

LIFE WITH GOD IN RECOVERY

# Daily Meditations



February 2017

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offering hope, support, and healing  
through Jesus Christ  
to victims of  
harmful circumstances and dependencies,  
as they reclaim the gift of their life.*

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# Daily Meditations

**February 2017**

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### **ACKNOWLEDGEMENTS**

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WEDNESDAY, FEBRUARY 1, 2017

## SPEAKING WITH HONOUR – KEEPING MY WORD

In our new life with God in recovery, can people depend on us when we give them our word or do they need a court order to enforce what we already said we would do? When Jesus was on earth He observed how some people tried to add strength to their commitments by swearing by this or that. This was done to make their said intentions appear more acceptable. This practice of not being true to their spoken word offended Jesus' sense of justice, particularly when people were using the name of God to confirm their sworn statement.

***Just say a simple, 'Yes, I will,' or 'No, I won't.' Your word is enough. To strengthen your promise with a vow shows that something is wrong.*** (Matthew 5:37 NLT)

Another way Jesus challenged his disciples about the dishonouring of God's name was in thoughtless prayer. When we confess that we've done wrong, are we truly sorry about what was done? Do we have a sincere desire to turn away from our harmful words or actions? When we ask God to remove our character defects are we just saying words or are we surrendering ourselves to God to live in a new way?

***When you pray, don't babble on and on as people of other religions do. They think their prayers are answered only by repeating their words again and again.*** (Matthew 6:7 NLT)

In our everyday life in recovery, do our words honour God when we use His name in the presence of others? Are we honouring others in our conversations and in our commitments?

***Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity.*** (1 Timothy 4:12 NLT)

The word of God tells us that He puts higher value on His word than on His name. Are we choosing to be faithful people who honour our spoken word?

***PRAYER: Heavenly Father, Please help me guard the words that come out of my mouth and be faithful in all I do and say.***

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***In our new life with God in recovery, can people depend on us when we give them our word?***

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THURSDAY, FEBRUARY 2, 2017

## SPEAKING WITH HONOUR – CLEAN CONVERSATION

What does speaking honourably have to do with recovery? Does it matter if I use swear words or tell off-colour jokes? To live in recovery is to live as respectful people, honouring God and honouring those around us. In our conversation with others, how does our speech reflect this?

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***In the same way that we would not appreciate people saying or doing things in our name, which we personally don't approve of, so we shouldn't use God's name as a swear word or to accomplish anything He would not approve of.***

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***Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*** (Ephesians 4:29 NLT)

God's name and God's reputation is demonstrated in the character of Jesus who taught us to pray what is commonly called the "Lord's Prayer". Every time we pray the Lord's Prayer we are upholding God's name with reverence and using it with respect. In the same way that we would not appreciate people saying or doing things in our name, which we personally don't approve of, so we shouldn't use God's name as a swear word or to accomplish anything He would not approve of.

***Do not misuse the name of the Lord your God. The Lord will not let you go unpunished if you misuse his name. Our Father in heaven, may your name be honored.*** (Ex. 20:7, Matt. 6:9 NLT)

One of the best ways to help get ourselves out of the habit of swearing is to keep ourselves away from situations where such talk is the norm. While we may have to tolerate swearing in work environments, there are many other situations where we can gently ask friends and associates not to swear around us and limit time with them if they continue. TV shows, movies, and song lyrics that we watch or listen to, should be assessed for content. We need to choose what we input into our minds.

It's time to think before we speak, and to honour the God who has rescued us from suffering and darkness and brought us into His glorious light.

***PRAYER: Our Father in Heaven, I ask that Your loving kindness towards me be reflected in my speech and actions. May Your name be honoured in all I say and do.***

FRIDAY, FEBRUARY 3, 2017

## CHALLENGES TO LIVING WITH HONOUR

God commands us to honour our father and mother. This command may also be applied to our primary care givers. The honour we are to give our parents is not based on their parenting skills but on their position of authority over us. When we marry, we are told to honour our spouse and to keep the marriage bed pure. With regards to others, we are instructed to love one another and to honour others above ourselves. Integrity in these disciplines will be achieved when we first find respect for ourselves in the grace that God so generously pours out on us.

***Honor your father and your mother, so that you may live long in the land the Lord your God is giving you. Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. Be devoted to one another in love. Honor one another above yourselves.*** (Exodus 20:12; Hebrews 13:4; Romans 12:10 NIV)

In our former lifestyle, we may have retaliated in anger and caused conflict when we were not treated with the respect we thought we deserved. We felt our worth had been devalued by whatever was said or done. While fighting for the honour we thought we deserved, were we prepared to treat those who mistreated us with the same honour that we expected to receive from them?

***The Lord says, "I will rescue those who love me. I will protect those who trust in my name. When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation."*** (Psalm 91:14-16 NLT)

Jesus reflected His Father's character when He went about doing good and healing everyone, even those who mistreated Him and were under the power of the evil one. As we honour God and others, no matter how they behave, we will become the person God created us to be, a person who experiences honour.

***PRAYER: Heavenly Father, Help me to follow You in all my ways and to honour others above myself. I rest in the knowledge of Your word that says both riches and honour come from You.***

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***As we honour God and others, no matter how they behave, we will become the person God created us to be, a person who experiences honour***

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SATURDAY, FEBRUARY 4, 2017

## SPIRIT SATURDAY – GOD'S EVERLASTING LOVE

The Bible tells us repeatedly of the unfailing love of God for us. However, some of us who have come from the darkness of our addictive lifestyle may not be aware of this great love. We see God as a harsh task master who is waiting to punish us for the wrongs we have done. This could not be further from the truth.

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***It is amazing that God's love for us, despite what we've done, is unfailing. How can we not love Him for all He has done for us?***

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***The Lord appeared to us in the past, saying: "I have loved you with an everlasting love; I have drawn you with unfailing kindness."*** (Jeremiah 31:3 NIV)

God loved us so much He sent Jesus into the world to die for our sins so that the power of death could be conquered. Those of us who put our trust in this plan of salvation become children of God and will live with Him forever. Jesus came not to judge us for our sins but to save us.

