

Step 7

“Humbly asked Him to
remove our shortcomings.”

Step 7 of AA: A Lifelong Journey of Humility and Healing

Step 7 of Alcoholics Anonymous may seem simple at first glance, but it carries profound spiritual weight: “Humbly asked Him to remove our shortcomings.” Like many parts of the program, it’s easy to read those words and move on, especially with 11 other steps demanding attention. But if you’re not careful, you can breeze past this step without grasping its depth—or its power.

Step 7 is not just another box to check. It’s a commitment to lifelong change. While the earlier steps help us identify our flaws and take ownership of our past, Step 7 is where we begin to surrender those patterns to a Higher Power. It’s a step of action through humility. And that humility doesn’t happen just once. It’s something we must return to—again and again—as we grow, struggle, and move forward.

Shortcomings aren’t something we simply “get over.” They morph. They show up in new disguises, at unexpected times, and often when we think we’re finally in the clear. Judgement, selfishness, fear, not feeling good enough, the need to control, and anger—these are the deep rooted traits that followed many of us into alcoholism. And they don’t disappear overnight. These defects are part of a deeper wiring, and without conscious effort, they can shape how we treat others, how we see ourselves, and how we react to the world. Fear is one of the most deceptive. It can sneak into our lives in different forms—sometimes as avoidance, sometimes as control, sometimes as perfectionism. It can even hide behind pride or overconfidence. One moment we’re feeling strong in recovery, and the next we’re panicking about the unknown. But the beauty of Step 7 is that it reminds us we don’t face these patterns alone. The real shift happens when we truly believe that our Higher Power can and will remove these shortcomings. Not just in theory. Not just as a vague hope. But with a deep and abiding trust that the same Power that has helped us survive addiction, rebuild relationships, and find a sense of purpose can also help us become better versions of ourselves. Our Higher Power has done so much already—why wouldn’t we trust it to do this, too?

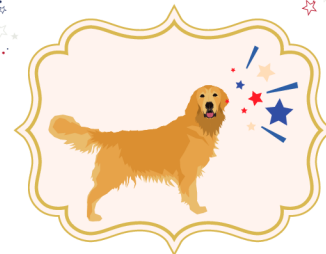
Of course, this isn’t a one-time ask. It’s a daily practice. Humility doesn’t mean weakness—it means surrendering control over things we were never meant to manage alone. It means understanding that we are works in progress, and that spiritual growth doesn’t come from having all the answers but from being willing to ask for help. Shortcomings don’t always come charging through the front door. Sometimes they slip in quietly. Judgement can look like “just being honest.” Control can sound like “just trying to help.” Anger might be disguised as passion or protection. But over time, and with a conscious practice of Step 7, we start to recognize these patterns earlier. We learn to pause, to reflect, and to ask for removal with genuine humility. That’s where opposite actions come in—another critical tool in practicing this step. When we feel resentment, we seek forgiveness. When we feel judgment, we practice compassion. When we feel fear, we step into faith. These opposite actions aren’t always easy, but they train our minds and spirits to let go of old habits. And we do this work together. One of the great truths of recovery is that alcoholics, in so many ways, are alike. We come into the program carrying different stories but remarkably similar wounds. The need for validation. The desire to escape. The urge to control what we cannot. But through the steps—and especially through Step 7—we begin to shed those layers.

Step 7 keeps us from forgetting the things we need to work on. It’s a grounding step. A check-in point. A reminder that recovery isn’t about perfection—it’s about progress. Every time we feel a familiar shortcoming rising up, Step 7 gives us a place to turn: to our Higher Power, to the principles we’ve learned, and to a sense of humility that keeps us growing. So, don’t rush past Step 7. It may not seem as action-packed as some of the others, but it’s the quiet engine that drives long-term change. It’s the heartbeat of humility in the AA program. A lifetime journey, one prayer at a time.

Maggie O. 

A.A. members in District 43 of Northern Illinois publish this newsletter. Admissions are to keep members informed of local events, service activities and to share experiences and strength in recovery from alcoholism, and its impact on our families. Ideas are those of the authors and not necessarily those of A.A. PLEASE SEND US any articles, ideas, or questions to groupvineeditor@gmail.com. Comments are most welcomed and encouraged!





