

LIFE WITH GOD IN RECOVERY



Daily Meditations



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*Partners in Hope Recovery Society
is a Christian community
outreach organization
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

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MONDAY, APRIL 1, 2019

I AM LOVED BY GOD ALWAYS

We all long to experience love from our family, friends, and people we respect. We are sure that when others love us, we will finally feel satisfied. Sometimes we think we must do a certain thing or become a certain kind of person in order to earn this love from others.

God's love for us is quite different. It is not influenced by us doing certain things for Him because God's love is based in God's character, which is love. There is something constant and safe in God's love. It is a love that will not fail us.

This is real love. It is not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins. We are still alive because the Lord's faithful love never ends. Every morning he shows it in new ways! You are so very true and loyal! I say to myself, "The Lord is my God, and I trust him." (1 John 4:10 NLT, Lamentations 3:22-24 ERV)

We never have to worry if we are good enough for God. While God may not approve of all our actions and behaviour, His love is not an emotion that will change with circumstances. He has already loved us at our worst. His love is constant. When God looks at us, He sees us through eyes of love. If we allow Him to work in our lives, God sees us as we will become.

The real question for us to ask ourselves today is not whether God loves us but whether or not we have opened our hearts to God and invited Him in. If we choose to give our will and life over to the care of God, we can experience God's love and grow in it each day. Where we once felt dead inside because of sin, God's Holy Spirit now brings us life. When God lives in us, His love comes alive in our hearts. We then have the assurance that absolutely nothing can separate us from God's love.

... nothing now, nothing in the future, no powers, nothing above us or nothing below us—nothing in the whole created world—will ever be able to separate us from the love God has shown us in Christ Jesus our Lord. (Romans 8:39 ERV)

Prayer: Lord Jesus, forgive my sin and come into my heart. Heal my wounds. Fill me with Your Holy Spirit and Your love which You have promised will never fail me. Amen

***When
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TUESDAY, APRIL 2, 2019

HIDING BEHIND THE LIES

We started lying a long time ago to cover up and hide from the truth. Now we find it almost impossible to tell the complete truth in any situation. We often feel like running and hiding from others rather than telling them the truth. However, the road to recovery which God offers us is based on truth telling and integrity. What are we going to do?

Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out. (Proverbs 10:9 NIV)

We all know we've been dishonest but, are we willing to admit to ourselves the truth about why we lied? Some of our core beliefs are just lies that we used them to prop us up in our sin and addiction. For those of us who have cycled in and out of recovery, it's almost certain we have been living under the power of deception and require God's help to recognize and live in truth. It's time to start acknowledging the underlying lies that our beliefs are based on. To leave them untouched will impact our recovery and contribute to future relapse.

Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free. When the Spirit of truth comes, he will guide you into all truth." (John 8:31b-32 NIV, John 16:13 NLT)

How willing are we to make a fresh start to finally be free from the deceit that keeps us lying in our thoughts, speaking lies out of our mouths, and implementing lies with our actions? God desires that we know the truth and that we recognize and reject our untruthful ways. Are we willing to learn about truth and follow truth in all our affairs?

Prayer: Heavenly Father, I confess that I have found it more self-serving to act on my own faulty beliefs rather than to be guided by the truth of Your word. I've lied to myself and to others. Today, I confess that I've been wrong. I turn away from telling lies and ask You to forgive me. Please work in me and change me so that telling the truth regardless of consequences, becomes my way of life. Amen

***Are we
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WEDNESDAY, APRIL 3, 2019

FACING TODAY WITH COURAGE

It takes courage to live in recovery. Admitting that our lives were unmanageable, and we were powerless to sort ourselves out took real courage. Asking for help also took courage as we turned our will and life over to the care of God.

Be strong! Be fearless! Don't be afraid and don't be scared by your enemies, because the Lord your God is the one who marches with you. He won't let you down, and he won't abandon you. (Deuteronomy 31:6 CEB)

When we know that our will and our lives are secure in God's care, we no longer need to fear confronting our problems. Because we are never alone, we can cope with whatever comes in this day without mood altering substances or habits. We can look at what it means to take responsibility for ourselves and stop blaming others for where we find ourselves today. We can face feelings of weakness and insecurity no matter how many challenges are involved in sorting out our hearts and our circumstances. Do we feel like we can do this? Probably not!

Feeling strong is not essential to action. Knowing God is with us and promises us victory steadies us and gives us the courage to do the next right thing, even in our weakest moments. While we may feel fear, or guilt and shame, we can immediately hand those reactions over to God who promises us forgiveness and healing for all our wounds. We can face and overcome anything, not on our own, but when God lives in us. The Big Book of AA reminds us: *We will suddenly realize that God is doing for us what we could not do for ourselves.*

Through you [God] we push down our foes; through your name we tread down those who rise up against us. (Psalm 44:5 ESV)

Prayer: Loving God, Live in me today. Remind me in my weakest moments that You are with me and that You will never leave me. You are so much stronger than anything that comes against me. I stand with You today and trust You to stand with me. Amen

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THURSDAY, APRIL 4, 2019

I CAN'T DO IT ALONE

God knows we can't find our way on our own and that it's impossible for us to consistently choose to behave in healthy ways, no matter how much we want to. In His love, God calls us to come close to Him so He can teach us what works and give us the strength to live in a new way.

Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light. (Matthew 11:28-30 NLT)

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We wonder how God could value us as a person and be willing to give us another chance at life. In our addiction, we never asked for, or even desired His guidance. We did not want to consider life on His terms or to learn from Him. Again and again we chose our own way. Despite our persistent arrogance and disdain for God, He continues to love and care about each one of us. Jesus came to earth to redeem us, heal us, and set us free.

Jesus said, ***"The Spirit of the LORD is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free, and that the time of the LORD's favor has come."*** (Luke 4:18-19 NLT)

God calls us today to let go of all that is unmanageable and to turn to Him. When we do, God will work everything together for our good, including those things in our past that were cruel and caused us pain.

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Romans 8:28 NIV)

Prayer: Dear God, My life is unmanageable. I accept Your word as the truth which I will build my life upon. I receive hope to fill my despair. I receive truth to sort out my confusion. Amen

FRIDAY, APRIL 5, 2019

IDENTIFYING AND MANAGING TRIGGERS

Emotions, stress, troubles in a relationship, illness, or just talking about the past can trigger an obsession in us to relapse. Something good happening and a desire to celebrate can also be a challenging trigger. Many of us have learned to be alert to the situations making up the acronym “HALT” (hungry, angry, lonely, tired) as conditions that carry a lot of risk for relapse.

