

LIFE WITH GOD IN RECOVERY

Daily Meditations



January 2018

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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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Visit us at www.partnersinhope.ca or write to us at:

Partners in Hope Recovery Society
1906 – 615 Belmont Street, New Westminister, BC V3M 6A1

Email: pihrecovery@gmail.com
Phone or text: 604-215-0335



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JANUARY 2018

CONTRIBUTING EDITORS

Evelyn Leeburn, Elsie Quick

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MONDAY, JANUARY 1, 2018

HAPPY NEW YEAR

Happy New Year! It's a time when lots of people desire to change their lifestyle. Many people make New Years Resolutions to achieve their goal of a better life. They make commitments to personal ideals and projects, or to abandon unhealthy habits. The only problem with attempting change through New Years resolutions is that success is based on self-will. Statistics tell us that after just 9 days there is a 75% failure rate in keeping New Years resolutions. If we think the statistics on New Years resolutions are bad news, what about the statistic that tells us that 100% of people fail to live life according to God's righteous laws? As we look at statistics like these, what hope can we have for a new year that is different from the past?

For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. (Romans 6:23, Psalm 103:3-5a NLT)

We've just celebrated the birth of Jesus Christ, the one who came to heal the broken-hearted and to set free those who are in bondage. Jesus announced the year of God's grace to all who believe in Him. God wants to take away our spirit of despair and give us a new heart of thankful praise throughout the year. As we trust God and follow His principles, God says we will receive what we ask for, because we keep his commands and do what pleases him.

This is the first day of a new year and we are longing for a new beginning. If we choose to wholeheartedly surrender our will and our life into God's care, the Holy Spirit will come to live in our hearts and we can be confident that, what God has begun, He will complete. This will be our best year yet.

Prayer: Loving God, on this New Year's Day I choose to surrender my will and my life to Your care. Forgive me for the wrongs I have done. Heal me from all that is broken and painful in my heart. Help me to live one day at a time in Your peace and blessing. Amen

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TUESDAY, JANUARY 2, 2018

HAPPY NEW YEAR--REALLY???

Happy New Year! Really? Some of us may have woke up this morning to the fact that our lives are unmanageable and that we are powerless over our addictive behaviour. We may have been seeking happiness in a dysfunctional lifestyle and have caused ourselves and others a lot of pain by the way we have behaved. We could be facing the consequences of overspending, overeating, or unfortunate

words or actions said and done at gatherings during the holiday season. As we begin this day, in this new year, it doesn't look all that happy and hopeful.

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Despite all that, God continues to offer us the opportunity to turn over a new page and begin again. As we give our will and our life over to His care in this new year, one day at a time, one moment at a time, God promises to heal us and give us a life that is truly satisfying.

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)

Are we making room for God in our hearts today? We don't know what this year will bring, but God does. God knows the difficult moments we will encounter and the temptations we will face. He promises to guide us safely through every circumstance. Our part? Pay attention to what God says and practice these principles in all our affairs.

My child, pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body. (Proverbs 4:20-22 NLT)

Prayer: Dear God, I admit that without You my life is unmanageable. Please give me the wisdom and strength to leave my destructive, addictive behaviour behind and bless me with new life. I believe that Your strength is perfect and will overcome my weakness. Amen

WEDNESDAY, JANUARY 3, 2018

DESPERATE MEASURES IN DESPERATE TIMES

If we seek God, He will have good plans for us, even in desperate times. Our part is to listen attentively for God's direction, and then act in faith and obedience to what He says.

In the Bible we read the story of a man named Elijah. (*1 Kings 17*) Though Elijah was obedient in doing what God said, an evil King was out to get him, so Elijah had to move to another place. There was drought in the land and God saw Elijah's predicament. As unlikely as it may seem, God provides for Elijah through an extremely poor woman who was facing starvation. When Elijah asks the poor woman for food she tells him she only has a bit of flour and oil which she is going to use to make one last meal for herself and her son. In that desperate moment God gives instructions that seem ridiculous, but which ultimately save the woman, her son, and Elijah.

But Elijah said to her, "Don't be afraid! Go ahead and do just what you've said, but make a little bread for me first. Then use what's left to prepare a meal for yourself and your son. For this is what the Lord, the God of Israel, says: There will always be flour and olive oil left in your containers until the time when the Lord sends rain and the crops grow again!" So she did as Elijah said, and she and Elijah and her family continued to eat for many days. There was always enough flour and olive oil left in the containers, just as the Lord had promised through Elijah. (1 Kings 17:8-16 NLT)

As individuals leaving addiction behind, we often find ourselves in circumstances that seem desperate with no way forward. As we obey God and act in faith, one desperate circumstance at a time, we will find that God will do all He promises, and we will experience His provision just as the widow, her son, and Elijah did.

Prayer: Heavenly Father, help me to trust you in times of frustration and need. Help me to do the next right thing and wait for You to act on my behalf. Amen

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THURSDAY, JANUARY 4, 2018

WISDOM FOR THE RECOVERY JOURNEY (I)

Main Street in Vancouver is famous for its antique shops. You can wander up and down the street and see all sorts of interesting items in store windows. Some of those things look like just what they are – old -- but they wouldn't be in that shop if they didn't have special value because of their quality and what they can tell us about the workmanship of the time period in which they were made.

The book of Proverbs in the Bible is a collection of wise sayings and common-sense teachings. In chapters 22-24 there are "30 Wise Sayings". They are ancient wisdom. The question is, are they worthless or valuable antiques to be treasured and applied to our new life in recovery?

***God's
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Here are some examples: ***A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences. The wise are mightier than the strong, and those with knowledge grow stronger and stronger. So don't go to war without wise guidance; victory depends on having many advisers.*** (Proverbs 22:3, 24:5-6 NLT)

Old-timers in the program of AA, and sponsors, and others who have extended time and stability in recovery have great wisdom to share with us. Do we see them as "outdated" or do we recognize the value of their experience, strength, and hope, as we listen to their advice and put it into practice?