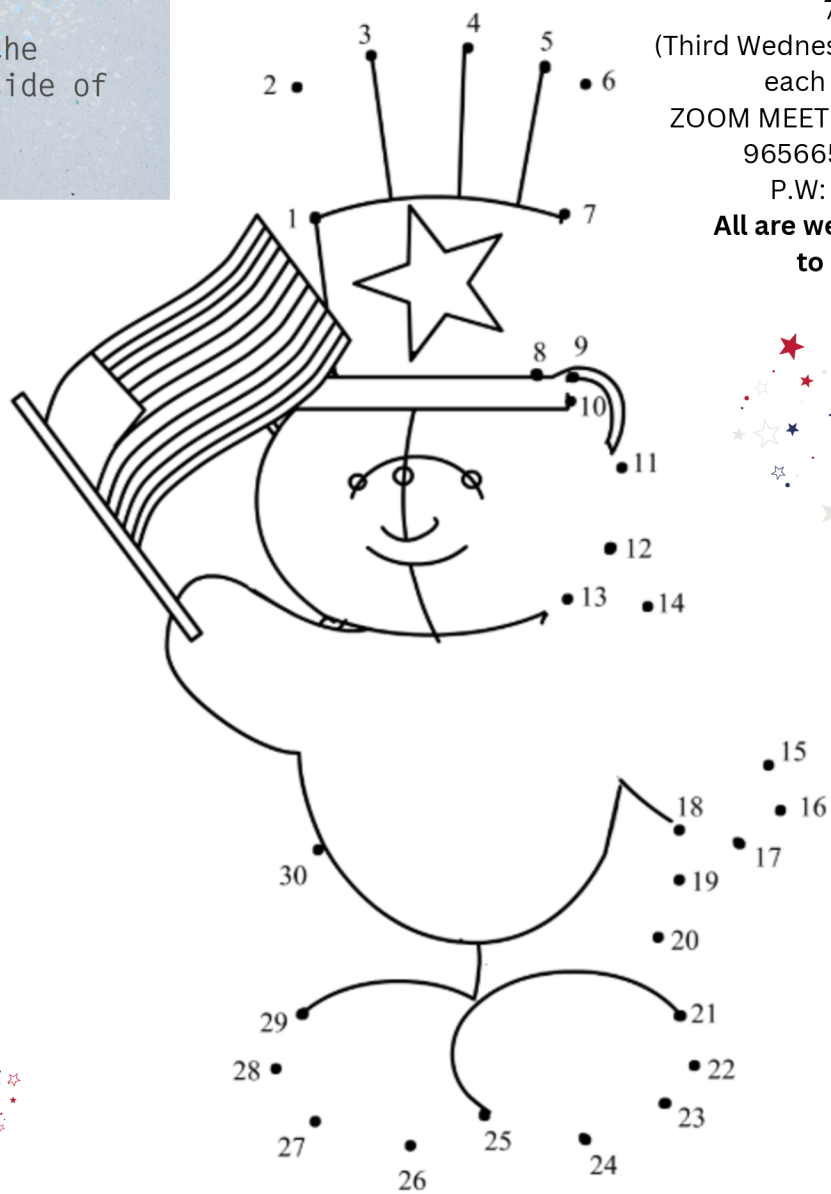
Save THE Dates!

As Bill Sees it:

Calm, thoughtful reflection upon personal relations can deepen our insight. We can go far beyond those things which were superficially wrong with us, to see those flaws which were basic, flaws which sometimes were responsible for the whole pattern of our lives. Thoroughness, we have found, will pay - handsomely. W, Bill. As Bill Sees It. New York: Alcoholics Anonymous World Services, 1967, Twelve Steps and Twelve pg.80

"Everything you've ever wanted is on the other side of FEAR!"

July 16th District 43 Monthly Business meeting. 7-8 p.m. (Third Wednesday of each month) ZOOM MEETING ID: 96566590236 P.W: 932879 All are welcome to attend!



An Original Poem:

It's sung to the tune of "Take Me Out to the Ballpark" as made famous by Chicago Cubs broadcaster, Harry Caray Alright everybody! On your feet for the 7th Step Stretch.

"Ah one, ah two, ah...."

Take me out to the Clubhouse Join me on to the Zoom

Get me a ciggie, some coffee and snacks Everyone yells "Just Keep Comin' Back" For it's root, root, root for your Home Group If you're not there it's a shame And it's 1, 2, 3 steps we WIN at the Big Book game!

(cheering and clapping) -Mark R

Answers

(To Junes Q&AA.)

- 1-service. 2- Willingness 3- To carry its message to the alcoholic who still suffers. (pg. 562). 4- Pg. 52. 5-There are 8 bedevilments.

Celebrating



OF



Friday November 14th through -Sunday Nov.

16th

2025 Illinois State Conference

For further information, Please see the District 43 Flyer located on the District 43 Website.

or, go to: 2025ilstcomf@gmail.com aa-nia-il-district40.org aa-nia.org



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