Through Christ we feel sure before God. I don't mean that we are able to do anything good ourselves. It is God who makes us able to do all that we do. The Lord is the only one who can save us. Only he can make us strong. (2 Corinthians 3:4-5 ERV, Isaiah 45:24 NIRV)

We can't face triggers and obsessions on our own and hope to overcome them. God wants us to be successful in recovery and, if we will just ask, He will give us what we need every moment of every day. Maintaining open communication with God on a regular basis makes it easy for us to call out to Him when the triggers strike.

God will help us identify our triggers and make plans for a future crisis. When a trigger happens, we are then prepared to handle the situation in a healthy way. It's also good to have people we can call when we are in trouble, but we're unlikely to contact them until we change the thought patterns swirling in our heads. Some folks memorize one of God's promises and speak it to themselves as often as necessary until the crisis passes.

God is faithful. He will not let you be tempted any more than you can take. But when you are tempted, God will give you a way out. Then you will be able to deal with it. (1 Corinthians 10:13 NIRV)

Learning how to recognize what triggers us, and developing ways to manage the cravings that result, is an important part of living well in recovery today .

Prayer: Thank you God that I don't have to face anything alone for You are always with me. Together with you any difficulty can be worked out and overcome. Amen

SATURDAY, APRIL 6, 2019

CO-DEPENDENCY

Co-dependency is a relationship addiction. People who are co-dependent often form relationships that are one-sided, emotionally destructive, and often abusive. A co-dependent person bases their identity and personal value on who they perceive themselves to be within the relationship. They often interact with the other person in a way that is harmful to their own well-being.

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)

Contentment in life does not come from controlling or trying to please someone else, or from hoping they will meet our needs so that we can feel secure. Another person cannot love us enough or touch us deeply enough to satisfy the longing in our hearts. Only God can truly satisfy those longings. We have only limited responsibility for another's happiness. We have our own desires and dreams and we need to let others have theirs. We make our own mistakes and others make theirs. We need to forgive ourselves and others for past mistakes and determine to learn from them.

Fullness of life and real freedom from co-dependency can only be found when we are first rooted in a relationship with our Heavenly Father. God made us in His image, and we have great value in His sight. When we base our worth and identity around this truth, rather than on the opinions of others, we begin to experience peace, freedom and security.

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)

Prayer: Heavenly Father, I ask You to show me how to live in a way that honours You and honours others. Help me to love You with all my heart, soul, mind and strength and to love others as myself. Fill me with Your love and give me wisdom to seek You in all my ways. Amen

Learning how to recognize what triggers us, and developing ways to manage the cravings that result, is an important part of living well in recovery today.

Fullness of life and real freedom from co-dependency can only be found when we are first rooted in a relationship with our Heavenly Father.

SUNDAY, APRIL 7, 2019

SUNDAY PSALM – CONTINUOUS PRAISE

When we wake up each morning, are our first thoughts a desire to praise God for His grace and goodness to us or, are they focused on our problems and things that need to be done? When we start our day focusing on our problems or personal agenda we miss many of the valuable resources that God wants to make available to us for a productive day.

Praise the Lord. Praise the Lord, you his servants; praise the name of the Lord. Let the name of the Lord be praised, both now and forevermore. From the rising of the sun to the place where it sets, the name of the Lord is to be praised. The Lord is exalted over all the nations, his glory above the heavens. Who is like the Lord our God, the One who sits enthroned on high, who stoops down to look on the heavens and the earth? (Psalm 113:1-6 NIV)

“God could and would if He were sought” should be front and center in our minds as we begin each new day. When we put God first, He provides the wisdom and strength we need to achieve what’s on our agenda. On the other hand, when we begin our day trying to sort out solutions for circumstances that may cause us problems, we often find that we are ill equipped to handle what we actually encounter.

When we take time to build conscious contact with God we find that He, the maker of the heavens and the earth, really does listen and strengthen those whose hearts are turned towards Him.

The eyes of the Lord search the whole earth in order to strengthen those whose hearts are fully committed to him. (2 Chronicles 16:9 NLT)

Why worry and complain all day long about our hardships when God is ready to help us? All we need to do is ask for His help early in the morning, and throughout the day.

Prayer: Heavenly Father, Help me to remember to seek You early and all day long. I want to trust You in all my affairs, for there is no hardship that You are unable to resolve. Amen

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MONDAY, APRIL 8, 2019

WISDOM TO KNOW

To live with wisdom in recovery requires humility. We need to acknowledge, “I don’t really know what is best for me but I’m willing to try new ways and learn from the experience of others.” God is the source of all wisdom and His principles for living can be found in the Bible. It is also helpful for us to hear from people who have walked the path before us. The wisdom we obtain will be determined by whether we act on the instructions in God’s Word and the advice of a mentor or friend or choose to operate on our own.

The Lord is the source of wisdom; knowledge and understanding come from his mouth. If you listen to him, you will understand what is just and fair and how to do what is right. You will gain wisdom, and knowledge will bring you joy. (Proverbs 2:6, 9 ERV)

Wise people desire to put God’s principles into effect in every aspect of their daily living, and follow the advice of those who walk with God. We don’t need advice from people who sound like us and speak things we want to hear. We need to listen to people who are not afraid to contradict our dysfunctional thinking and tell us the truth, even though it may be difficult for us to hear.

Become wise by walking with the wise; hang out with fools and watch your life fall to pieces. (Proverbs 13:20 ERV)

Familiar thoughts often roll around in our heads challenging the truth of what we are being taught. If we dwell on old thought patterns, we’ll soon find ourselves feeling discontented. A solid life in recovery requires that we learn to think and act in new ways and develop a wise heart.