Listen to the words of the wise; apply your heart to my instruction. For it is good to keep these sayings in your heart and always ready on your lips. (Proverbs 22:17-18 NLT)

We may wonder if we can trust the legitimacy and value given to an item in an antique shop, but we never have to wonder about the wisdom and reliability of God's word as recorded in the Bible. God's principles are trustworthy and will endure forever.

Prayer: Thank You God that Your Word is right and true. Help me to listen to the experience, strength and hope of trusted friends in the recovery program and put into practice what they have learned from You. Amen

FRIDAY, JANUARY 5, 2018

JUST FOR TODAY – AGREEABLE AND FOCUSED ON BLESSING

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.

“I can’t control people, places, or things.” We hear this saying in meetings and often repeat it to ourselves and yet, unless we feel in control, we struggle. In our addiction we encountered people who acted in unpredictable ways. Our own circumstances were ever changing, and we often felt exposed and vulnerable. The cause may have been as simple as a change in the weather or as complex as the sudden breakdown in a close relationship.

The world of recovery is new and undefined for us. At times we will do whatever it takes to avoid that frightening place of exposure and helplessness and so we find fault in our environment and criticize and try to control things around us. God invites us to live a better way. Just as He is gently working with us and teaching us a new way, God asks us to give the same respect and space to others, even when they are being difficult.

A servant of the Lord must not quarrel but must be kind to everyone, be able to teach, and be patient with difficult people. Gently instruct those who oppose the truth. Perhaps God will change those people’s hearts, and they will learn the truth. Bless those who curse you. Pray for those who hurt you.
(2 Timothy 2:24-25, Luke 6:28 NLT)

What a challenge? Can any of us live up to this? Yes, but only within the safety of God’s care. God will show us how to speak the truth in love and leave the responses of others with them. In any group there will always be people with whom we find it difficult to relate. We are called to speak and act in ways that bless and encourage, and leave the rest to God.

Prayer: God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Amen

SATURDAY, JANUARY 6, 2018

PRIORITIES IN SUCCESSFUL RECOVERY

To be “relapse proof” we must be fully surrendered to a life that prioritizes God’s will in all we think, say and do. When we receive Jesus as Lord and Saviour and turn away from our sin, the Holy Spirit comes to live in our hearts. He will guide us in the way of truth and give us the power to carry out the will of God for our lives.

So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. (Romans 12:1-2 MSG)

To be “relapse proof” we must be fully surrendered to a life that prioritizes God’s will in all we think, say and do.

We all want stable recovery. Priority One for a successful life with God in recovery is to make an unwavering decision to live as God affirms in the ordinary events of each day, and resolve to stay away from those practices that God condemns. This is the best possible plan for avoiding relapse.

On our own we can’t win this battle with temptation. However, with God, everything is possible. Have we invited God to help us? Are we intentionally and persistently bringing to God the hidden world of our thoughts, desires, and reactions as well as what’s going on in our visible world? Are we fully surrendered to God, choosing to prioritize His will for our lives and holding nothing back? When we follow God’s ways, we can confidently leave all the consequences of our actions with Him.

Prayer: Heavenly Father, Change me from the inside out and bring out the best in me today. Help me to intentionally follow Your principles in all I do and say. Thank You for Your presence ever with me. Amen

SUNDAY, JANUARY 7, 2018

SUNDAY PSALM – MAINTAINING A LIFE OF JOY

There is no doubt that the God who created us in love intended that we would have a joyful life filled with blessings. However, most of our lives have included pain and confusion, the shame and hardship of addiction, and other forms of destructive living. Even in recovery we fall short of our ideals and at times, think, say, or do, harmful things. Through Jesus, God has made provision for us to live the life He created us to live, a life that is full of joy.

Joyful are people of integrity, who follow the instructions of the Lord. Joyful are those who obey his laws and search for him with all their hearts. They do not compromise with evil, and they walk only in his paths. You have charged us to keep your commandments carefully. Oh, that my actions would consistently reflect your decrees! Then I will not be ashamed when I compare my life with your commands. As I learn your righteous regulations, I will thank you by living as I should! I will obey your decrees. Please don't give up on me! (Psalm 119:1-8 NLT)

No matter where we are in our recovery journey, living a joyful life is available to us. How do we receive this gift? We read and meditate on God's Word as recorded in the Bible, and whole-heartedly set ourselves to follow what we learn. God says we are to live as people of integrity and stop compromising with evil. As we consistently follow God's principles, a sense of joy and well-being will strengthen our hearts to do what pleases God.

As we practice God's will in all our affairs we will become, "Happy Joyous and Free". This slogan will not just be words that we say, but will become our lived reality.

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. (Philippians 1:6 NLT)

Prayer: Heavenly Father, Help me to be a person of integrity in all I think, say, and do. Amen

MONDAY, JANUARY 8, 2018

PRIORITY FOR SUCCESSFUL RECOVERY: Reject the Counterfeit

When making decisions in life, God tells us to first seek His counsel and then do what He says is right. If we obey, we can be assured that the outcome of whatever we are undertaking will be good. Satan, the deceiver, attempts to sway us from what God says and gives us counterfeit solutions, which will harm, rather than help us.

Don't let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking and from the spiritual powers of this world, rather than from Christ. (Colossians 2:8 NLT)

To be successful in recovery, we need to be able to identify the counterfeit, reject it, and give priority to the trustworthy ways of God.

Through ignorance and self-will, we've welcomed all kinds of dark and evil influences into our lives. Some of the things we have allowed are, mind altering drugs, sexual immorality, heavy metal music, gambling, horror and violent movies, fortune telling and occult practices, gluttony, lies, anger, envy, fear, etc. The Bible warns us about seeking counterfeits of what is the best way.

