

The Heart of Step Seven

Step 7 is the posture of humility —
— the willingness to let God do what only God can do.

*“Humble yourselves before the Lord,
and He will lift you up.”*

James 4:10

Humility is not weakness — it is trust.
It is the quiet surrender that says:
“God, I need You. Change me.”

Reflection Questions:

- Where do you struggle to let go of control?
- What areas of your life need humility today?
- How might humility open the door to deeper healing?

Prayer

*God, teach me humility.
Where I cling to pride, soften my heart.
Where I insist on my own way, guide me gently back to Yours.
Where I fear surrender, remind me of Your love.
Make me willing to kneel so You may lift me up.
In Jesus name I pray,
Amen.*

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STEP SEVEN

HUMILITY & SURRENDER

“Humbly asked Him to remove our shortcomings.”

Key Scripture:

*¹⁰ Humble yourselves before the Lord,
and he will lift you up.*

James 4:10

*⁹ He guides the humble in what is right
and teaches them his way.*

Psalms 25:9

⁶ Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

1 Peter 5:6

A simple guide to understanding Step 7 through the lens of humility, surrender, and God-centered transformation.

1. The Posture of Humility

Step 7 is the natural next step after becoming willing in Step 6.

Humility is the soil where God's transforming work takes root.

Humility means:

- Acknowledging our need for God.
- Releasing self-reliance.
- Trusting God's timing and process.
- Opening our hearts to change.

Key Idea:

Humility invites God's healing.

Self Inventory:

Check any that apply:

- I struggle to admit my need for help.
- I try to manage my defects on my own.
- I resist surrendering control.
- I fear what humility might require.
- I want to grow in humility.

Reflection:

- Where is God inviting you into deeper humility?
- What would humility look like today?

2. God Lifts the Humble

(James 4:10 • 1 Peter 5:6)

“Humble yourselves under God's mighty hand, that He may lift you up in due time.”

1 Peter 5:6

God responds to humility with grace, strength, and renewal.

Our part is asking.

His part is lifting.

Key Idea:

God meets humility with transformation.

Scripture Engagement:

Read James 4:6–10 and 1 Peter 5:5–7.

Underline any words that speak to humility and God's response.

Reflection:

Where do you sense God lifting you?

What grace do you need today?

3. Asking God to Remove Our Shortcomings

Step 7 is not about perfection — it is about asking.

Asking is an act of trust.

Humility looks like:

- Admitting we cannot change ourselves.
- Inviting God into our deepest places.
- Trusting God's character.
- Staying open to His work.
- Being patient with the process.

Key Idea:

Humility opens the door to God's healing.

Willingness Inventory:

Rate 1–5:

- ___ I am willing for God to remove my shortcomings.
- ___ I trust God's timing.
- ___ I believe God can change me.
- ___ I am open to God's work in my life.
- ___ I desire God's will above my own.

Reflection:

- What shortcomings do you need to bring to God?
- What step of humility can you take today?
- Who can support you in this step?