Dear friend, take my advice; it will add years to your life. I’m writing out clear directions to Wisdom Way, I’m drawing a map to Righteous Road. I don’t want you ending up in blind alleys, or wasting time making wrong turns. Hold tight to good advice; don’t relax your grip. Guard it well—your life is at stake! (Proverbs 4:10-13 MSG)

Prayer: Loving God, I ask You for wisdom to choose the right way forward. Help me to trust Your guidance in all my affairs. Amen

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TUESDAY, APRIL 9, 2019

STOPPING GOSSIP

Almost everyone says they hate gossip and yet many of us are easily drawn into conversations that are unkind. How can we be a person who stops gossip rather than one who contributes to its spread?

But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Without wood a fire goes out; without a gossip a quarrel dies down. (Colossians 3:8 NLT, Proverbs 26:20 NIV)

We need to decide that we won't participate in a conversation about another person when the words that are being said would be painful for that person to hear if they were present. We can end gossip by simply not passing on any of the words and rumors we have heard. If the conversation around us moves towards gossip, we can change the subject and talk about something else -- anything else that is positive.

We can make a point to counter negative things said about a person by expressing positive things about them. We can encourage a gossip to speak to the person they are gossiping about if it would help the situation. Sometimes if we simply suggest, "I don't feel comfortable talking about this person this way" may help the gossip to consider what they are saying.

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers. Drive out the mocker, and out goes strife; quarrels and insults are ended. (Psalm 1:1, Proverbs 22:10 NIV)

We need to ask ourselves: "When do I find myself engaging in gossip? How many of my words would pass the 3-question test for wise speech? 1) Is it true? 2) Is it kind? 3) Is it necessary?" It may be helpful to remember that those who gossip to us will definitely gossip about us. Let's make every effort to stop gossip today.

Prayer: Heavenly Father, I ask Your forgiveness for the times I have found fault with others and gossiped about them. I am grateful for the compassion and mercy You showed to me when my own character defects were revealed. Help me to encourage others rather than judge and gossip about them. Amen

WEDNESDAY, APRIL 10, 2019

CHARACTER DEFECT – FEAR

Fear is a disturbing emotion which is triggered by the expectation that something unpleasant is about to happen. The threat may be real or imagined. We often cover up our fears because we do not want others to know what is going on in our lives. We put on a happy face or act in a bravado way to cover up the fear inside us.

Covering up our fears may have led some of us along the path to a dysfunctional lifestyle and into addiction. God wants us to bring all our anxieties and fears to Him, so that we can be free to live life to the full.

When we experience the unfailing love and care that God has for us, we will put our trust in Him and not fear anything.

Give all your worries and cares to God, for he cares about you. (1 Peter 5:7 NLT)

Fear keeps us from being fully honest about our feelings and prompts us to project false or only partially true images of who we truly are. Fear makes us deny – consciously or unconsciously – that anything is wrong. "It's all good" is a sure sign that it is not. As we choose to believe that we are loved and treasured by God, we come to know, by experience, that God works all things together for our good and we can overcome fear even when life isn't perfect.

There is no fear in love. Instead, perfect love drives away fear. That's because fear has to do with being punished. The one who fears does not have perfect love. (1 John 4:18 NIRV)

We know we are moving forward in recovery when we focus on God's love and kindness and reject our negative forecast of life in the future. We need to come before God and place ourselves into His care.

When we experience the unfailing love and care that God has for us, we will put our trust in Him and not fear anything.

Prayer: Gracious God, I confess that my fears have kept me in bondage to negativity. Please help me to daily affirm, I will not fear the future because God's goodness and mercy will follow me all the days of my life. Amen

THURSDAY, APRIL 11, 2019

POWER GREATER THAN OURSELVES

We all need hope. Today we are affirming the hope within us that what has been impossible for us to do on our own becomes possible when we reach out for help to a power greater than ourselves.

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)

The Bible tells us that the key to life is in the “higher power” we look to. The God of the Bible is all-powerful, all-knowing, and all-loving. He’s the one who created the world. He’s the God who planned for each of us to have a loving and caring relationship with Him, and with others. He’s the one who planned to forgive the sins of human beings before they even committed them. Step Two of the 12-Step program of A.A. invites us to get to know this powerful God who is rich in love and mercy towards us.

We will be more eager to come to God, our Higher Power, if we see Him as the one who proclaims, “**he rewards those who sincerely seek him**”. Our faith may not have matured to this point, but we can start by asking God to help us have more faith. Belief in the God of the Bible will result in forgiveness for our sins, acceptance of who we are in Christ, and God’s strength and unfailing love to help us be the person He created us to be.

“Now faith is confidence in what we hope for and assurance about what we do not see.” (Hebrews 11:1 NLT)

Prayer: Dear God, I am not sure about who You are right now, but I am coming to believe that there is a power greater than myself. I believe You brought me to this point in my life and that You will restore me to sanity as I trust You and follow Your ways in all my affairs. Amen

FRIDAY, APRIL 12, 2019

THERE BUT FOR THE GRACE OF GOD GO I

While watching the evening news, we often hear about a disaster caused by someone driving while drunk or high or learn the next grim statistic in the crisis around the world due to opioid addiction. For many of us alive and breathing and sober the following slogan is meaningful, “There but for the grace of God go I.” At meeting after meeting we hear these words read from “How It Works”: *Remember that we deal with alcohol - cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power - that One is God. May you find Him now!* Yes, there are things we can and should do to maintain sobriety like rigorous honesty and working the steps. But these alone, aren't enough. We need the help of God that comes in the form of His amazing grace.

By the grace of God I am what I am, and his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God that is with me. God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved. (1 Corinthians 15:10, Ephesians 2:4-5 ESV)

Grace is something freely given. We can't earn it and don't deserve it. Many of us are alive today simply by the grace of God. Some of us are finally walking in the light after having been lifted out of the darkness of despair and delusions caused by poor choices and painful traumas. Living in freedom comes directly from the grace of God.

We can hardly imagine a God who is so good, so kind, and so generous that He would reach out to us in our brokenness and offer to make something beautiful of our lives. Yet God is doing that all the time and we are living clean and sober today as examples of His grace. Jesus took the penalty for sin and brokenness on Himself and died on the cross so we could have forgiveness and healing. That's the grace exchange. That's God's generosity to you and I that is totally undeserved but generously given.

Prayer: God of love and grace, thank you for caring for me when my life was a wreck. I know I need Your wisdom today and every day to make the choices that take me forward in recovery so I can effectively live the life You created for me. Help me to make "grace exchanges" each day so that my brokenness and sin go, and Your grace fills me up. Amen

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)

We need the help of God that comes in the form of His amazing grace.

