



In the same manner we hire a trainer, do cardio work, do core work and spend our valuable time money & effort at the gym to strengthen our physical muscles, we must give the same valuable time and effort to the strengthening of our spiritual muscles.

7th Step Exercise

The Seventh Step in Action

How Do You Spell Pain Relief?

H-U-M-I-L-I-T-Y

Page 72 in the "Twelve Steps and Twelve Traditions" published by Alcoholics Anonymous World Services, Inc. states that the basic ingredient of all humility is **a desire to seek and do Gods will**. With this in mind, at thirteen years sober I found myself in an enormous amount of pain and it was during a Step Study focused on the Seventh Step that I found a pain reliever better than any I had ever found prior to coming to the rooms of AA. A wise and caring man with many years of sobriety passed along the following to me from his sponsor. Simply follow the instructions for the best pain reliever of the ages. It really worked for me.



**I have been given a quiet place
in bright sunshine.**

INSTRUCTIONS:

1. Turn to page 70 in the 12X12, the beginning of Step Seven.
2. Take a red marker or red pen and go through the entire chapter (Step Seven) and mark a line through the word "humility" and place an asterisk to the right of the line. When asked to do so, you will replace this word as you are reading aloud with this phrase, "the desire to seek and do Gods will." (The asterisk becomes a simple reminder)
3. Now that you have completed that, go back to the beginning of the chapter and replace every singular pronoun in the chapter to reflect first person. Actually mark out any reference to "they, them, us, we" and change it to "I, me, my, mine."
4. For example, instead of "we should pause here to consider what humility is and what the practice of it can mean to us." – it will now read, "...I should pause here to consider what the desire to seek and do Gods will is and what the practice of it can mean to me."
5. Now go back and read aloud the entire chapter, Step Seven, with these changes.

Pay It Forward My Friend.... That's How I Got This!