***For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.*** (John 3:16-17 NIV)

God loves each one of us and planned the events of Jesus' birth, death, and resurrection so that we might have life forever with Him. As incredible as it may seem Jesus said that He has gone to prepare a place for us and when everything is ready, He will come and get us so that we will always be with Him.

***My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.*** (John 14:2-3 NIV)

It is amazing that God's love for us, despite what we've done, is unfailing. How can we not love Him for all He has done for us?

***PRAYER: Heavenly Father, Thank you for your never ending love for me. Help me to live in obedience to Your word and to love others as You have loved me.***

SUNDAY, FEBRUARY 5, 2017

## SUNDAY PSALM – OVERCOMING IMPATIENCE

***How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me? Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, and my enemy will say, “I have overcome him,” and my foes will rejoice when I fall. But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the Lord’s praise, for he has been good to me.*** (Psalm 13:1-6 NIV)

Impatience with our progress in recovery may cause us to keep our minds focused on what we still have to do, rather than on the growth we have already experienced. Fears may arise as we begin to journal some of our step work. With sober minds, we remember the person we were and the pain we caused others by our actions. This may bring us feelings of sorrow and shame. A desire for relief from this anxiety may cause us to dwell on our drug of choice and how it might numb the pain. Our recovery seems overwhelming and never-ending. If we wrestle with these thoughts without seeking help, we may find ourselves giving in to the enemy of our souls and relapsing.

Recognizing that we are under attack from evil forces seeking to draw us back into darkness is the first step in controlling our impatient thoughts. Asking for God’s help is the next. Talking with a mentor who understands will help us get back on the path of recovery.

***But God had mercy on me so that Christ Jesus could use me as a prime example of his great patience with even the worst sinners. Then others will realize that they, too, can believe in him and receive eternal life.*** (1 Timothy 1:16 NLT)

Each time we have victory over our impatience we will begin to sing praises to God for His help and sustaining power.

***PRAYER:*** Dear God, I am thankful I can rely on Your help when I am in trouble. I praise You for Your unfailing love for me.

MONDAY, FEBRUARY 6, 2017

## WHY DO INNOCENT PEOPLE SUFFER (I)

A parent dies when a child is very young. Sexual abuse is inflicted on an innocent child. A sibling is brutally murdered. A spouse is killed in a workplace accident. Stories of famine and injustice fill our newscasts. In the face of these circumstances, many people ask, “If there is a loving God, how could He allow such things to happen?” In the next few days let’s consider some factors that relate to this question.

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***If we believe in the finished work of the Lord Jesus, we become children of God and will have life with Him forevermore.***

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What was God’s plan for human beings? God created humans to live in a loving eternal relationship with Him. God never intended that humans would know evil let alone experience it. God warned Adam that he would die if he ate the fruit of the tree of the knowledge of good and evil. When Adam and his wife were deceived into eating the fruit anyway, Adam did not physically die, but he died spiritually and his relationship with God was broken.

***You know the story of how Adam landed us in the dilemma we’re in—first sin, then death, and no one exempt from either sin or death. That sin disturbed relations with God in everything and everyone... Even those who didn’t sin precisely as Adam did by disobeying a specific command of God still had to experience this termination of life, this separation from God. Yet God has made everything beautiful for its own time. He has planted eternity in the human heart.*** (Romans 5:12,14 MSG; Ecclesiastes 3:11 NLT)

Human beings are made in the image of God and eternity is forever planted in their hearts. Today, it’s important to remember that through Jesus’ death and resurrection, God’s original plan for an eternal relationship with us has been restored. If we believe in the finished work of the Lord Jesus, we become children of God and will have life with Him forevermore.

***We are made right with God by placing our faith in Jesus Christ. And this is true for everyone who believes, no matter who we are.*** (Romans 3:22 NLT)

***PRAYER:*** Heavenly Father, Thank You for sending Jesus to make us right with You. I place my faith in the finished work of Jesus to restore me to eternal life with You.

TUESDAY, FEBRUARY 7, 2017

## WHY DO INNOCENT PEOPLE SUFFER? (2)

God never intended that we would know evil, let alone experience it. God created humans, placed them in a beautiful garden, gave them freedom to enjoy everything in it, with one warning – they were not to eat the “fruit of the tree of the knowledge of good and evil.”

***Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man’s nostrils, and the man became a living person. Then the Lord God planted a garden in Eden in the east, and there he placed the man he had made. The Lord God made all sorts of trees grow up from the ground—trees that were beautiful and that produced delicious fruit. In the middle of the garden he placed the tree of life and the tree of the knowledge of good and evil. The Lord God placed the man in the Garden of Eden to tend and watch over it. But the Lord God warned him, “You may freely eat the fruit of every tree in the garden—except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die.”*** (Genesis 2:8-9, 15-17 NLT)

God desired that humans would live in loving relationship with Him and with each other. God gave humans the ability to think and respond to His love and goodness as they chose. He wanted them to trust His infinite knowledge and, through relationship with Him, receive guidance and direction that would result in a good, pleasing and perfect life. It’s like a parent wanting the best for their child and through wise teaching the child is kept from harm. A protective parent will tell a child not to touch a hot burner on the stove. In doing so, the parent is seeking to shield the child from the danger the child is not even aware exists.

Because He loved and cared about His creation, God warned humans about the danger of eating the forbidden fruit. When they disobeyed, and experienced the painful consequences, God did what was necessary to restore their relationship with Himself. Are we willing to fully surrender to God’s guidance and direction for our lives or do we want to continue to suffer the painful consequences of our rebellious behaviour?