SATURDAY, APRIL 13, 2019

COMING BACK

In the Bible Jesus told a story about a father and two sons. (Luke 15:11-31) The younger of the two boys became dissatisfied with life in his father's household and believed life away from home was more desirable. He asked for his inheritance before it was due to him, and then went out and squandered all he had on wild living. While he had money, he had friends, but his money soon ran out and he found himself alone.

Often when we come into recovery, we find ourselves where the prodigal son was, alone and worn out by sin, with a life that is unmanageable.

God offers us a purposeful life, but we want our own way and think that God's way is restrictive rather than protective. We want to have fun without considering the consequences of the choices we make. The sad truth is, we end up broken and needy by following self-will rather than God's will.

Why do you spend money for what is not bread, and your wages for what does not satisfy? Listen carefully to Me, and eat what is good, and let your soul delight itself in abundance. Incline your ear, and come to Me. Hear, and your soul shall live. (Isaiah 55:2-3 NKJV)

The father of this boy was always waiting for the return of his son and when he saw him coming back, he ran to meet him. God is always pursuing us with His love, and when we turn to Him, He welcomes us with open arms and gives us the privilege of being called His precious child.

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! (1 John 3:1 NIV)

Heavenly Father, Forgive me for the times I have rejected You in favour of my own self-centeredness. I ask for Your forgiveness. Thank You for adopting me as Your precious child. Help me to follow Your ways in all my affairs. Amen

Often when we come into recovery, we find ourselves where the prodigal son was, alone and worn out by sin, with a life that is unmanageable.

SUNDAY, APRIL 14, 2019

SUNDAY PSALM – BEAUTY FOR ASHES

When we unreservedly give our will and life over to the care of God, our lives are positively changed. God raises us up to new heights that we never thought possible. We could never be in the presence of Jesus, the Prince of Peace, and not acquire qualities that are like His.

He raises the poor from the dust and lifts the needy from the ash heap; he seats them with princes, with the princes of his people. He settles the childless woman in her home as a happy mother of children. Praise the Lord. (Psalm 113:7-9 NIV)

We cannot be in the presence of the Prince of Peace and not acquire qualities that are like His.

Addiction brought us to a low, needy place where our lives were totally unmanageable. We were existing in what we could only describe as an ash heap, and we were the dust that could be blown away at any time. But God, who is rich in mercy, lifted us out of that place and set us among those who live in the care of the One who will never leave or forsake us. We have been given beauty in place of ashes and are able to praise God instead of living in despair.

It's a wonder God didn't lose his temper and do away with the whole lot of us. Instead, immense in mercy and with an incredible love, he embraced us. He took our sin-dead lives and made us alive in Christ. He did all this on his own, with no help from us! Then he picked us up and set us down in highest heaven in company with Jesus, our Messiah. (Ephesians 2:3-5 MSG)

As we continue to trust God's Word and follow His path for our lives, we will not only experience great blessing but will be able to bless others as well.

Our former life may have been unproductive, but now we can blossom in the environment of God's love and protective care.

Prayer: Loving God, Thank You for bringing me out of the ash heap and setting my feet on solid ground. I ask that You give me the strength to follow Your principles in all my affairs. I am forever thankful and praise You for Your love and care for me. Amen

MONDAY, APRIL 15, 2019

WHAT GOD DOES LASTS

At most recovery meetings there are lots of handshakes and hugs and "chips" or "fobs" to honour clean time. Once a year a person may take a cake to mark their sobriety date. Whether it is a "just for today" chip or a multiple year cake, we all long for lasting recovery. Those who have some solid clean time often share their experience, strength, and hope with us.

The founders of AA knew that one of the smartest things we could do is attach ourselves to something that is strong and enduring, and so they put together a spiritual program that is focused on God. God created us, watches over us, and offers us forgiveness and new life when we believe in Jesus.

I don't mean that we are able to do anything good ourselves. It is God who makes us able to do all that we do. (2 Corinthians 3:5 ERV)

On our own, life quickly becomes messy and unmanageable. Receiving help from others is certainly a step in the right direction but the support is only as strong as the person from whom we seek it. King Solomon was the wisest man of his time and he reminds us that what God brings about in our lives is what will last forever. How comforting is that!!

I know that everything God does will last forever. Nothing can be added to it. And nothing can be taken from it. God does that so people will have respect for him. (Ecclesiastes 3:14 NIRV)

Enduring recovery requires that we follow God's ways in all our affairs. Nothing added and nothing taken away is how we are told it works. How often do we choose to add a bit of self-will into the mix and then find ourselves in trouble?

Today, let's read God's word, seek the wisdom that the Holy Spirit wants to give us, and together with God, build a lasting recovery.

Prayer: Heavenly Father, I want recovery that lasts. I don't want to stumble around. I want to go forward together with You. Take my hand and lead me on the path that You know will give me the life and peace my heart desires. Amen

TUESDAY, APRIL 16, 2019

INSECURITY

Our life in recovery is often like treading an unknown path. The surroundings are unfamiliar and we do not feel confident in the direction we are going. Sometimes we long for the security of what was familiar when we were in addiction. We seek the relationships, the neighborhood, or just the known way of doing things. Recovery has brought change to our lives and we wonder if we can truly rely on God to provide for us and to keep us secure.

Open your mouth and taste, open your eyes and see how good God is. Blessed are you who run to him. (Psalm 34:8 MSG)

Growth in recovery and security come as we begin to believe that God will hold us steady while life shifts and turns around us.

Growth in recovery and security come as we begin to believe that God will hold us steady while life shifts and turns around us. As we fix our attention on God and allow His word to change the way we think and act, we will come to a place of peace in our hearts. Following the ways of God requires surrendering our own familiar but ineffective ways, for God's unfamiliar but trustworthy ways.

My child, listen carefully to everything I say. Don't forget a single word but think about it all. Knowing these teachings will mean true life and good health for you. (Proverbs 4:20-22 CEV)

When we seek God's help, God works on our behalf. In the Bible we can read about the miracles God did when people trusted Him. The Bible also promises us that God will do much more than we could ask for or even imagine.