When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these ... anyone living that sort of life will not inherit the Kingdom of God. (Galatians 5:19-21, NLT)

As we journey with God in recovery, He wants us to recognize what is good and what enticement is a counterfeit of that good. To know and recognize a counterfeit one needs to be knowledgeable of the real thing. To be successful in recovery, we need to be able to identify the counterfeit, reject it, and give priority to the trustworthy ways of God.

When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future. (John 16:13 NLT)

Prayer: Heavenly Father, forgive me for choosing counterfeits of what is truly the best way of life. Help me to listen to Your Holy Spirit as He teaches me and guides me into all truth. Amen

TUESDAY, JANUARY 9, 2018

OPTIMISM FUELED BY HOPE

Faith and hope in God are foundational to a positive outlook on life in recovery. Faith is the settled knowledge that God exists, and that God is for us. When we have faith in God's goodness, hope will automatically follow.

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit. (Romans 15:13 NLT)

Hope is an expectation and desire for something to happen. When our hope is grounded in certainty then we can build on it. God is faithful, and all His ways are trustworthy. As we follow God's ways and meditate on His promises, we will find reason to have hope. The Bible tells us that God is our helper and our protector and He answers our prayers. When we confess we have failed to obey His commands, God forgives, comforts, and restores us. God's love and compassion for us is unending.

We put our hope in the Lord. He is our help and our shield. You faithfully answer our prayers with awesome deeds, O God our savior. You are the hope of everyone on earth. When doubts filled my mind, your comfort gave me renewed hope and cheer. Hope in the Lord; for with the Lord there is unfailing love. (Psalm 33:20, 65:5, 94:19, 130:7 NLT)

We are filled with hope in recovery meetings as we listen to others share their experience, strength, and hope. We are also encouraged when we learn about previous generations who dared to believe and hope in God. The Bible is a great place to "have a meeting" with others who have gone before us and learn from their journey. Our faith and hope will build as we understand how trustworthy God really is.

Prayer: Heavenly Father, thank you for the faith and hope that is in me today. I ask You to strengthen that faith and hope as I continue to put my trust in Your word, believing You will do all that You have promised. Amen

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WEDNESDAY, JANUARY 10, 2018

OPTIMISM FUELED BY LOVE

We can dare to be optimistic about life and our recovery because God's unconditional love will strengthen and build us up. We can confidently rely on His goodness and mercy each day. The supply of God's love for us will never run out because, God is love.

Three things will last forever—faith, hope, and love—and the greatest of these is love. (1 Corinthians 13:13 NLT)

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"Love covers a multitude of sins" is another truth we can be sure of. Our bold claims about being confident to face the day often cover our feelings of vulnerability. Fortunately, God's love for us is unending. No matter how many errors in judgment we may make, God will gently discipline us, but He will never cease to love us.

The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. The Lord is good to those who depend on him, to those who search for him. (Lamentations 3:22-23, 25 NLT)

God's love is available to us when we call on His name. God will strengthen us when we feel weak. God will work for good in every situation in our lives. We can be confident of God's love and care for us as we go forward in our life in recovery. We can be optimistic because God is with us, and God is for us.

Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most. (2 Corinthians 12:9, Hebrews 4:16 NLT)

Prayer: Gracious God, Thank You that Your love for me is unfailing, even when I am feeling weak. Thank You that your mercy is available to me each day. Once again, I turn my will and my life over to Your care. Amen

THURSDAY, JANUARY 11, 2018

OPTIMISM FUELED BY FAITH, HOPE, AND LOVE

Doughnuts have both dough and holes when they are first cut, but they don't look good or taste good until they've been fried in hot oil or baked in a hot oven to enhance their flavour. In the most famous "Love Chapter" of the Bible, we find these three qualities – faith, hope, and love blended together to produce character in a person. An individual with these characteristics can persevere through many circumstances in life and provide sweetness to those they encounter.

Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. (1 Corinthians 13:7 NLT)

Early in recovery, life is filled with many challenges. However, we can have optimism during these difficult times because God is good, and He is good to us. ***Give thanks to the Lord, for he is good! His faithful love endures forever.*** (Psalm 118:1 NLT)

When life is challenging, God assures us of His help. On that basis we can be optimistic that we will successfully meet and come through every difficulty. ***The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.*** (1 Corinthians 10:13 NLT)

No matter how tough life may be, we can operate with an optimistic outlook because we know that God is at work on our behalf and will bless us as we journey through each situation successfully. ***God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.*** (James 1:12 NLT)

May faith, hope, and love, be the foundation on which we build our lives each day. This is optimism grounded in the truth that God is with us and God is for us.

Prayer: Loving God, Whatever my circumstances, help me to look to You with faith, hope, and love. I am in awe of Your faithfulness. Strengthen me to build my life on the truth of Your word. Amen

FRIDAY, JANUARY 12, 2018

WHAT DETERMINES MY VALUE?

Low self-esteem. No self-worth. This is the experience of many who suffer in addictive lifestyles. Negative thoughts about ourselves and our ability to do well in life lead to obsessive thoughts. We make a simple mistake and we feel like we are a complete failure. When others disagree with what we are saying, we are unable to cope. We feel no matter how hard we try, we can't measure up. What are we left with? A general feeling of hopelessness that God never intended us to have.

Our self-worth should be based on what God says rather than on what we have determined, or what others say.

God created human beings in his own image. In the image of God he created them; male and female he created them. Then God looked over all he had made, and he saw that it was very good! (Genesis 1:27, 31 NLT)

Whenever we question our worth we need to challenge our thinking against what God says in the Bible. Where we received negative messages which resulted in feelings of worthlessness, we need to challenge our thoughts with the truth that God does not make junk. God looked at the humans He created, including us, and said they were very good. Our self-worth should be based on what God says rather than on what we have determined, or what others say.