**PRAYER:** *Heavenly Father, Today, I choose to turn my will and my life over to Your care and to obey You in all my ways.*

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***God gave humans the ability to think and respond to His love and goodness as they chose.***

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WEDNESDAY, FEBRUARY 8, 2017

## WHY DO INNOCENT PEOPLE SUFFER (3)

God created humans to live forever in loving relationship with Him. He gave them the freedom to choose how they would relate to Him. Unfortunately, they choose to listen to Satan and were deceived. They thought that living by their own “smarts” – with the knowledge of good and evil – would be better than living under the direction of a loving God who alone knows how the world and all things in it fit together in a caring and supportive way.

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***Only God knows the best path of life for us and this path will not trip us up or harm us.***

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Satan hates God and wants to destroy those who are made in the image of God. He lies. He cheats. He manipulates. He destroys. His agenda is to cause as much pain and suffering as possible and to get as many humans as he can to partake in His destructive agenda.

Jesus said: ***For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies. The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.*** (John 8:44; John 10:10 NLT)

God is love. Anything that goes against God goes against His agenda of love and care and ultimately brings suffering. Why do innocent people suffer? Because the first humans were disobedient and co-operated with Satan’s agenda. Through their disobedience, sin, suffering and death entered the world. Satan continues to lie to humans, and through trickery, will deceive them into taking a path that appears good, but one which he knows will lead to painful hardship. Only God knows the best path of life for us and this path will not trip us up or harm us.

***Don’t be misled: No one makes a fool of God. What a person plants, he will harvest. The person who plants selfishness, ignoring the needs of others—ignoring God!—harvests a crop of weeds. All he’ll have to show for his life is weeds! But the one who plants in response to God, letting God’s Spirit do the growth work in him, harvests a crop of real life, eternal life.*** (Galatians 6:7-8 MSG)

**PRAYER:** *Heavenly Father, I’m done co-operating with Satan’s agenda which only brings sin, sorrow and separation from You. I want to live surrendered to You and allow Your love to guide and shape my recovery and relationships.*

THURSDAY, FEBRUARY 9, 2017

## WHY DO INNOCENT PEOPLE SUFFER (4)

God created human beings to live forever in a loving relationship with Himself. Love is an attribute that must be freely given and received. It can't be forced. God is love. If we love God, we will trust His word and obey what He says. Adam and Eve chose to doubt God's love, believe Satan's lies, and made a choice that brought sin and suffering on themselves and their descendants.

Where is God in all this? Is He standing helplessly by His throne while life on this planet spins out of control and suffering increases? Of course not! His love toward us is unfailing and His mercy is new each morning. He is a faithful God who cares for us and through His Holy Spirit pursues us with His love. He is waiting for us to respond to His love demonstrated through Jesus, whose death and resurrection frees us from the chains of sin and death.

*It was our suffering he took on himself; he bore our pain. We thought that God was punishing him, that God was beating him for something he did. But he was being punished for what we did. He was crushed because of our guilt. He took the punishment we deserved, and this brought us peace. We were healed because of his pain. We had all wandered away like sheep. We had gone our own way. And yet the Lord put all our guilt on him.* (Isaiah 53:4-6 ERV)

God offers us the same choice he gave Adam and Eve. We can trust that He is love and that all His ways are love. We can choose to believe that everything God instructs us to do is given to protect and care for us, OR, we can decide on our own what is good and what is evil. If we do, then the consequences are the same for us as they were for Adam and Eve – suffering and spiritual death. We don't have to remain trapped in the painful consequences of our wrong choices. God has made available what we need to overcome our sin and suffering.

*Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life, so that you and your descendants might live! You can make this choice by loving the Lord your God, obeying him, and committing yourself firmly to him. This is the key to your life.* (Deuteronomy 30:19-20 NLT)

*PRAYER: Heavenly Father, Thank You for Your unfailing love and grace revealed through Jesus. Teach me Your ways and help me to wholeheartedly love and obey You.*

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**God has  
made  
available  
what we  
need to  
overcome  
our sin  
and  
suffering.**

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FRIDAY, FEBRUARY 10, 2017

## THE SEVEN DEADLY SINS

For decades, people used an inventory called, "The Seven Deadly Sins" to help them recognize ways that were not in keeping with God's laws. They can also help us identify character defects to work on as we move forward in our life with God in recovery.

1. Pride/Vanity - having or showing an exaggerated opinion of one's own importance, merit, ability; conceited; believing I am better than I really am. ***Pride goes before destruction, and haughtiness before a fall.*** (Proverbs 16:18 NLT)

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### **7 DEADLY SINS/ CHARACTER DEFECTS**

**Pride  
Greed  
Lust  
Gluttony  
Envy  
Anger  
Laziness**

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2. Greed - intense and selfish desire for something, especially money, power, or food. ***Such is the fate of all who are greedy for money; it robs them of life.*** (Proverbs 1:19 NLT)

3. Lust – a passionate desire for something regardless of the consequences. ***For lust is a shameful sin, a crime that should be punished.*** (Job 31:11 NLT)

4. Gluttony – over-indulgence; over-consumption; excessive use of anything. ***Those who eat and drink too much become poor. They sleep too much and end up wearing rags.*** (Proverbs 23:21 NLT)

5. Envy - a feeling of discontentment or resentful longing aroused by someone else's possessions, qualities, or good fortune. ***... being filled with envy, getting drunk, having wild parties, and doing other things like this. I warn you now as I warned you before: The people who do these things will not have a part in God's kingdom.*** (Galatians 5:21 NLT)

6. Anger/Resentment – a reaction to pain we have experienced or fear of pain that the treatment of others may bring into our lives. ***Fools are quick to express their anger, but wise people are patient and control themselves.*** (Proverbs 29:11 NLT)

7. Sloth/Laziness - reluctance to work or make any effort to do so; doing only what we feel like doing when we feel like doing it; laziness. ***For lazy people, life is a path overgrown with thorns and thistles. For those who do what is right, it is a smooth highway.*** (Proverbs 15:19 NLT)

*PRAYER: Heavenly Father – Today I ask you to remove all my shortcomings and give me the strength, will and power to follow You in all my ways.*

SATURDAY, FEBRUARY 11, 2017

## SPIRIT SATURDAY -- FAITHFUL IN LOVE (I)

We want friends and family to be faithful to us and to be dependable to do what they promise. What measure of faithfulness would others attach to us? How faithful would God say we have been to Him?

