

Monday Night How It Works AFG Open Meeting

Date: Oct 25, 2021 - 7-8pm CST - In person only

Topic: Step 7- Humbly asked Him to remove our shortcomings.

Al-Anon Speaker: Jeri V.

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It is important to remember that all of our defects will probably not disappear immediately. We will always fall short of perfection; that's part of being human. Even after repeatedly praying for their removal, we will find that old behaviors and thinking may stay with us. Recovery is a process, and there is no quick fix for what ails us. Fortunately, Al-Anon reminds us to be gentle with ourselves and to turn to our Higher Power for help, again and again. This is true humility. It can be a hard lesson, but we will learn to have compassion for ourselves and others. To change, we need to accept ourselves as we are, stubborn shortcomings and all. Our Higher Power knows better than we do the extent and timing of each change that is right for us.

1. How do I humbly ask God to take my shortcomings?
2. Have I had any fears removed from my life? Which ones?
3. What positive trait do I want to develop or substitute for a trait I want to eliminate?
4. Am I able to see challenges as opportunities to practice new character traits?
5. Can I love and celebrate my humanness while working for balance?

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