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. (Psalm 139:13-14 NIV)

God's knowledge of us is evident in the things He has prepared for us to do. God's promise to bring His wonderful purpose for our lives to fulfillment is assured when we turn our will and our lives over to His care and live in recovery one day at a time.

"I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope". (Jeremiah 29:11 NLT)

Prayer: Heavenly Father, I am awed by Your knowledge of me, and the purpose You have for my life. May I ever be reminded that I am a cherished and valued child of God. Amen

SATURDAY, JANUARY 13, 2018

DON'T GIVE UP – PERSERVERE

When troubles arise in our lives, we often feel helpless to cope with them. Instead of facing them head on we prefer to avoid them, pretend they don't exist, or hide from them. Troubles can drive us into isolation and even relapse into harmful addictions and dependencies.

Instead of hiding from our problems, we need to seriously think about doing something to solve them. We can seek out someone to talk to who is willing to understand us, pray with us, and help us. God often reveals the answer to us when we take time to listen to what He has to say. As one song writer wrote, *"Is there trouble anywhere? We should never be discouraged. Take it to the Lord in prayer."*

This is God's Message, the God who made earth, made it livable and lasting, known everywhere as God: 'Call to me and I will answer you. I'll tell you marvelous and wondrous things that you could never figure out on your own. (Jeremiah 33:2-3 MSG)

When we ask for His help, God hears us and intervenes in troubling situations on our behalf. We need to be truthful when we bring our troubles before God, admitting any part we had in the event. As we seek His forgiveness for our part, He will give us the wisdom to do the right thing whatever the circumstances.

God is our refuge and strength, always ready to help in times of trouble. Call for help when you're in trouble—I'll help you, and you'll honor me. (Psalm 46:1, 50:15 MSG)

Most problems develop over time. Discovering and applying solutions to problems also takes time. We will need to persevere as we work to do things God's way in all our affairs. As we watch God work all things together for our good, we will be forever grateful that we sought Him, and were willing to do what He said.

Prayer: Gracious God, I am grateful that You never give up on me. Help me to persevere and fearlessly face what is challenging me today. Thank You for working all things together for my good and Your glory. Amen

We will need to persevere as we work to do things God's way in all our affairs.

SUNDAY, JANUARY 14, 2018

STUDYING TO LIVE SECURELY IN RECOVERY

Success in life and in recovery results from giving priority to learning and obeying God's word. When we learn what God's will for our life is, and do it, life will go well for us.

How can a young person stay pure? By obeying your word. I have tried hard to find you—don't let me wander from your commands. I have hidden your word in my heart, that I might not sin against you. (Psalm 119:9-11 NLT)

The most effective learning comes when we put God's words and directions into practice.

When we come into new life in recovery, many thoughts continue to swirl around in our minds. We have memories. Obsessions and temptations are never far from us. New schedules, responsibilities and ideas seem to fill our brains until we feel like we might burst. What information is necessary to retain to secure our recovery from day to day? How do we keep that information front and center in our thoughts?

It's essential to read and obey God's word as recorded in the Bible. When our attention wanders, it's a good idea to recite the scriptures we read out loud. Not only does it focus our attention, but our heart gets the message from both our eyes and our ears. The learning goes deeper. More clarity will come as we study and reflect on the words we read, maybe even journaling to gather our thoughts. The most effective learning comes when we put God's words and directions into practice. When we do, we find out that God's ways are good. They prove to be true. They are unfailing, and they

bring about the life of purity and joy we've been seeking.

We will tend to fall back into our old self-directed ways unless we prayerfully ask God to give us the strength and courage to not wander from His commands. A meaningful life with God in recovery is worth the effort!

Prayer: Heavenly Father, help me to take time to study your commandments and reflect on your ways. As I go about the activities of my day, help me to remember Your word and to put Your principles into practice. Amen

MONDAY, JANUARY 15, 2018

FORGIVEN MUCH – LOVE MUCH

A well-known sinful woman came to a place where Jesus was eating dinner with some religious leaders of His time. In her gratitude for the forgiveness she had received, she poured precious perfume on Jesus feet and washed them with her tears. Simon, one of the leaders, was shocked that Jesus allowed a woman of her reputation to do what she did. Jesus told Simon a story to help Simon understand God's acceptance and love for broken people

“Two people owed money to a certain moneylender. One owed him five hundred denarii, and the other fifty. Neither of them had the money to pay him back, so he forgave the debts of both. Now which of them will love him more?” Simon replied, “I suppose the one who had the bigger debt forgiven.” “You have judged correctly,” Jesus said. (Luke 7:39-43 NIV)

Jesus teaches us, as He taught Simon, that we do not need to fear rejection when we bring our moral brokenness before God. When we compose a summary of “our last 90 days” as some treatment programs ask of us, or work on our Step 4 moral inventory, we can easily feel the weight of the ugliness in our past. God invites us to bring all our sinfulness to Him because on the cross Jesus already paid our debt in full.

We could never pay our own debt. We could never fix all that we've broken. However, God through Jesus has already made that provision. As we turn our will and our life over to His care, He will free us from every sin and heal us from every wound. As we become more aware of our freedom through Christ, joy, amazement, and gratitude will grow within us until we sometimes feel like we might burst. This is what it means to be truly “happy, joyous, and free.”

Prayer: Lord Jesus, thank you for not giving up on me. I am grateful for the gift of forgiveness that You purchased for me on the cross. Help me to live in the freedom of Your love and acceptance and share it with others who need to hear the Good News. Amen

TUESDAY, JANUARY 16, 2018

MY LIFE IS UNMANAGEABLE

Why would we continue to live life in our own way when it obviously isn't pleasing, not even to us? Someone has defined insanity as doing the same thing over and over again and expecting a different result. Another saying is equally true, “If nothing changes, nothing changes.” When we are willing to admit that our life is unmanageable, and we are powerless to change, then we know that we need to seek help. If we call on God, He will hear our prayer and rescue us.