***This I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for him." The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.*** (Lamentations 3:21-26 NIV)

Faithfulness means to be trustworthy and reliable. God desires this character quality for all His children. How does God build faithfulness in us? He shows us by example. God has always kept His promises to us. Some of us have made promises to Him and never kept them. Even though we have not acknowledged God, He's always been there for us. God has been faithfully loving us even when we did not accept the fact that He existed.

***If we are unfaithful, he remains faithful, for he cannot deny who he is.*** (2 Timothy 2:13 NLT)

As God faithfully loves us, He invites us to show the same faithful love for others. When we follow our own selfish desires we're only looking out for ourselves and not for the good of the people we say we love. When God develops faithfulness in us, He will help us think about the commitments we make and empower us to faithfully keep them. If we are going to live in faithful love, we must choose God as our anchor and reject the influence of our circumstances and the actions of others. God is faithful to bring security to our lives if we will surrender our choices and our actions to His plans and purpose.

***PRAYER: Heavenly Father, I want my life to reflect your faithful love. Help me to honour you, honour my commitments, and work for the good of the people I love.***

SUNDAY, FEBRUARY 12, 2017

## SUNDAY PSALM – RELIEF FROM DISTRESS

When some of us first came into recovery, we were so thankful to get away from the chaos of our addictive lifestyle that we were ready to do whatever it took to be free from the person we had become. Some of us found shelter in a recovery program with people who loved God and were committed to helping others as God had helped them. What a relief from the distress of the days preceding our decision to get help. Like the person who wrote the following words, we cried out to God for help and our cry reached His ears.

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***When times of distress arise in the recovery process, and they surely will, if we seek God, He will find a place of safety for us.***

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***I love you, Lord; you are my strength. The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. I called on the Lord, who is worthy of praise, and he saved me from my enemies. The ropes of death entangled me; floods of destruction swept over me. The grave wrapped its ropes around me; death laid a trap in my path. But in my distress I cried out to the Lord; yes, I prayed to my God for help. He heard me from his sanctuary; my cry to him reached his ears.*** (Psalm 18:1-6 NLT)

Those of us who sought God in our distress were saved from the enemy of our own self-centeredness. As we daily choose to surrender our will and our lives to the care of God, He will give us the desire and the power to do what pleases Him. When times of distress arise in the recovery process, and they surely will, if we seek God, He will find a place of safety for us. God is the same yesterday, today and forever and His power is unlimited.

***God's name is a place of protection— good people can run there and be safe.*** (Proverbs 18:10 MSG)

***PRAYER: Dear Lord, Thank You for hearing me when I call on You. I am forever grateful that I can rely on You for help for You are the same yesterday, today and forever.***

MONDAY, FEBRUARY 13, 2017

## WHERE IN THE WORLD DO I BELONG? (I)

How many of us feel like we truly belong? Much addictive and destructive behaviour is rooted in loneliness. Mother Teresa said, "Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat . . . We must find each other."

***Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.*** (Ephesians 1:4-5 NLT)

Many people feel a sense of loneliness. It is not restricted to the poor or the rich, the educated or the uneducated. God created us in His image so we could know love in relationship with Him, and with those around us. A broken relationship with God results in broken relationships with those around us. The Bible tells us that God loves us with an everlasting love. He loved us so much that He sent His son Jesus into the world to die on the cross so that the wages of sin could be paid and our relationship with Him restored. We do not need to be alone. When we accept Jesus as our Lord, we are adopted into God's family and we become children of God. When we know we are accepted our hearts are touched and we begin to experience peace and the security of belonging..

***Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.*** (Psalm 143:8 NIV)

***PRAYER: Heavenly Father, I want to restore my relationship with you. I trust my life to You. I want to belong to You. Help me to experience the joy of being in your family today.***

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***Being  
unwanted,  
unloved,  
uncared for,  
forgotten by  
everybody, I  
think that is a  
much greater  
hunger, a much  
greater poverty  
than the person  
who has nothing  
to eat ... we  
must find each  
other.***

***Mother Teresa***

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TUESDAY, FEBRUARY 14, 2017

## VALENTINE'S DAY - HEARING GOD SAY, "I LOVE YOU"

Three of the most comforting, encouraging, and life-giving words in the English language are, "I love you". Spoken from a sincere heart, these three little words carry a tenderness and strength that will fill a lonely heart and bring a smile to a sad face. These are words that come from the hearts of loving parents when they see their new baby. They are whispered in the ear of someone frail as they lie on a hospital bed. They are words spoken with chocolates to a special someone, or perhaps with a "knowing gaze" shared across a room between partners in a long-term caring marriage. They are words that every human longs to hear over and over again.

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***As we go  
forward in  
recovery, God  
wants us to  
hear Him  
tenderly tell  
us each day,  
"I love you."***

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As we go forward in recovery, God wants us to hear Him tenderly tell us each day, "I love you." These words bring healing and peace to our body, mind and spirit as we absorb the truth of what is being said. We will find, when we read God's word in the Bible, that it repeatedly tells us of God's unfailing and unconditional love for us. As we pray with a quiet heart and listen, we will hear His voice echoing in our ears "I Love You".

***I pray that your love will have deep roots. I pray that it will have a strong foundation. May you have power together with all the Lord's holy people to understand Christ's love. May you know how wide and long and high and deep it is. And may you know his love, even though it can't be known completely. Then you will be filled with everything God has for you.*** (Ephesians 3:17-19 NIRV)

We cannot begin to find words to describe the all-encompassing, tender love that God continues to pour out on us. This Valentine's Day let's remind ourselves that love is available to us. God is with us. Let's live loved today.