God is able to do far more than we could ever ask for or imagine. He does everything by his power that is working in us. (Ephesians 3:20 NIRV)

We are invited today to believe God and see what happens when we choose to trust Him.

Prayer: Heavenly Father, I confess that the unknown ways of recovery often make me feel insecure. Please help me to trust You and Your ways as I move forward. When I feel insecure, help me to believe what You say in the Bible and trust that You will hold me steady. Amen

WEDNESDAY, APRIL 17, 2019

FORGIVENESS

Forgiving others is something we must take very seriously if we want to protect our sobriety. You and I can never make up for all the wrongs we have done. Through the finished work of Jesus, God forgives us and no longer counts our sins against us. Operating out of this secure foundation, we will have the grace and strength we need to support our efforts in seeking reconciliation with others.

It would be impossible for us to risk taking the first step in forgiving someone who has harmed us had God not demonstrated the way. We failed to keep God's commandments and yet He was willing to sacrifice His Son in payment for our sin. If we will simply admit that we've done wrong, turn away from it, and trust Jesus for forgiveness, He will gladly give us new life.

In Christ, God did not hold people guilty for their sins. And he gave us this message of peace to tell people. (2 Corinthians 5:19 ERV)

God didn't wait for us to come to Him. He prepared in advance. He reached out to us with this wonderful gift when we didn't dare approach Him. We can reflect on God's way of reconciliation as we begin the work of restoring our troubled relationships.

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. (Colossians 3:13 NLT)

Hanging on to a bitter grudge and seeking revenge only sickens our soul and damages those who are close to us. Bitterness is like a cancer that feeds on our insides and shows itself in outbursts of irritability, anger and resentment. Who do I still need to forgive? Am I ready to invite God into the pain and the injustice and ask Him to show me a way to peace through forgiveness?

Prayer: Heavenly Father, You have forgiven me for so many wrongs and even though it is difficult for me, I will work hard to forgive others as I have been forgiven. Heal me and give me the courage and strength to move forward into a life of peace with others. Amen

Forgiving others is something we must take very seriously if we want to protect our sobriety.

THURSDAY, APRIL 18, 2019

CAN JESUS BE TRUSTED AS A HIGHER POWER?

The Bible is a wonderful source of support for us and contains many stories about the compassion Jesus showed to those He encountered. As we turn to Jesus, we can be sure that He will generously give the same kindness and support to us.

One day a man came to Jesus and asked him to help his young son. He said to Jesus, ***"Have mercy on us and help us, if you can."*** ***"What do you mean, 'if I can'?"*** ***Jesus asked. "Anything is possible if a person believes." The father instantly cried out, "I do believe, but help me overcome my unbelief!"***
(Mark 9:22b-24 NLT)

As we begin to trust in Jesus and His unfailing love for us, we will come to realize how God truly meant life to be lived.

When we face our powerlessness over addiction and the unmanageability of our lives, we can begin the process of recovery by asking Jesus to help us have faith in Him, just like this man did. Jesus set the son free and restored him to his father. God awaits an invitation from us to restore the loving relationship He planned for us to have with Him from the beginning of time.

Recovery and eternal life will be ours when we renounce our rebellion and believe in the one God sent to save us. The one God sent was His beloved son Jesus. We can know what God is like by getting to know Jesus and learning from Him and from His teachings.

Then they asked him, "What must we do to do the works God requires?" ***Jesus answered, "The work of God is this: to believe in the one he has sent."***
(John 6:28-29 NIV)

As we begin to trust in Jesus and His unfailing love for us, we will come to realize how God truly meant life to be lived.

Prayer: Lord Jesus, I come to You and ask for Your help to believe that a power greater than myself could restore me to sanity and new life. Amen

FRIDAY, APRIL 19, 2019

WHAT DOES JESUS' DEATH HAVE TO DO WITH ADDICTION?

What does Jesus death have to do with us? Well, maybe nothing and maybe everything -- the choice is ours. Jesus is the only solution to our unmanageable problems of sin and brokenness.

For everyone has sinned; we all fall short of God's glorious standard. For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord. (Romans 3:23; 6:23 NLT)

We can ignore the fact that Jesus died for us and perish with our problems or, we can choose to accept the gift of a life changing eternal relationship with the Living God. How do we do the latter?

We make a choice. We admit to God that our self-centered way of living does not work. We've lived selfish lives caring only about ourselves and ignoring the suffering of those around us. Now we choose to turn away from such behaviour. We admit our sins and ask God to forgive us for living on our own self-centered terms. We receive God's forgiveness and the new life that He offers us through Jesus Christ. This is turning our will and our lives over to God's care.

For since our friendship with God was restored by the death of his Son while we were still his enemies, we will certainly be saved through the life of his Son. So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God. (Romans 5:10-11 NLT)

When we commit our lives to the care of God, God calls us His friends and fills us with His Holy Spirit. Today, let's bring ourselves – our will and our lives -- to the care of God. Let's embrace the life and healing that God is offering us.

Prayer: Heavenly Father, Thank You for giving me new life through the death and resurrection of Jesus. Help me to die to self-will and my old ways of thinking and behaving. I ask You to reveal and remove all my defects of character. Help me to live each day obedient to Your word, Your way, and Your timing, trusting that you will make all things right as I surrender to Your will. Amen

We can ignore the fact that Jesus died for us and perish with our problems or, we can choose to accept the gift of a life changing eternal relationship with the Living God.

SATURDAY, APRIL 20, 2019

PURE IN HEART

When we come into recovery, one of our priorities has to be sorting life according to what is true. The truth is, we are sick and in need of healing. We are weak, sinful, and sometimes crazy. We need to be forgiven, cleansed, and enlightened by the truth of God's word. If we are to live from a pure heart, we need to let the Bible be our handbook and do what it says without compromise.

Blessed are those whose hearts are pure. They will see God. Your word is a lamp to my feet And a light to my path. (Matthew 5:8 NIRV, Psalm 119:105 NKJV)

God sent His son Jesus into the world to take on human flesh. Jesus, who never sinned, died for our sin so that we might have a new life purified from sin by His blood. When we admit and confess our sin, and accept what Jesus has done in our place, His Holy Spirit comes to live within us. He is the "Higher Power" who will give us the will and desire to live in a new way that is pure and true.