On our own we tried to meet our desires with short-term solutions, and ended up with more significant levels of need. We thrashed around in our distractions and failed to come close to knowing what a purposeful and pleasing life looked like. The Bible paints a clear picture of the powerlessness of people trying to live their lives without God.

My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water. (Jeremiah 2:13 NIV)

We were created for relationship with the God of infinite knowledge, power, and love. We were meant to continually draw breath and life from our Creator. We became a mess when we did not have the infilling of the power of God's Holy Spirit. To live well in relationship with God and others, we need to fill up on what our Creator intended, not on what we determined might work.

To live well in relationship with God and others, we need to fill up on what our Creator intended, not on what we determined might work.

What did your people of long ago find wrong with me? Why did they wander so far away from me? They worshiped worthless statues of gods. Then they themselves became worthless. Has a nation ever changed its gods? Actually, they are not even gods at all. But my people have traded away their glorious God. They have traded me for worthless statues of gods. (Jeremiah 2:5, 11 NIRV)

Prayer: Lord God, Forgive me for choosing harmful relationships, substances and other things to try to meet my own needs. I admit my choices resulted in an unmanageable existence. Today, I choose to turn my will and life over to Your care for Your breath alone gives me life. Amen

WEDNESDAY, JANUARY 17, 2018

SHARING WITH HUMILITY AND GRACE

Our pride often keeps us from asking to have our needs met. Perhaps we grew up in a family where we were consistently ignored or disappointed and our personal needs were seldom met. Some of us may have reacted by becoming self-sufficient. We determined we would never ask anyone for help again. However, our plan opposed God’s plan for successful living, and our drift into addictive and destructive lifestyles affirms that.

My grace is all you need. My power works best in weakness. (2 Corinthians 12:9 NLT)

On our own we are powerless to live life well. When we ask God for help, He will strengthen and empower us to make good choices and accomplish things we never thought possible. As we continue to meditate on God’s word and follow His principles, life will begin to change. God tells us that those who seek Him will find Him for He is not far from any one of us.

“I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.” (Luke 11:9-10 NIV)

One of the countless ways we honour God’s lifegiving plan is to give others an opportunity to bless us. We will honour someone today if we ask for and receive their advice in solving a problem we need help with. Others may need the gift of our time and assistance. When we live in healthy relationships we are able to give and receive the gifts of wisdom and kindness. This is the life that God invites us to and is described in the Bible this way: ***Share each other’s burdens, and in this way obey the law of Christ.*** (Galatians 6:2 NLT)

Prayer: Heavenly Father, Thank You for always being available when I seek Your help. As I live in Your care today, help me to be considerate and gracious in how I receive and offer help. Amen

We will honour someone today if we ask for and receive their advice in solving a problem we need help with.

THURSDAY, JANUARY 18, 2018

PRIDE GOES BEFORE A FALL

When we reached the bottom in our addiction we knew we needed help to get ourselves out of our tangled mess. We came into recovery and asked Jesus and others to help us. However, once we gained a little strength, it didn’t take long for that “I can do it on my own” voice to return.

If you are proud, you will be destroyed. If you are proud, you will fall. Because he is proud, that evil person doesn’t turn to the Lord. There is no room for God in any of his thoughts. (Proverbs 16:18, Psalm 10:4 NIRV)

We’re not stupid because of something we don’t know, we’re simply humans in need of teaching and encouragement.

In the past we believed no one cared enough to try and understand us and meet our needs. Why would things be any different in recovery? Wouldn’t it be better to just keep quiet, keep it simple, and work it out on our own? According to Jesus, NO! Independent thinking got us into addiction because independence is based on pride of self which is born out of hurt. Following our self-centered dictates, instead of Jesus’ instructions, will hold us back from seeking and receiving the wisdom and provision of God and friends.

God’s word tells us clearly that to be wise we need to learn from God and others. We’re not stupid because of something we don’t know, we’re simply humans in need of teaching and encouragement.

Fools think their own way is right, but the wise listen to others If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. O people, the Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God. (Proverbs 12:15, James 1:5, Micah 6:8 NLT)

Pride keeps us on an independent and isolated road that sooner or later will take us back to active addiction. Humbly walking with God and asking for His guidance along the way is the sure path to a new life.

Prayer: Heavenly Father, help me to do what is right, to love mercy, and to walk humbly with You. Amen

FRIDAY, JANUARY 19, 2018

ADDICTION OR GRACE

God created the heavens and the earth and set them to run on His established boundaries and laws. Gravity is one of those laws. When someone pushes a bag of trash into a garbage chute they can't see the law of gravity, but it is obvious when the bag hits bottom. In the same way, the existence of love and grace in us becomes evident when we turn our will and our lives over to the care of God.

May God give you more and more grace and peace as you grow in your knowledge of God and Jesus our Lord. By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. (2 Peter 1:2-3 NLT)

God created us in His own image. God planned for each of us to have a fulfilling relationship with Him, to love and honour one another, and to be at peace with the world around us. When we live with inner chaos and act out of our character defects, it is the outcome of our failure to know and respond to God's unconditional love for us.

For God in all his fullness was pleased to live in Christ, and through him God reconciled everything to himself. He made peace with everything in heaven and on earth by means of Christ's blood on the cross. This includes you who were once far away from God. You were his enemies, separated from him by your evil thoughts and actions. (Colossians 1:19-21 NLT)

We can choose for life with God in recovery and experience the satisfying grace of God as He loves and cares for us, or we can choose to live self-destructively in our addictive lifestyle as if God did not exist. It seems to be a no-brainer decision, don't you think?

Prayer: Heavenly Father, I choose for a satisfying life with You. Please fill me to overflowing with Your love and grace so that I might exhibit the wonder of Your life in me. Amen

The existence of love and grace in us becomes evident when we turn our will and our lives over to the care of God.

