

# 7

## The Serenity Prayer

*God, grant me the serenity to accept the  
things I cannot change,*

*courage to change the things I can,*

*and Wisdom to know the difference.*

## Step Seven

**Humbly asked God to  
remove our shortcomings.**

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## The Togetherness Prayer

*I put my hand in yours  
and together we do  
what we could never do alone.*

*No longer is there a sense of hopelessness.*

*No longer must we depend upon our own  
unsteady willpower.*

*We are all together now,  
reaching out our hands for power and  
strength greater than ours, and as we join  
hands, we find love and understanding  
beyond our wildest dreams.*



# Step Seven

*"Humbly asked God  
to remove  
our shortcomings."*

As a result of our work with Step Six, we were strengthened in our resolve to allow change in our lives. We had seen the damage our shortcomings had caused. Still, the old patterns stuck to us like glue. Once again, we found ourselves at a crossroads, and again the way was revealed to us.

Step Seven offered us the key to the appropriate use of self-will — to call on our Higher Power for assistance.

## Humbly Asked God

Our first task was to discover the true meaning of the word "humility."

Words like subservience, resignation, and timidity did not work for us. Nor did the belief that humility was a sign of weakness to be resisted at all costs.

After much consideration, we defined humility as freedom from false pride and arrogance. True humility allowed us to see things as they were. We would not instruct our Higher Power to remove our shortcomings. Neither would we beg. Instead, we would gently, peacefully ask.

Although only a power greater than our-

selves could relieve us of our character defects, our cooperation was also necessary. We learned that the means to real change for us would be accomplished by forming a working partnership with our Higher Power, remembering at all times that the senior partner was not us, but God.

## To Remove Our Shortcomings

Life without character defects was impossible to imagine. We wondered what we would be like without them. We decided to find out, but how? For our answer we relied on CoDA members who had been down this path before us.

It was recommended that we take this Step with our sponsor or a trusted CoDA friend, someone who had already worked this Step with some success.

It was also suggested that we preface our request to God with a prayer. The Serenity Prayer worked for some. Others created their own. What we did was to make contact with the God of our understanding and, in essence say, "Here I am God, defects and all. I am willing to have you remove them as you see fit. Thank you."

When we found ourselves in the throes of one of these character defects, we could, in that moment, ask God to take it from us.

Some of us discovered we were still clinging to a particular shortcoming, afraid to go on without it. We were guided back to

Step Six and once again asked for our Higher Power's direction in becoming entirely ready to have all our defects removed.

Having asked God to remove our shortcomings, many of us experienced their loss with sadness. We had never expected to grieve for what we had come to believe was detrimental to our happiness. We began to see that these "old friends" had served us well. Like a childhood life preserver that no longer fit, we put them aside. With the help of God, we were learning to swim.

*In this moment, I ask my Higher  
Power to remove all of my  
shortcomings, relieving me of the  
burden of my past. In this moment, I  
place my hand in God's, trusting that  
the void I experience is being filled  
with my Higher Power's unconditional  
love for me and those in my life.*

Strengthened by the action we took in this Step, we were ready to work Step Eight.