

Step 7

Humbly asked God to remove our shortcomings.

The guiding principle of this Step is Humility.

Humility means being unselfish and unpretentious. It also means being humble. We are neither better nor worse than others. We are all equally precious. Being humble also means becoming and being teachable. Humility is simply a clear recognition of what and who we are. In the past, humility may have been practiced grudgingly. However, now we must fully surrender, be serious about change, *and* do something about it. Once taken, this Step becomes the nourishing ingredient that can give us serenity.

Working the previous Steps initiated an on-going relationship with God. As we realize we are not in control and grow in humility, we place more energy into developing a relationship with our Higher Power. Then our Higher Power can work within us and through us in all aspects of our lives, especially our clutter. If we willfully or habitually resort to our character defects, then God will not remove them. If we put energy into change, God will respond.

It is important that we pray for our Higher Power's help in taking this Step. We ask our Higher Power to remove *everything* that interferes with our recovery from cluttering. This includes removing our anger, resentments, fears, envy, and all dishonesty. As we pray more, we give our Higher Power full control in releasing our clutter and alleviating our character defects. We are no longer fearful. We surrender to the process, ask for help, and trust that it will be forthcoming. We may not be able to choose the form or method of help; we may not recognize it when it arrives, but it does come.

If we become stuck, a return to the previous Step will refocus us in our readiness to let God remove our defects of character. If we are unwilling to change our behavior, then why continue with the Steps? This is a question each of us needs to address before proceeding with the subsequent Steps.

“Let go, and let God” is our motto! This is the key to changing our attitudes and behaviors so that we can live a clutter-free life. After making these changes, we can discover our life purpose. The Promises are beginning to work in our lives. We are better able to deal with our clutter on an on-going basis. A pattern of recovery starts to take hold in our lives.

The following questions will help you become ready:

1. What will it take for me to humbly ask my Higher Power to remove all my defects, so that I can better deal with my clutter in all areas?
2. What lingering defects of character—such as anger, resentments, fears, envy, and dishonesty—am I still holding onto?
 - a. Why?
 - b. Write about each of these.
 - c. What is my payoff for holding onto my clutter?
 - d. What is my payoff for holding onto my defects?
 - e. Am I ready to let go of my defects completely?
 - f. If not, why not?
 - g. Write about my readiness.
3. Am I truly ready to let my Higher Power do for me what I cannot do for myself?

When you can humbly ask God to remove all your defects, then you are ready to proceed to Step 8.