SATURDAY, JANUARY 20, 2018

LIVING IN LOVE AND GRACE

If we desire to live in a more loving way towards others we need to know that we ourselves are loved. Living in a loving, caring relationship with God and others is God's plan for all of human kind.

Everyone who loves, knows God. Anyone who does not love does not know God, because God is love. This is how God showed his love to us: He sent his only Son into the world to give us life through him. (1 John 4:8-9 ERV)

Our behaviour often reflects what we believe about God. When we don't get what we want, we believe God doesn't care for us. When we don't feel loved, we believe we're not good enough to be loved by God or anyone else. Operating on beliefs like these drives us to seek love in harmful relationships, practices and ultimately substances. Whatever we substitute for God's best is a counterfeit and sooner or later we will come to know it doesn't satisfy.

Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare. (Isaiah 55:2 NLT)

How do we prevent relapse into addictive behaviour and destructive lifestyles and finally live in love and grace? We choose to believe the truth that God loves and cares for us and has given us unique gifts and talents. We reject negative thoughts and instead focus on God's generosity. As we meditate on God's Word as recorded in the Bible, our faith will build, and He will arm us with strength and keep our way secure.

Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come. (2 Corinthians 1:21-22 NIV)

Prayer: Heavenly Father, I confess my weakness in keeping my eyes fixed on You. Please work in me so I have both the desire and the power to do what pleases You. Amen

If we desire to live in a more loving way towards others we need to know that we ourselves are loved.

SUNDAY, JANUARY 21, 2018

SUNDAY PSALM – TRAVELLING SAFELY

Life with God in recovery is like a journey in an unknown land. We don't know the road. We don't know the rules and the customs of the area. We're not sure what's expected of us and we don't understand why some people respond as they do. We are travelers who need a map and a helpful voice on the GPS device giving us directions one turn at a time. If we seek Him, God through His word, will be both our map and GPS system.

Be good to your servant, that I may live and obey your word. Open my eyes to see the wonderful truths in your instructions. I am only a foreigner in the land. Don't hide your commands from me! I am always overwhelmed with a desire for your regulations. (Psalm 119:17-20 NLT)

As we meditate on God's word and ask Him to speak to us, He will reveal truths that are helpful on our journey. We often experience joy and pleasure as we begin to believe and put into practice what God says and then find that He is faithful to all that He has promised.

He leads the humble in doing right, teaching them his way. The Lord leads with unfailing love and faithfulness all who keep his covenant and obey his demands. (Psalm 35:9-10 NLT)

Sometimes what we read seems so amazing that we find it hard to believe and receive. At other times our familiar way of doing things seems more convenient than following God's commands and we get lost. It's not long before trouble overtakes us, and we learn again the painful consequences of trying to live life on our own terms.

Even though our journey in this unknown land of recovery has some twists and turns in the road, it's a wonderful experience to hear the voice of God, just like a GPS voice, telling us to turn around and correct our course so we can safely get to our chosen destination.

Prayer: Gracious God, Help me to pay attention to Your word and follow Your directions so I can safely travel the road of recovery to new life. Amen

If we seek Him, God through His word, will be both our map and GPS system.

MONDAY, JANUARY 22, 2018

JUST FOR TODAY – Relax and Enjoy

Just for today I will take a quiet half hour all by myself to relax, think about, and enjoy all that God has done and continues to do for me.

We live in a world that can keep us on edge. In our addiction we were frantic to find enough money to buy our substance of choice. Every thought of the day was directed at supplying our next fix. Appreciation of nature, the birds and the flowers, hearing the gurgling of water in a stream and the feeling of warm sunshine on our skin, never entered our thoughts.

Just for today I will take a quiet half hour all by myself to relax, think about, and enjoy all that God has done and continues to do for me.

The life God invites us to recover is one that includes taking time to be quiet and enjoy the natural surroundings in which we live. God gives us an example by His own action.

Then God looked over all he had made, and he saw that it was very good! (Genesis 1:13 NLT)

God took time to reflect on all that He had created. When we take time to relax and enjoy our environment, our emotions will settle down and our thoughts will be free to take notice of the things we have accomplished and the natural loveliness of the world around us. The habit of noticing and giving thanks builds optimism and well being into the deep recesses of our souls. Instead of constantly worrying and being on edge because of what we don't have, and all that isn't right, we will be strengthened and uplifted by the reality of who God is and what He has done and will do.

The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. (Psalm 23:1-3 NLT)

The choice each day is ours: anxiety and stress or confidence and relaxation.

Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it. (Isaiah 30:15 NLT)

Prayer: Heavenly Father, Please quiet my heart and mind and help me take time to appreciate and give thanks for Your provision. Amen

TUESDAY, JANUARY 23, 2018, 2017

HALF MEASURES AVOIDED US NOTHING

There is no satisfaction in a partially committed life in recovery. Fulfillment does not come from picking and choosing what we will have, and what we will not have. Fulfillment comes from a God-directed life where His commandments are obeyed wholeheartedly. The consequences of disobedience are clearly outlined in the Bible. Failure to stay away from all types of harmful behaviour weakens us spiritually and makes us vulnerable to attacks that keep us from experiencing the freedom that God intends for us to have. New life comes when we willingly let go of our old ways.

The founders of AA who wrote "The Big Book" understood this when they wrote: *"Half measures avoided us nothing. We stood at the turning point. We asked His (God's) protection and care with complete abandon We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely."* (Big Book p.58)

The Bible describes this same principle this way: ***Love your neighbor as yourself. Love does no wrong to others, so love fulfills the requirements of God's law. The night is almost gone; the day of salvation will soon be here. So remove your dark deeds like dirty clothes, and put on the shining armor of right living.*** (Romans 13:10, 12 NLT)

Life with God in recovery requires an individual to be thorough in both their willingness to change and in their actions. At all times, with family members and friends, in all our affairs, we must strive to obey God and consistently practice recovery principles. This includes dealing with the issues of our hearts as well as our visible behaviour. Half measures lead to relapse and more suffering for ourselves and those who care for us. Let us be fearless and thorough today.

