



Step Study Meeting Step 7

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Path to Healing and Recovery
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Step 7 - Week 1

Humbly asked God to remove our shortcomings.

The preceding steps bring us to a realization that our character defects, the flaws or shortcomings in our personality, have caused us a great deal of suffering throughout our lives and prevented us from completely aligning ourselves with our Higher Power's will for us. When we become entirely ready to have these self-destructive aspects of our character removed, we then ask God to do so in Step Seven. Whenever we ask for this help, we invite God into our lives in a new way.

Volunteer reader

We may wonder why it is necessary to ask humbly. Many of us have confused humility with humiliation. We were more familiar with pleading for, or demanding what we wanted, than with asking. In fact, it takes humility to truly ask for help. It means admitting that we are not wholly strong and self-sufficient. It means that we are not too proud or ashamed to believe that we can be helped.

moderator

Humility is a result of the self-honesty we have gained through working the preceding steps. It comes from a realistic view of ourselves, a knowledge of both our strengths and limitations. We recognize that our shortcomings are not unique, and that we are not better or worse than anyone else. When we live with this knowledge, we do not expect perfection from ourselves or others. We know that we are bound to make mistakes, and we choose to learn from them rather than punish ourselves for them. Humility means being teachable, vulnerable, and open.

Volunteer reader

Ready for fundamental change in our lives, and knowing that we cannot change without help from our Higher Power, we humbly ask God to remove our shortcomings. The power of this step is in the asking, not in the result. Asking is a very powerful act—it expresses a deepening surrender on our part. The Seventh Step does not guarantee, or even predict, an outcome. We have found that God's will for us is usually different, and ultimately greater, than our expectations. Simply putting ourselves in God's hands is all that's needed.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Seventh Step Prayer

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.

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

Step 7 - Week 2

Humbly asked God to remove our shortcomings.

Many of us work this step through prayer. Often we include our request in our regular prayers. We may also ask for a particular shortcoming to be removed when a situation demands it. We often find relief as soon as we pray, because our attitude toward the situation has changed through the act of asking.

Volunteer reader

Change occurs in God's time, not ours. As addicts, we are accustomed to seeking instant gratification. But in recovery, most of us experience gradual improvement rather than sudden transformations. We need patience to work the Seventh Step, and trust that our Higher Power can help us. Some of our defects may indeed be quickly removed. Others may arise again and again, challenging us to a greater reliance on God. We may even find that certain shortcomings have gone into hibernation, allowing us to move forward in our recovery, only to reappear later when we are better able to recognize and surrender them. However we experience this step, the result is a steady increase in our serenity, freedom, and spiritual growth.

moderator

One of the main ways God works in our lives is through other people. Asking to have our shortcomings removed is also expressed through opening ourselves to other recovering sex addicts. Our fellow addicts help us in many ways. They can give us encouragement when we lack confidence. They can help us see shortcomings that we have been unable to recognize on our own. And they can support us by sharing their own experiences with taking this step. Simply telling others about our defects can reduce their power over us. And just having someone listen to us in our struggles is often the very help we need.

Volunteer reader

In working Step Seven, we may also see our conception of a Higher Power becoming more personal. Up to this point, many of us still felt a certain distance and remoteness in our relationship to God. By experiencing how reliance on God has a practical effect on our day-to-day lives, and influences our attitudes and behaviors in tangible ways, we begin to see our Higher Power as a much closer and more intimate presence than we had been aware of before. We can ask for God's help at any time, and in any situation. Humility and openness become a part of everyday life.

moderator

Seventh Step Prayer

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

God;

*"take my will and my life,
guide me in my recovery
and show me how to live".*

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

moderator

Step 7 - Week 3

Humbly asked God to remove our shortcomings.

Volunteer reader

As we grow in humility, we gradually come to view our lives, and even our problems, with gratitude. When we are free from self-importance, we can recognize that we have much to be grateful for. In our addiction, we felt that no matter what we had, we were missing something. We often risked the wonderful things we had in order to act out. In recovery, with the humility we receive through working the steps, we become thankful for the things we used to take for granted. And we can look at our shortcomings as opportunities to learn and grow.

moderator

We also discover that our character defects can become useful in God's hands. Our struggles with our own shortcomings help us to understand and empathize with the struggles of others and to reach out to the still suffering addict by sharing our own experience, strength, and hope. Aspects of ourselves that we were ashamed of and tried to keep hidden can sometimes blossom unexpectedly into gifts that enrich our recovery, when brought into the light of a loving Higher Power. Anger may contain the seeds of courage; envy can turn to empathy; self-centered pride may grow into a healthy self-love. Each character defect we turn over to God becomes one more way of opening ourselves to God's care.