He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him. (2 Corinthians 5:21 NASB)

God's way of life and His agenda need to become our daily priority if we are to live life from a pure heart. We need to guard what we have been given. The evil one will prowl around seeking to turn our hearts away from God. Through prayer and meditation, we need to be in conscious contact with God, praying for the knowledge of His will and the power to carry it out.

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Philippians 4:6-7 NKJV)

Prayer: Loving God, I want my life to reflect that the blood of Jesus has purified me from all sin. Help me to prioritize my relationship with You and to live my life guided by Your word. Amen

SUNDAY, APRIL 21, 2019

THE EASTER QUESTION

Most of Jesus' friends abandoned Him before He died on the cross. After His death they huddled together in a locked room wondering what to do next. In their grief and sorrow, they were sure that the troubles that awaited them outside the room were more than they could endure. They didn't know how to go forward because Jesus was dead, and they had no hope -- or so they thought. While they sat in that room, an incredible thing happened. Jesus appeared to them.

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. (John 20:19-20)

Jesus gave them convincing proof that He was truly alive. He wasn't just a ghost or a delusion, but a person they could feel and touch. He was alive! Wonder, joy and peace filled their hearts. However, one of Jesus' disciples named Thomas wasn't with the others when Jesus first made an appearance to them. When Thomas was told that they had seen Jesus, he doubted that it was true.

Like Thomas, some of us have known the discouragement of hopes dashed and opportunities lost. In our broken fearful lives, we doubt the presence of God with us to help.

A week later Jesus came again when they were all together, including Thomas. Jesus did not judge Thomas for having doubts but invited Him to, "**Stop doubting and believe.**" Jesus also told Thomas, "**Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.**" (John 20:29 NIV)

Will we, like Thomas, come to realize that something incredible takes place when we ask Jesus to show us who He truly is?

Prayer: Lord Jesus, Forgive me for doubting who You are and what You have done for me. Help me to be like Thomas who stopped doubting and believed. Amen

**Will we, like
Thomas, come
to realize that
something
incredible
takes place
when we ask
Jesus to show
us who He
truly is?**

MONDAY, APRIL 22, 2019

SWEET FRUIT OF PATIENCE

A famous philosopher (Aristotle) once said, "Patience is bitter, but its fruit is sweet." After many years of looking for instant results, it's challenging to do the hard work of confronting our issues while establishing a relationship with the God who has known us before we were even born. Is the result worth the effort?

Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin? (Romans 2:4 NLT)

In God's eyes, we were worthy to pursue and bring out of brokenness and sin, so we could enter a new life with Him in recovery. God was patient with us until we called out to Him in our helpless state. When we were not even conscious of Him, God's eyes were on us watching to see when our hearts would turn toward Him. As God is patient with us, we need to be patient with each other until we all come to unity in our faith in this amazing God.

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)

As we practice the principle of patience in all our ways, others will find hope as they see us change. Our experience, strength, and hope will nourish their hopes and give them encouragement as they build their own life with God.

There are no instant results to building patience. Patience is the fruit of the Holy Spirit at work in our lives bringing us contentment and joy as we follow the ways of God. We will experience God's delight in us as we wholeheartedly follow Him, regardless of our circumstances. For those of us who have never known anyone to appreciate and affirm us, this is truly an amazing experience.

For God is pleased when, conscious of his will, you patiently endure unjust treatment. (1 Peter 2:19 NLT)

Prayer: Heavenly Father, help me to be patient in all my ways, and in all my circumstances. Thank You for being patient with me as I struggled to believe in You. Amen

TUESDAY, APRIL 23, 2019

ATTITUDE CHECK

Have you ever said to yourself, “If I just had more money, I would be happy,” or “If I had done things differently, I would be happy?” or “If this person or that person would change, everything would be fine.” The error in this thinking is that external factors have very little to do with our contentment. Experiencing difficulties will either harden us to life or soften us to become more caring. At some point in life, we will need to choose what kind of attitude we will form in response to life’s unexpected events.

Choosing to remember God’s promises and His goodness, is the foundation on which we can build our confidence and maintain a positive attitude.

And we know that in all things God works for the good of those who love Him, who have been called according to His purpose. (Romans 8:28 NIV)

Our attitude and perspective in life can be like medicine that heals or like poison that kills. When we look at our circumstances, is our instant response positive or negative? When we look at those around us, do we first see their gifts or their faults? Are we cynical? The cynic trusts no one and is suspicious even of the best intentions of others. There is no doubt we will face problem people along life’s path, but if we will seek God, He will give us discernment in handling situations that we are uncertain about.

“My thoughts are nothing like your thoughts,” says the Lord. “And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts. (Isaiah 55:8-9 NLT)

Prayer: Heavenly Father, Forgive me for my bad attitude towards You, towards others, and towards life in general. Help me understand the underlying root of my bad attitude and self-centered thinking so that I may be set free from its bondage. Lord Jesus, create in me a clean heart and renew a right spirit within me. Amen

Our attitude and perspective in life can be like medicine that heals or like poison that kills.

WEDNESDAY, APRIL 24, 2019

JEALOUSY

Jealousy is a strong emotion created when a relationship seems to be threatened. For example, in a marriage relationship one person may feel jealous when their spouse is spending time in an intimate way with another person. Jealousy may also arise when an activity takes time away from the relationship.

You must worship no other gods, for the Lord, whose very name is Jealous, is a God who is jealous about his relationship with you. (Exodus 34:14 NLT)

Have we ever considered that God is jealous for our attention? God is a jealous God? How could this be? In our life in addiction, who or what did we worship and seek after? In our recovery, who or what do we hold in high esteem? Do we ignore God when we need help, and choose to seek that help from another person? Perhaps we seek information on our future through horoscopes, fortune tellers, mediums or such. God is a God who knows all things from the beginning to the end, why do we ignore Him in favour of false prophets?

Have we ever considered that God is jealous for our attention?

You can’t drink the cup of the Lord and the cup of demons too. You can’t have a part in both the Lord’s table and the table of demons. Are we trying to make the Lord jealous? Are we stronger than he is? (1 Corinthians 10:21-22 NIRV)

God created the earth and everything in it yet many of us do not even acknowledge who He is or what He has done. Let’s honour God today by spending time with Him and in His written word, the Bible. Our relationship with Him will be so much better if we do.

