1)] “Since this Step [Step 7] so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us. Indeed, the attainment of **greater humility is the foundation principle of each of A.A.’s Twelve Steps**. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.’s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, **they still haven’t much chance of becoming truly happy**. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.”
2. • [12&12(71:2)] “We had lacked the perspective to see that **character-building and spiritual values had to come first**, and that **material satisfactions were not the purpose of living**... (72:0) We never thought of **making honesty, tolerance, and true love of man and God the daily basis of living**.” [have you?]
3. • [12&12 (72:1)] “As long as we placed self-reliance first, a genuine reliance upon a Higher Power was out of the question. **That basic ingredient of all humility, a desire to seek and do God’s will**, was missing.” [Do you desire to seek God’s will? When you have found His will, do you desire to do it?”]
4. • [12&12 (73:1)] “To get completely away from our aversion to the idea of being humble, **to gain a vision of humility as the avenue to true freedom of the human spirit, to be willing to work for humility as something to be desired for itself**, takes most of us a long time... We are obliged to choose between the pains of trying and **the certain penalties of failing to do so**. These initial steps along the road are taken grudgingly, yet we do take them. We may still have no very high opinion of humility as a desirable personal virtue, but we do recognize it as **a necessary aid to our survival**.”
5. • [12&12 (74:2)] “Our eyes begin to open to the immense values which have come straight out of painful ego-puncturing. Until now, our lives have been largely devoted to running from pain and problems... **In every case, pain had been the price of admission into a new life**. But this admission price had purchased more than we expected. It brought a measure of **humility, which we soon discovered to be a healer of pain**. We began to fear pain less, and desire humility more than ever. During this process of learning more about humility, **the most profound result of all was the change in our attitude toward God... We saw we needn’t always be bludgeoned and beaten into humility. It could come quite as much from our voluntary reaching for it as it could from unremitting suffering**.”

Seventh Step Exercise

Write out a vision for your life for what each of these **(5)** areas of the prayer personally mean **TO YOU**.

• (76:2) “When ready, we say something like this: "My Creator, **(1)** I am now willing that you should have **(2)** all of me, good and bad. I pray that you **(3)** now remove from me every single defect of character which stands in the way of my usefulness to you and **(4)** my fellows. **(5)** Grant me strength, as I go out from here, to do your bidding. Amen.”

1. Is “Willingness” required? Can I still be “willing “if I am only acting “Grudgingly”? Is it OK if I’m doing this just to get myself out of the “Jam” my life has become? What does it look like in my life when I am “Willing”?
2. How much of my life am I giving to God? What does that look like and In what areas of my life does that include?
3. Which “character” defects am I asking God to remove? What are my “character” defects standing in the way of? Does that mean all of “character” defects are going to be removed? Can my “character” defects ever be useful to God? What does it look like in my life when my “character” defects are not standing “in the way”?
4. To whom am I supposed to be useful? Who exactly are “my fellows”? Does that include my family? What exactly does it look like in my life when I am useful to God? What exactly does it look like in my life when I am useful to “my fellows”?
5. Exactly what kind of “Strength” (or Power) do I need? (physical, mental, emotional, financial etc.) Am I : Struggling, angry, upset, depressed, grumpy, worried or afraid when I have strength? What exactly does it look like in my life when God graces me with “Strength”?

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