Volunteer reader

In the process of asking our Higher Power to remove the flaws in our character, we exercise and deepen our humility. Only when we have come this far in our program, and have begun the change from a self-centered approach to life to a new approach based on spiritual principles, are we ready to constructively face the damage that we have inflicted on other people. With the willingness to let go of resentment, fear, and the other defects that have isolated us from God and our fellows, we are spiritually prepared to consider repairing the harm we've done in the past. We move on to Step Eight.

moderator

Seventh Step Prayer

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Creator,

as it would please You,

bring me someone today whom I can serve.

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

Step 7 - Week 4

Week 4 will always be the week we have a business meeting. Starting with January, the first two business meetings will be brief and held at the beginning. Every 3rd month - starting with March, there will be a longer full Business meeting and Group consciousness meeting. The full business meetings will be held on the 4th Tuesday of March, June, September, December. Thus, next Month we will have a full business meeting.

Brief Business Meeting Agenda

- * Finances
- * What is working well, what isn't work well for people.
- * Is the current format still working for people
- * Workshops
- * Study Groups

Volunteers

- * literature
- * meeting facilitator/key holder for the next month
- * greeter for new people
- * Room/signs setup/teardown

Return back to main program and continue with the normal meeting. We will return here for the sharing and weekly reading portion and then later for the prayer later in the main meeting.

Step 7 - Week 4/5

At the descretion of the moderator the format for week 4 will vary.

The format may be a speaker meeting, a discussion meeting with discussions on the Step or, discussion on items in general.

If this is a discussion meeting on Step 1, go to the next page, otherwise refer to the Week 4-5 supplemental bulletin.

Moderator - if you choose a discussion format, read the section on the next two pages and then proceed to the discussion questions and choose a few for the group to think about.

Step 7 - Week 4/5 Step Reading

moderator

Humbly asked God to remove our shortcomings.

What Is the Purpose of This Step?

How Do You Complete This Step?

What Are Some Myths About This Step?

Keep an open mind: Set yourself up for success. Be open to the idea of looking outside yourself for help and support, and you'll be able to better conceive of the idea of recovery.

Maintain humility: Accept that you can't conquer your addiction alone.

What Are Some Myths About This Step?

If Step related discussion questions format selected start here

Step 7 Discussion Questions

Moderator - pick a few questions for people to reflect on.

1. What were my shortcomings, my defects of character, identified in the previous steps?
2. How do I take this step with humility? Does this require a change in attitude on my part? Explain.
3. Is this a step I take just once or do I consider it an ongoing part of life? Why or why not?
4. Do I have a God of my understanding, a Higher Power, who will remove my shortcomings? Who, what is this Higher Power?

Non Step related Discussion Questions

1. Often times, a person's relation with drugs, alcohol, acting out and other compulsive behaviours will change over time. The manifestations of Substance Abuse Disorder and Process Abuse Disorder can evolve over time and intensify. For example, you might've initially acted out only a few times a month as a fun way to relax, but, eventually they became everyday necessity. How has your relationship with acting out behaviours changed from early on to now. Do you still act out for the same reasons or have those reasons changed.
2. The rituals and activities that surround acting out can be difficult to give up. For example, a smoker might enjoy the ritual of having a cigarette - not just the nicotine. Similarly, a sex addict might have difficulty saying goodbye to their strip club buddies, dancers or mistresses. What are some rituals or activities that you associate with acting out, and how do you feel about giving them up. Do you think

you can achieve sobriety without changing your lifestyle.

3. Some people say that addiction is a disease, and others think it's a choice. What do you think and why? How do you believe counseling, support groups or other treatments could help a person who struggles with addiction.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

Seventh Step Prayer

Everything is possible for one who believes.'

I do believe;

help me overcome my unbelief..

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