For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead, so that they are without excuse, because, although they knew God, they did not glorify Him as God, nor were thankful, but became futile in their thoughts, and their foolish hearts were darkened. (Romans 1:20-21 NKJV)

Prayer: Heavenly Father, forgive me for the times I have ignored You and looked to other people or things for relationship, direction or comfort. From this day forward I will seek You in all my affairs and ask that You direct me in the way I should go. Amen

THURSDAY, APRIL 25, 2019

SEARCHING AND FEARLESS MORAL INVENTORY

When making an inventory of our lives before God, some basic questions to ask are: "God what does my life look like to you? How have I strayed from Your directives? What needs to go? What needs to be sought after with everything I have in me so I can really live?"

In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, and godliness with brotherly affection, and brotherly affection with love for everyone.
(2 Peter 1:5-7 NLT)

Our addictive behaviour is almost certainly rooted in the problems we experienced with relationships in the past. Wrong beliefs and actions flowed from the pain and brokenness we experienced. When doing an inventory that is searching, fearless, and moral, we must examine our way of thinking and ask ourselves, "What actually caused me to think and behave the way I do?" We must look not only at what we did, but why we did it.

No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. (Philippians 3:13-14 NLT)

Like a skillful surgeon God will help us identify and then remove those things that have hindered us from living a good and pleasing life. We will come to know what a purposeful life looks like when we inventory our past and current behaviour in the light of God's word.

Prayer: Loving God, The act of uncovering what I have tried to cover up and run from in the past is extremely challenging. However, in the safety of Your love and care, I am determined to make a searching, fearless, and moral inventory of myself. Amen

When making an inventory of our lives before God, the basic question to ask is, "God what does my life look like to you?"

FRIDAY, APRIL 26, 2019

BARRIERS THAT KEEP US FROM BEING THANKFUL

One of the keys to a successful and stable recovery is practicing gratitude. The time we feel the least like being grateful, is the time we most need to discipline ourselves to notice what is good and give thanks.

Let those who are wise pay attention to these things. Let them think about the loving deeds of the Lord. (Psalm 107:43 NIRV)

When things aren't going the way we want them to, we become irritable and complain about the problems and obstacles that confront of us. If we train our minds to believe for the strength God will give us to help us get through, things would be more settled, and contentment would reign in our hearts.

The time we feel the least like being grateful, is the time we most need to discipline ourselves to notice what is good and give thanks.

At times we choose not to be thankful because we don't believe God deserves any credit. We think our own hard work has accomplished what we have done. The truth is, even the ability to do things well comes from God. We need to humble ourselves and give God thanks for all He chooses to do through us.

There are different ways to serve. But they all come from the same Lord. There are different ways the Spirit works. But the same God is working in all these ways and in all people. (1 Corinthians 12:5-6 NIRV)

Often, we fall into the trap of entitlement, telling ourselves what we deserve this or that for whatever reason. We need to lay down self-centeredness and pride and learn how to be content with what God is giving us at this time. In all things, give thanks.

My God will meet all your needs. He will meet them in keeping with his wonderful riches. These riches come to you because you belong to Christ Jesus. (Philippians 4:19 NIRV)

Prayer: Heavenly Father, You fill my life with good gifts. Help me to be thankful for the success I have in my work and studies. You give me everything I need to live well today and for that I am eternally grateful. Thank You for always being with me. Amen

SATURDAY, APRIL 27, 2019

GUARD RAILS

When guard rails are erected, they are put there to protect people from the danger that is on the other side of the rail or rails. If we keep on the right side of the rails, we will be safe. Hazards await us if we attempt to travel on the wrong side of the rails.

I said to myself, "I will watch what I do and not sin in what I say. I will hold my tongue when the ungodly are around me." But as I stood there in silence—not even speaking of good things—the turmoil within me grew worse. The more I thought about it, the hotter I got, igniting a fire of words: "Lord, remind me how brief my time on earth will be. Remind me that my days are numbered—how fleeting my life is. You have made my life no longer than the width of my hand. My entire lifetime is just a moment to you; at best, each of us is but a breath." (Psalm 39:1-5 NLT)

Sometimes our silence can cause us to burn with anger, especially when wicked things are being said. If an opportunity presents itself, we need to speak up when unkind things are said about another. At some point in our lives, we may also have suffered from negative words said repeatedly to us by an unguarded tongue. When we believed these wicked words, our lives may have made a hazardous move to the unsafe side of the guard rail. At that time, we may have been unaware of how frail we were to verbal abuse, and how through the days and years it would take its toll on our lives.

No matter how old we are, God's desire is to see us made whole with guard rails in place in our minds, in our hearts and on our tongues. As we grow in grace and the knowledge of Jesus our Lord, we will allow His Word to become a guard rail in our lives. We can then relax and enjoy the safety of God's care as we stay within the boundaries He has set.

Prayer: Loving God, Help me to be kind and to speak the truth only with love. My desire is to establish Your Word as a guard rail in all I do and say. Amen

No matter how old we are, God's desire is to see us made whole with guard rails in place in our minds, in our hearts and on our tongues.

SUNDAY, APRIL 28, 2019

SUNDAY PSALM – LIGHT IN MY DARKNESS

Persons like us, who have been living in an addictive lifestyle, seldom consider what is happening in the lives of our family or friends. We are so focused on self that we only relate to what concerns us and what is on our agenda. When family or others are worried about our well-being, we see this as manipulation and control and play down their fears with great bravado saying, "We know best how to handle what's happening." However, we are so deceived that truth is not even on our radar. How far we are from the righteous living that God invites us to!

**In His kindness
God shone
His light
into our
darkness
and despair
and helped
us realize
we were
living on the
edge of an
abyss.**

Even in darkness light dawns for the upright, for those who are gracious and compassionate and righteous. Good will come to those who are generous and lend freely, who conduct their affairs with justice. Surely the righteous will never be shaken; they will be remembered forever. They will have no fear of bad news; their hearts are steadfast, trusting in the Lord. Their hearts are secure, they will have no fear; in the end they will look in triumph on their foes. (Psalm 112:4-8 NIV)

Before we came into recovery, our lives were completely out of control. Our addiction had all power over us, and we lived to satisfy its unending demands. In His kindness God shone His light into our darkness and despair and helped us realize we were living on the edge of an abyss.

Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living. (Romans 6:16 NLT)

Real change in our thinking and living is only achieved when we give our will and our life over to the care of God.

God's Holy Spirit will then come to live within us. He will guide us into all truth. As we fully rely on God to direct us in all our affairs, God will be gracious to us and give us the peace that we desire.

Prayer: Lord Jesus, I surrender my will and life to Your care. Come into my heart. Be the light in my darkness and the peace in my soul. Show me the way of truth. Amen

MONDAY, APRIL 29, 2019

DOING THINGS DIFFERENTLY

Repentance involves reviewing the things we have done and admitting that we have not lived up to our own moral standard, let alone to God's standard. We have come to despise our harmful ways and regret the sorrow our actions have caused our loved ones and ourselves. Repentance includes having a deep desire to change and do things differently.

After I strayed, I repented; after I came to understand, I beat my breast. I was ashamed and humiliated because I bore the disgrace of my youth. (Jeremiah 31:19 NIV)

Feeling sorry for the way we have handled our affairs and for the people we have hurt, is not repentance. Repentance is the strong desire to change our actions and the way we live. In the past we lived self-centered lives and never thought about others, or about God and His ways. We just did what was right in our own eyes. Now we are willing to admit that our lives are unmanageable and, on our own, we are powerless to change. We desire to know this power greater than ourselves who can restore us to sanity.

The Spirit of the God who raised Jesus from the dead is living in you. So the God who raised Christ from the dead will also give life to your bodies. He will do this because of his Spirit who lives in you. (Romans 8:11 NIRV)

When we are truly repentant and turn our will and life over to the care of God, He forgives us, and the Holy Spirit comes to live within us. The Holy Spirit is the power that strengthens us to follow the ways of God and is the higher power who will restore us to sanity. With the Holy Spirit at work within us, we will have the desire and the power to change and be the person God created us to be.

Prayer: Loving God, I repent of my sins and turn to You. Thank You for Jesus whose death gave me new life and for the Holy Spirit who lives in me and strengthens me to live according to Your word. I am eternally grateful for Your provision. Amen

Repentance includes having a deep desire to change and do things differently.

TUESDAY, APRIL 30, 2019

JUST FOR TODAY – GOD WORKS FOR GOOD

Just for today I will adjust myself to what is and not try to adjust everything else to my desires. I will trust that God is working all things for good in my life.

We know that for those who love God all things work together for good, for those who are called according to his purpose. (Romans 8:28 ESV)

Those who come from an unstable and insecure background often feel vulnerable. They attempt to control things around them in order to avoid more pain or disappointment.

While it is good to do our part towards good solutions, in the end it always comes back to seeking God's will in the moment and trusting God's plan to work for us.

When we are trusting God, we can relax. God "has our back" and God is "on our side." We live in an unpredictable world and every day seems to bring new surprises, some of them good and others not all that great. When we are walking with God, surrendered to Him and His will, He will work in the most challenging circumstances to bring about a better solution than any of us could imagine.

Delight yourself in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him, and he will act. (Psalm 37:4-5 ESV)

We need to humbly admit that we really don't know what is best for us. We often react out of fear and worry and try to get things arranged in what appears to be manageable to us. While it is good to do our part to work towards good solutions, in the end it always comes back to seeking God's will in the moment and trusting God's plan to work for us.

Sometimes we may have to wait. Sometimes it seems, 'the bad guys are winning.' For a time, we may have to hang on tightly to God's promise that He will act on our behalf. With a gracious manner and a willing heart we do what we can, and then settle down and relax in God's care.

Prayer: Loving God, I am grateful that I can release the pressures and burdens of today into Your capable hands. Help me to stay focused on You and leave the rest. You are a good God and you work for good in my life, at all times. Help me to trust You today. Amen

NOTES

NOTES

How To Enjoy New Life With God In Recovery

God created us to have a wonderful life. In love, God planned for us and carefully put us together. God has always been calling out to us to enter into a relationship of love with Him. He doesn't force us but He invites us. Many of us have learned what a painful and confusing wreck our lives become when we try to live independently from God. Today is a good day to begin to live the full and rich life God intended for us. Nothing in our past can keep us from this life, if we want it and choose for it.

The 12-Steps remind us that our lives are unmanageable without the loving care of God and that we can get to know and come to believe that He is a power greater than ourselves. As we turn our will and our lives over to God's care, we find a solid foundation upon which to build a new life.

When we confess our sin and brokenness to God, repent and turn towards God, He gives us new life. When we invite God to come into our lives we find that He is ready and waiting for us. A simple prayer like the following, offered sincerely, establishes this new relationship with God that will last forever.

God, my life is unmanageable without you. You created me to live in relationship with you. There really is no good way to live on my own. Forgive me for not including you. I turn from my independent ways and surrender my will and my life to you. Thank you, Jesus, for dying on the cross for my sins and making a way for me to have new life and be filled up with Your Holy Spirit. Come into my heart and wash me clean. Teach me to do your will. Transform my way of thinking. Strengthen me to obey You in all I do. Amen

If you prayed that prayer sincerely from your heart, God forgives you and receives you. God makes you His son or daughter. God wants to show you how to live well and give you strength to do that every day. We would love to provide you with some information to support you as you move forward in your journey with God. Please contact us. You'll find our contact information on the front cover of this booklet.

JUST FOR TODAY

Just for today I will try to live in conscious contact with God praying only for knowledge of His will and the power to carry it out.

Just for today I will strengthen my mind. I will take a few minutes to read and meditate on God's word, seeking God's perspective for my life today. I will take note of one helpful thing God is saying to me and seek to behave accordingly.

Just for today I will be joyful, optimistic, and grateful. I will take time to notice the gifts in me, in others, and in my surroundings and let the rest go.

Just for today I will adjust myself to what is and not try to adjust everything else to my desires. I will trust that God is working all things for good in my life.

Just for today I will be agreeable. I will not criticize, not find fault, and not try to improve or control anybody except myself. I will pray blessing on one person with whom I struggle to relate.

Just for today I will have a quiet half hour all by myself to relax and enjoy all that God is giving me.

Just for today I will be unafraid, believing that as I trust in God with all my heart and lean not on my own understanding, He will lead me along a good path.

Just for today I will seek to serve others with kindness, doing what is right, and walking humbly with God.

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