***PRAYER: Heavenly Father, thank you for your generous love for me that is wide enough to embrace me wherever I go. Come and heal me in the place of my deepest wounding and disappointment; accompany me in my brightest moments; fill me with courage and comfort when I feel challenged. This I know for sure, You truly do love me!***

WEDNESDAY, FEBRUARY 15, 2017

## WHERE IN THE WORLD DO I BELONG? (2)

How do we feel when people who should recognize us don't? Jesus understands our sadness and wants to heal our hearts from disappointing relationships. Jesus wants us to experience the joy of knowing that we are valued and we belong.

***He came into the very world he created, but the world didn't recognize him. He came to his own people, and even they rejected him. But to all who believed him and accepted him, he gave the right to become children of God.*** (John 1:10-12 NLT)

Sir Christopher Wren was the architect of St. Paul's Cathedral and many other buildings in London, England. It almost seems unthinkable that people of Christopher Wren's time would not have recognized him. He designed some of the most beautiful buildings in London and was given much prestige for doing so. Jesus, who was both the architect and creator of this world, came into it, and those who should have recognized Him didn't, and, in fact, they rejected him.

***He was despised and rejected—a man of sorrows, acquainted with deepest grief. God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"*** (Isaiah 53:3 NLT, Hebrews 13:5b-6 NIV)

When we feel lonely and don't think that we belong, Jesus is very close. He offers us relationship that can fill our heart with peace and joy. Jesus was despised and rejected in this world so that we could experience acceptance. He was acquainted with deepest grief so that He could have compassion on us. If we open our hearts to Jesus, He will help us learn how to have a deep and abiding relationship with Him, and with others.

***PRAYER:*** *Come into my heart Lord Jesus and give me the courage to love. You created me to belong and experience the joy of being part of your family. I want to have a loving relationship with you and learn how to love others and experience healthy relationships. Please help me.*

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***Jesus wants us to experience the joy of knowing that we are valued and we belong.***

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THURSDAY, FEBRUARY 16, 2017

## WHERE IN THE WORLD DO I BELONG? (3)

Sometimes we feel unwanted, unloved or uncared for. We tell ourselves that others do not know what goes on inside us and just don't even care. We feel lost and abandoned. God's encouraging reminder for us today is that He knows us and cares about what we experience each moment of every day. Before we were even born He knew us. The circumstances of our lives are not unknown to Him. He has told us that even though our Father or Mother may abandon us that He never will. Responding to God's love is a great starting place for rebuilding relationships in recovery.

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***Responding to God's love is a great starting place for rebuilding relationships in recovery.***

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***Even if my father and mother abandon me, the Lord will hold me close. The Lord appeared to us in the past, saying: "I have loved you with an everlasting love; I have drawn you with unfailing kindness. I led them with cords of human kindness, with ties of love. To them I was like one who lifts a little child to the cheek, and I bent down to feed them.*** (Psalm 27:10 NLT, Jeremiah 31:3, Hosea 11:4 NIV)

Jesus is kind and gracious and pursues us with His love. He came to earth and poured out His life on the cross so that we could know love, and have the satisfying life God had in mind for us when He created us. He experienced rejection so we could be accepted. He wants to heal us and comfort us when we feel the most broken and abandoned.

***Therefore my heart is glad and my tongue rejoices; my body also will rest secure, because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay. You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.*** (Psalm 16:9-11 NIV)

***PRAYER:*** *Heavenly Father, when I feel like I don't belong I want to remember that You love me with an unfailing love that never ends. I open my heart today and receive Your love. Fill me up where I feel lonely and help me to find good relationships so I no longer feel disconnected.*

FRIDAY, FEBRUARY 17, 2017

## LOVE YOUR ENEMY (1)

Jesus gave us very clear instructions about loving our enemies and doing good to those who despitely use us. Many of us got tangled in addiction because we didn't know what to do with people who didn't treat us as they should have. To recover life as God intended, we need to learn what to do with these relationships.

Jesus was despised, physically abused, and rejected more than any other man and yet from the cross He asked His Father to forgive those who had acted unjustly towards Him. Jesus stayed on the cross and died for the sins of the whole world. The challenge for us, in our life with God in recovery, is to offer forgiveness to our enemies just as Jesus does.

*“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect.”* (Matthew 5:43-48 NIV)

Regardless of what has happened to us, as followers of Jesus we are instructed to love our enemies. Why should we forgive them? It seems so wrong to us. We do it because unforgiveness eats away at our soul. Our enemies still have to account to God for what they've done. He knows how to best deal with injustice. It's time to release them into God's hands.

*I also noticed that under the sun there is evil in the courtroom. Yes, even the courts of law are corrupt! I said to myself, “In due season God will judge everyone, both good and bad, for all their deeds.”* (Ecclesiastes 3:16-17 NLT)

*PRAYER: Heavenly Father, it's hard to love those who have harmed us. Please work in our hearts today and help us to release our unforgiveness and those who have harmed us to You.*

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**Many of us got tangled in addiction because we didn't know what to do with people who didn't treat us as they should have. It's time to learn.**

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SATURDAY, FEBRUARY 18, 2017

## SPIRIT SATURDAY – FAITHFUL IN LOVE (2)

God is faithful to us. God has also given us many practical commands for faithfulness in our service to others including our spouse, our friends, and those who are suffering. One of the character strengths we are meant to reclaim in recovery is how to be dependable and reliable.

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**Real satisfaction and meaning will fill our day when we live as people that others can depend on to do good no matter what the circumstances.**

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*Even if we are not faithful, he [God] remains faithful. He must be true to himself. Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.* (2 Timothy 2:13 NIRV, 1 Peter 4:10 NIV)

Many of us with a dysfunctional background have lived too long in the chaos of our own hearts and broken relationships. We've lived first for ourselves, our wants, our desires, and our perceived needs. We've broken promises more times than we can remember. Life with God in recovery is about learning how to care for and support others and to really be there for them in their time of need. Real satisfaction and meaning will fill our day when we live as people that others can depend on to do good no matter what the circumstances.

*Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it. Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering. Keep your lives free from the love of money and be content with what you have.* (Hebrews 13:1-3, 5 NIV)

We are used to living with expectations of how others should be doing certain things for us so that our needs are met, rather than reaching out first to serve others knowing that God will take care of us if we do so. God offers us a better way today – the way of faithful love.

*PRAYER: Heavenly Father, help me to live faithful in love today no matter who I meet or what circumstances I find myself in. Help me to faithfully use the gifts you've given me in service today.*

SUNDAY, FEBRUARY 19, 2017

## SUNDAY PSALM – GOD’S FAITHFUL FORGIVENESS

While we were caught in addiction, our record of living in loving and faithful ways didn't look pretty. Some of us ended up with a rap sheet in the courts and others of us just ended up with one written on our hearts. The guilt and shame over failures and destructive behaviour took hold of us, and if we are honest, many of us still struggle with some of those memories.

*Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty! I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the Lord.” And you forgave me! All my guilt is gone.* (Psalm 32:1-2, 5 NLT)

God invites us today to a new way of living, not just with new behaviours, but also with new ways to deal with thoughts and memories from the past. It is God's plan that we live free from the burden of guilt and shame. That doesn't mean we don't care about what happened or how we've harmed others. It means we own what we've done and humbly ask God to remove our character defects. As we then live according to God's principles, others will observe how God has changed us.

*The Lord says, “I will guide you along the best pathway for your life. I will advise you and watch over you. So rejoice in the Lord and be glad, all you who obey him! Shout for joy, all you whose hearts are pure!* (Psalm 32:8, 11 NLT)

It's time to not only be honest about what we've done in our past, but also to be honest about what God has done on our behalf.

*PRAYER: Heavenly Father. You know all about me - past, present, and future. I lay down my own thoughts about how life should have been and agree that I failed to live in Your ways. I receive Your forgiveness through Jesus, and lay down all false guilt. I'm forgiven. Thank You that I am truly free to live with joy today.*

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***It's time to not only be honest about what we've done in our past, but also to be honest about what God has done on our behalf.***

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MONDAY, FEBRUARY 20, 2017

## OVERCOMING A VICTIM MENTALITY (I)

A victim is a person who has been abused, hurt, or oppressed, and is without the needed knowledge or power to change their circumstances. An event or series of events may result in that person believing that they are so marred, they are unable to take responsibility for their own life. They blame others for their inability to handle issues they are facing today. In their minds, they live as if they are still under the influence of the abuser.

God knows and God cares about everything we have experienced. In love, God invites all who have been victimized to rest in His protection and receive healing.

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***God's desire is that we trust His power to help overcome the wrongs of our past.***

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*Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.* (Matthew 11:28-30 NIV)

The victim mentality is quite widespread in our society and particularly in the world of addiction and recovery. Even though each person desires and needs intimacy, people with a victim mentality struggle to form emotional intimacy in healthy relationships. When their neediness causes a relationship to break down, they feel like they have been victimized again. Their unresolved offences, grief, and bitterness continually sabotages their life and relationships. They choose to believe that no one truly understands their situation, and no one really cares.

The good news is that God is aware that none of us can face these fearful injustices on our own. God's desire is that we trust His power to help overcome the wrongs of our past. The acceptance of His love, will bring healing to our body, mind and soul as we turn our will and our life over to His care.

*You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. Cast all your anxiety on him because he cares for you.* (1 John 4:4, 1 Peter 5:7 NIV\_

*PRAYER: Heavenly Father, We come close to you today with our heavy burdens. Teach us how to live as overcomes rather than as victims.*

TUESDAY, FEBRUARY 21, 2017

## OVERCOMING A VICTIM MENTALITY (2)

A person with a victim mentality has learned to focus on suffering while trying to avoid more at any cost. Some isolate and live behind high walls. They complain and blame and are easily angered. Some bury their feelings, opinions and desires and just do what they are told, believing they are powerless. They believe that life can only improve if someone else fixes what is wrong.

God says, *I have swept away your sins like a cloud. I have scattered your offenses like the morning mist. Oh, return to me, for I have paid the price to set you free.* (Isaiah 44:22 NLT)

God promises that regardless of what has happened to us, we can have victory over it by trusting Him and following His direction. God assures us that nothing in heaven or on earth can separate us from His love.

*Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep." No, despite all these things, overwhelming victory is ours through Christ, who loved us.* (Romans 8:35-37 NLT)

While our specific experience of pain might not be mentioned in the above verses, the intent of the writer is to tell us that whatever injustice and trouble we have suffered, God's word remains true in our situation. God promises us that we can live victoriously. We don't need to just survive and cope with what life has handed us. Our future has not been stolen by the abusive person in our past. God wants to pour out His grace upon us and give us new life. Are we willing to leave the old and embrace the new?

*PRAYER: Heavenly Father, help us to let go of the insanity of our past that continues to fill our hearts and mind. Help us to embrace your love and healing. Fill us with your grace and teach us how to live in healthy relationships.*

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**God promises  
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live  
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to just survive  
and cope with  
what life has  
handed us.**

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WEDNESDAY, FEBRUARY 22, 2017

## OVERCOMING A VICTIM MENTALITY (3)

People with a victim mentality often confuse love with pity or rescue. They think good things only happen to others. They feel anxious and overly sensitive. Can God make a way for them to have a satisfying and meaningful life? Yes! Yes! Yes!

Jesus suffered and died on the cross to deal with all sin and injustice and enable us to be free and have life with God forever – a life that is full and satisfying. Jesus became a victim so we no longer have to live as one. His death in our place covers sins done by us and injustices done to us.

*Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. We all, like sheep, have gone astray, each of us has turned to our own way; and the Lord has laid on him the iniquity of us all.* (Isaiah 53:4-6 NIV)

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**Jesus  
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longer  
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live as  
one**

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It is very challenging for those of us who have spent years living with a victim mentality to move into the experience of being an overcomer. Why? We have become familiar with a lifestyle of not using our own initiative and wanting someone else to "do it for us". Under our conscious fear of rejection is often an unconscious layer of anger, not just against the abuser, but also against those who "should have" protected us and did not.

God wants to release us from the bondage of a victim mentality and help us grieve painful losses. Rather than continuing to blame others, He invites us to receive healing for the wounds, and forgiveness for the resentments we've held. As we bring our troubled situations to God for His help and healing, He will take hold of our hand and say, *"Do not fear; I will help you"*. (Isaiah 41:13 NIV)

*PRAYER: Heavenly Father, help us to turn from protecting ourselves at all costs and begin to learn from you how to live with realistic expectations and safe boundaries in loving relationships.*

THURSDAY, FEBRUARY 23, 2017

## OVERCOMING A VICTIM MENTALITY (4)

Jesus encountered a man who had been sick a long time. This man had many thoughts and responses similar to those a person with a victim mentality has.

*Jesus was back in Jerusalem. Near the Sheep Gate in Jerusalem there was a pool .... Hundreds of sick people—blind, crippled, paralyzed—were in these alcoves. One man had been an invalid there for thirty-eight years. When Jesus saw him stretched out by the pool and knew how long he had been there, he said, “Do you want to get well?” The sick man said, “Sir, when the water is stirred, I don’t have anybody to put me in the pool. By the time I get there, somebody else is already in.” Jesus said, “Get up, take your bedroll, start walking.” The man was healed on the spot. He picked up his bedroll and walked off.* (John 5:1-9 MSG)

This man is like so many of us who live with a victim mentality. His whole perspective is centered on his great need. He feels hopeless. If circumstances have not changed for 38 years, he believes they never will. A person with a victim mentality holds similar beliefs and so they simply stay in the same position and hope that someone else will help get them to where they want to be. Unfortunately, the same problems keep recurring and the attitude hardens in the person with the victim mentality that there is nothing they can do about their situation. They choose an existence of hopelessness and despair.

Jesus knows that what we think is often more important to our well-being than what we see or experience around us. Jesus knew he could heal the sick man. He also knew if the man was going to live a productive life he’d have to give up his lifestyle of self-pity, complaining, and lack of hope. So, Jesus challenged the man, and He challenges us today by asking, **“Do you want to get well?”**

Jesus is able and willing to heal us and give us new life today. Are we willing to receive it? Do we want to get well? It’s time to make the effort to pick up our bed and walk.

**PRAYER:** *Dear Jesus, Please help us to face whatever issues keep us from the life You are offering us. Give us a true desire to get well, get up, and start walking this path of recovery with You.*

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**Jesus is able  
and willing to  
heal us and  
give us new  
life today.  
Are we  
willing to  
receive it?  
Do we want  
to get well?**

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FRIDAY, FEBRUARY 24, 2017

## OVERCOMING A VICTIM MENTALITY (5)

People living with a victim mentality often believe that it is impossible to get well. Jesus offers abundant life to everyone who is willing to receive and rely on the power of God’s love. God supplies the love, protection and guidance needed for each day. We can take action, and it will be effective, because we are now empowered by God’s love and guided by His wisdom. As we take steps to live in God’s way, we come to believe that He supplies everything we need to be restored to sanity.

***In all these things we are more than conquerors through him who loved us. For God is working in you, giving you the desire and the power to do what pleases him.*** (Romans 8:37; Philippians 2:13 NIV)

When God asks us, as He did the sick man in yesterday’s story, “Do you want to get well” he’s also telling us two encouraging truths:

1) I know about your trouble but my love in you can overcome it. ***In this world you will have trouble. But take heart! I have overcome the world.*** (John 16:33 NIV)

2) If you will trust Me, I will cause even these things to work together for good in your life. ***And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*** (Romans 8:28 NLT)

What’s my part in overcoming a victim mentality? I choose, with God’s help, to admit that I’ve been living under this negative perspective. I quit blaming others and take responsibility for my own life. I give God time to work in me to resolve my grief, anger, resentment, and roots of bitterness. I seek God’s healing for open wounds. I choose to renew my mind and describe myself as God sees me. I declare that I am an overcomer, not a victim. I make whatever effort I can each day to build healthy relationships, set healthy boundaries, and trust God to help me.

***For I can do everything through Christ, who gives me strength.*** (Philippians 4:13 NLT)

**PRAYER:** *Heavenly Father, today I welcome Your unfailing love to change me from living as a victim to living life with You as an overcomer. I want to get well!*

SATURDAY, FEBRUARY 25, 2017

## SPIRIT SATURDAY – FAITHFUL - COMMITMENT

Our new life in recovery challenges our old habit of doing whatever we want, whenever we feel like doing it. It's a hard pattern to break. Any success in life, whether in business, sports, or a relationship is the result of making a choice and sticking with a plan. So many other things look more appealing than the boredom and hard work of continuing with a program. However, success in any area of life only comes after a period of sustained effort.

***And may you be completely faithful to the Lord our God. May you always obey his decrees and commands, just as you are doing today. Jesus said: I have loved you even as the Father has loved me. Remain in my love. When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love. (1 Kings 8:61, John 15:9-19 NLT)***

God desires that our heart be committed and obedient to Him and that we walk in His ways. However, we are so used to being distracted and "cutting corners" that it's easy to slip back into that pattern. We can fake commitment and just go through the motions for a while, but we will not make any real progress. This applies in our relationship with God, our relationship with a loved one, or working our treatment program. God encourages us to stick with the plan and keep going. Only committed energy and focus bring long term success.

