

Sponsor/Sponsee Seventh Step Worksheet

We humbly asked Him to remove our shortcomings.

Let's talk about shortcomings before we get into this Step. Are shortcomings the same as defects? The answer is yes and no. As strange as that might seem, it is true. We say they are the same because they have their roots in the defect. We say they are different because the shortcoming is the acting out of the defect. For example, let's take the defect of impatience. You are waiting to pick somebody up for a meeting. You are doing them a favor and going out of your way. It is 7:00p.m. and you arrive on time. It's now 7:20p.m. and they are not ready yet and you might be late for the meeting. At this point many shortcomings of the defect of impatience are about to be acted out. You may get angry, frustrated and resentful. These are the shortcomings that are born of a defect. Many of the same shortcomings come from different defects.

In the Sixth Step we become entirely ready to have God remove all of these defects of character. In the Seventh Step we will see how God does this when we humbly ask Him to remove our shortcomings. Before we actually learn how to apply this Step, let's look at what the Seventh Step says.

It starts out by saying, "We humbly asked Him." When we recognize the fact that we are responsible for our shortcomings, even though we are not responsible for the defects, we are becoming humble. Let us explain. In the First Step we learned we were not responsible for having the disease of addiction. Similarly, er are not us. They will always be there, but they can be arrested. That is how they are removed.

Now understanding shortcomings, it is the acting out of our defect that is our responsibility. We become humble when we accept this. What we did was just apply the First Step to our shortcomings. Next we see the insanity of acting out our shortcomings and decide to turn our lives and shortcomings to the care of the God of our understanding. This will give us the strength and the courage to act mature and responsible. We have just applied the Third Step to our shortcomings. The solution of all our problems can be found in the Steps. The first three Steps become the foundation of our solutions and the Tenth, Eleventh and Twelfth Steps are the way we keep our solutions working. This is a lifetime process spiritual guard down so it can strike at us. This is why we continue to go to meetings and stay close to NA people so that we stay green. Remember, when you're green, you are growing. When you are ripe, you begin to rot.

Write on a separate paper the questions and answers to the following and give to your sponsor.

1. What is the difference between defects and shortcomings?
2. How do we become humble?

3. What are shortcomings?

4. How do we keep our disease from resurfacing?

5. What are defects?

6. Why do we have to go to meetings as long as we are alive?

Spiritual Principle: Humility