Prayer: Heavenly Father, My desire is to make healthy choices that will result in a purposeful life. Help me to wholeheartedly live in a way that pleases you. Amen

Life with God in recovery requires an individual to be thorough in both their willingness to change and in their actions.

WEDNESDAY, JANUARY 24, 2018

RUNNING ON EMPTY

When we get rid of something bad in our lives, we need to fill the vacancy with something good. Failure to fill the vacancy with something good can lead to relapse and even cause a person to be worse off than they were before.

For it was I, the Lord your God, who rescued you from the land of Egypt. Open your mouth wide, and I will fill it with good things. (Psalm 81:10 NLT)

In the past, bad habits and negative attitudes played a significant role in our lives. When we felt vulnerable we used our substance of choice to help cope with the emptiness, the pain, and the loneliness we were experiencing. In addiction our daily agenda was entirely focused on meeting and fulfilling the demands our substance of choice made on us. In recovery we have become aware that God has promised to meet all our needs. Are we entirely willing to let Him do so?

This same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. (Philippians 4:19 NLT)

Life in recovery is about living in truth, and the truth is that on our own our hearts are unfulfilled. We struggle with anxiety and fear when we feel vulnerable and powerless. God, through His word in the Bible, and trusted people in recovery around us, assure us that there is a sure way forward. Step by step we can come to know and believe in a Power greater than ourselves who can restore us to sanity. We are encouraged to turn our will and our lives over to the care of this powerful God. When we choose to do so, God fills our dead hearts with His Holy Spirit, the power greater than ourselves, who enables us to do the things that please God.

It is God who enables us, along with you, to stand firm for Christ. He has commissioned us, and he has identified us as his own by placing the Holy Spirit in our hearts as the first installment that guarantees everything he has promised us. (2 Corinthians 1:21-22 NLT)

Prayer: Heavenly Father, When I am afraid and feel vulnerable, help me to trust that You are always with me and will meet all my needs. Amen

When we get rid of something bad in our lives, we need to fill the vacancy with something good.

THURSDAY, JANUARY 25, 2018

THE FREEDOM OF A CLEAN SLATE

We experience true freedom when we have a clean slate with God. Even though our faults and sins are ongoing, when we admit them to God with a sincere desire to change, God is faithful to forgive us.

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. (1 John 1:8-9 NLT)

Sometimes we appear to do good things for others and tell ourselves we are caring people even though we have a bad attitude and hold hidden resentments. We list the things we've done right and use that list to excuse ourselves from taking responsibility when we do wrong. The Bible makes a clear distinction between doing good to "look good" and practicing goodness as a character quality.

Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. (Romans 12:9 NLT)

As followers of Jesus we are required to choose for good regardless of the trials we may face. We are told that a sign of the presence of God within us is a lifestyle of goodness. God created us for a work He has prepared in advance for us to do, a work that flows from a pure heart. The challenging question for us: are we doing things to make us "look good" or, are we loving others because God has transformed us and made us whole?

If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free. (John 8:31b-32 NIV)

Freedom comes when we acknowledge the truth that without Jesus we can do nothing good, but with Jesus, all things are possible!

Prayer: Gracious God, I acknowledge that freedom to love others comes only through obeying Your word. Help me to choose to do what is right, to be merciful, and to walk humbly with You in all my ways. Amen

Freedom comes when we acknowledge the truth that without Jesus we can do nothing good, but with Jesus, all things are possible!

FRIDAY, JANUARY 26, 2018

POWER GREATER THAN OURSELVES

Step Two is often referred to as "The Hope Step". What has been impossible for us to do on our own becomes possible when we place ourselves in the presence of someone or something that surpasses our individual human ability to understand. 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 foundation of successful recovery is hearing and responding to God's invitation to get to know Him and how much He loves us.

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 then with others. He's the one who planned to redeem the sinful mistakes of humans before they even committed them. The foundation of successful recovery is hearing and responding to God's invitation to get to know Him and how much He loves us.

We will be more eager to come to God if we see Him as the one who "***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, and unconditional love to help us be the person God 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)

Dear God, I am not sure about who You are, but I am coming to believe that there is a power greater than myself. I believe You heard my cry for help and have brought me to this place. I believe that You will restore me to sanity as I trust You and follow You in all my ways. Please strengthen me to do those things that please You. Amen

SATURDAY, JANUARY 27, 2018

FREE TO LIVE WELL IN RECOVERY

God invites us to live in freedom. Freedom for us was so important to God that He was willing to give the life of His Son so that we could experience new life and peace.

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.
(2 Corinthians 3:17 NIV)

Some of us who have come from a lifestyle of “doing as we please” may feel that following Jesus limits our freedom. However, the limits that God sets for us can be compared to the function of guard rails on a mountain road. They keep us from going over the edge and harming ourselves. As we choose to follow God’s principles in all our affairs, we will avoid deceit and shame, and the confusion that often accompanies doing what is “right in our own eyes.”

You’re blessed when you stay on course, walking steadily on the road revealed by God. You’re blessed when you follow his directions, doing your best to find him. That’s right—you don’t go off on your own; you walk straight along the road he set. (Psalm 119:1-3 MSG)

A person who chooses a life of self-will and sin is eventually trapped by their own choices. Sin produces evil desires. Initially, when a person gives into temptation, they are deceived into thinking they will always be free to choose. However, sin is not satisfied with just a little bit of our lives. When it has its way with us we are mastered by its bondage and are doomed to obey its evil desires. This is well described in the AA slogan, “One drink is too many and a thousand is never enough.”