***So you should try very hard to add goodness to your faith. To goodness, add knowledge. To knowledge, add the ability to control yourselves. To the ability to control yourselves, add the strength to keep going. To the strength to keep going, add godliness. To godliness, add kindness for one another. And to kindness for one another, add love. All these things should describe you more and more. They will make you useful and fruitful as you know our Lord Jesus Christ better. (2 Peter 1:5-8 NIRV)***

***PRAYER: God, help me today to stick with the plan and keep my commitments to you, myself, my loved ones, and my recovery.***

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**Only  
committed  
energy and  
focus bring  
long term  
success.**

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SUNDAY, FEBRUARY 26, 2017

## SUNDAY PSALM – COMMITTING EVERYTHING TO GOD

Commitment is asked of us in numerous areas throughout our lives: marriage vows, appointments, work, volunteer jobs, friendships, contracts, bill paying, promises made to parents or children, getting to work or school on time, etc. Commitment takes effort. God invites us to live a satisfying life by making and honoring healthy commitments.

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**God invites us  
to live a  
satisfying life  
by making  
and honoring  
healthy  
commitments.**

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***Trust in the Lord and do good. Then you will live safely in the land and prosper. Take delight in the Lord, and he will give you your heart's desires. Commit everything you do to the Lord. Trust him, and he will help you. He will make your innocence radiate like the dawn, and the justice of your cause will shine like the noonday sun. Be still in the presence of the Lord, and wait patiently for him to act. (Psalm 37:3-7a NLT)***

These days, commitment seems to have become something to avoid, something that is likely to result only in inconvenience at some point. Commitment involves the hard work of honouring a choice when other possibilities, that seem more attractive in the moment, present themselves.

We live in a world that expects us to look out for ourselves, take the best deal when we can get it, and only worry about the next guy when it doesn't get in the road of our own progress. God asks something quite different of us. God asks us to be with each other in love through good times and bad. God invites us to wait patiently for things to work out.

Even when we don't see it, God is working things together for our good in a variety of situations. Sometimes it means remaining in a job even though there are some relationship issues. Sometimes it's sticking with a recovery program that currently doesn't make much sense to us. At other times it's doing what a trusted friend or sponsor suggests to us even though we don't feel like it.

***Commit everything you do to the Lord. Trust him, and he will help you. (Psalm 37:5 NLT)***

***PRAYER: Heavenly Father, help me to trust Your plan and follow You with all my heart. Give me humility to follow good advice and strength to wait patiently for you to act.***

MONDAY, FEBRUARY 27, 2017

## OPTIMISM – DOUGHNUTS OR HOLES

What do you see when you go to Tim Horton's or some other coffee shop? What catches your eye to go with that cup of "double/double?" At Tim's, the display case will be filled with doughnuts but they'll all have holes. Someone has said, "An optimist sees the doughnut and the pessimist sees the hole in the doughnut." We miss so much of life because we are "seeing the holes rather than the doughnuts."

The Bible tells us there are three important things in life. **Three things will last forever—faith, hope, and love—and the greatest of these is love.** (1 Corinthians 13:13 NLT)

The trauma and pain that led us to addiction, and the hardship and hopelessness that kept us there, are like the hole in the middle of the doughnut. We can continue to complain about the hole, or we can invite God to surround us with beautiful sweet things that feed our souls and cause us to delight in our new life in recovery.

When life is filled with faith, hope and love, we'll see not only the doughnuts to choose from, but we'll also enjoy the sweet smells, and we'll even hear the laughter of others around us as they enjoy their doughnuts. We will be thankful for a rich and satisfying life.

During the Second World War, Harry Truman, president of the United States at that time, made this observation: "A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties."

**You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever. And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others.** (Psalm 16:11, 2 Corinthians 9:8 NLT)

**PRAYER:** Heavenly Father, you are aware of the challenges in our lives – the holes. Help us to trust that Your good and pleasing plan is surrounding the holes of our lives with lovely things so we can experience fulfillment and joy. Help us to see the doughnuts rather than the holes.

TUESDAY, FEBRUARY 28, 2017

## OPTIMISM FUELED BY FAITH

This week we are exploring a way of life that "sees the doughnut rather than the hole." First on the list of qualities we need to build in this life is faith -- faith that trusts in God, learns from God, and builds on the groundwork that God gives through His word in the Bible. This foundation is required to fuel a positive and optimistic outlook on life.

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**God's way  
of helping us  
grow in faith  
is to  
surround us  
with truth.**

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**And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.** (Hebrews 11:6 NLT)

Faith that gives us reason for a positive outlook in life is rooted in the fact that God exists and that God cares about us. Without faith in God there's no reason to pray or expect to be protected from anything that might happen to us. Thankfully, God does exist and is watching over us each day. As we bring our hearts and the events of our lives before Him in prayer, He responds to our situations with wisdom and

understanding far beyond all we could ask or imagine.

Faith grows in us as we not only hear but also act on the truth of God's word. Even if we don't understand how it all works, we can still build our lives with confidence on the truth contained in the Bible. Jesus prayed: **Make them holy by your truth; teach them your word, which is truth.** (John 17:17 NLT). God's way of helping us grow in faith is to surround us with truth.

Jesus said: **I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, 'Move from here to there,' and it would move. Nothing would be impossible.** (Matthew 17:20 NLT)

**PRAYER:** Heavenly Father, help me to grow in grace and the knowledge of your word. Give me the courage to act on the little faith that I have and trust that you will make my life a blessing to others.





*Come and learn and grow with us:*

***Christian 12-Step Recovery Meeting***

***Wednesdays, 7:00 pm***

*325 6<sup>th</sup> Street*

*New Westminster, BC*

***Christian 12-Step Recovery Meeting***

***Thursdays, 7:30 pm***

*543 Powell Street*

*Vancouver, BC*

*For we are God's masterpiece. He has created us anew in Christ Jesus,  
so we can do the good things he planned for us long ago.*

*Ephesians 2:10 NLT*