Choosing God’s way in every situation helps us avoid the oppression and destruction that sin brings. Freedom to live well is truly worth having.

Prayer: Loving God, Thank You for the wisdom of Your word. Help me to follow your directions and walk steadily with You on the road to freedom. Amen

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SUNDAY, JANUARY 28, 2018

MAKING SENSE OF LIFE AND RECOVERY

Only after a time of living in recovery with God do we realize how ridiculous we must have sounded when “we told God our plans.” How little we knew of the patience of God as we went on and on about what would fix us, what we needed in order to have a good life, and how God could make that happen for us.

I lie in the dust; revive me by your word. I told you my plans, and you answered. Now teach me your decrees. Help me understand the meaning of your commandments, and I will meditate on your wonderful deeds. I weep with sorrow; encourage me by your word. Keep me from lying to myself; give me the privilege of knowing your instructions. I have chosen to be faithful; I have determined to live by your regulations. I cling to your laws. Lord, don’t let me be put to shame! I will pursue your commands, for you expand my understanding.
(Psalm 119:25-32 NLT)

***God helps us
understand
what we
need to
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He
encourages
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of the way.***

Who were we to think we had any knowledge about what would make life work? Our best plans got us to places we never want to be in again. We fell down so many times we ended up just lying in the dust without the ability to get up. Our thoughts were filled with shame and our hearts with sorrow. We lied to ourselves and others about how bad things were and to what depths we had sunk.

Thank God that He is willing to expand our understanding of life with His truth. He gives us trustworthy instructions that get us on the path to new life. He accompanies us on the journey and brings joy and peace as we travel together. When we get tired and weary, He refreshes and strengthens us to keep going. God helps us understand what we need to know as we need to know it, and He encourages us each step of the way.

Prayer: Heavenly Father, thank you for your patience with me as I learn to surrender my plans in favour of Yours. Help me understand what I need to know as I need to know it. Give me ears to hear Your voice of encouragement as we journey together along the way. Amen

MONDAY, JANUARY 29, 2018

GOD'S RECYCLING BUSINESS

Recycling is a way to give new life to things that are used, worn out or just not wanted any more. Each municipality has a list of items that residents are required to recycle. Not only does recycling reduce the garbage in the landfill, but as the recycled items are put through various processes they are re-formed into useful products. For instance: Some plastic food containers are made into laundry detergent containers. Recycled plastic milk jugs are made into cute super-sized plastic toys. One company makes clothes out of coffee grounds. Now that's amazing!!

As we come out of an extended time in active addiction we may wonder if we've thrown away all that was valuable in our life. However, God has plans for us. Through Jesus' death on the cross, we are washed clean from all that's been sinful, painful, and destructive in our lives. God then fills us with His Holy Spirit who transforms the way we think and act, so we are people with a different purpose.

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! (2 Corinthians 5:17 NIV)

God is in the recycling business – creating something new from what some might see as worthless broken-down vessels. When we accept Jesus as our Lord and Saviour, we are rescued from a life of chaos and hopelessness. Through Jesus, we become strengthened new creations who carry out God's will in the power of the Holy Spirit. The product of God's process of reclamation is a new life that is full and free.

Once you were alienated from God and were enemies in your minds because of your evil behavior. But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation (Colossians 1:21-22 NIV)

Prayer: Heavenly Father, wash me clean from all that has damaged me in the past. Fill me with Your Holy Spirit and remake me into a person You can use to do those things You have planned for me to do. Amen

God is in the recycling business – creating something new from what some might see as worthless broken-down vessels.

TUESDAY, JANUARY 30, 2018

MORALS AND VALUES

Is there really a God? Is there really a higher power to whom I can turn over my will and my life and receive a life worth living? In our addiction, we lived as though there was no God and we could do whatever we wanted, when we wanted. That didn't work too well for us! Trying to find life and recovery without God doesn't work well either. Why not?

Life without God means there are no morals and values—that is, no difference between right and wrong. In our world where lying and cheating seem commonplace, this might seem convenient. However, if there are no morals and values then we cannot condemn any activity that a human chooses to do. That would include acts such as terrorism or child abuse. All of us, and especially those who are victims, know differently. Written into our souls from a power that transcends time and culture, are moral laws given by God.

There is a way that appears to be right, but in the end it leads to death. (Proverbs 14:12 NIV)

Humans were created by God to live a moral life in relationship with Him and with one another, and deep within our souls, we know it. We know when something we say or do is right or wrong. Fortunately, the God who gave us moral principles for life also provides help for us when we fail to live up to them – as we inevitably will.

Written into our souls from a power that transcends time and culture, are moral laws given by God.

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts. (1 John 1:8-10 NLT)

Is there really a God? Our sense of what is right and wrong points in the direction that there is.

Prayer: Heavenly Father, Help me to trust You and live a healthy life based on Your moral principles. Amen

KEYS TO THE KINGDOM

We hold keys to all sorts of things. Losing keys can be a source of frustration and causes us all sorts of problems.

Misplacing keys is one thing, but not having the right key is another. The key which unlocks the padlock on our bike or starts the engine to our vehicle will not open the door to our home. Sometimes we may try very hard to fit the wrong key into the lock on our front door. No matter how much effort we put into twisting and turning and trying to get the door to unlock, it will not open because we are not using the right key. Only when we have the right key can we gain access.

God has created us with something called “eternity” in our hearts – a longing for something more than what we see and experience around us. It’s a longing for relationship with God and no matter what we try to use to fill that spot, the door to satisfaction and joy remains closed to us. The key that opens the door to the life we long for is Jesus Christ.

Jesus said ***I am the Living One; I was dead, and now look, I am alive for ever and ever! And I hold the keys of death and Hades. I am the way and the truth and the life. No one comes to the Father except through me.*** (Revelation 1:18, John 14:6 NIV)

Inviting Jesus Christ into our lives, and moment by moment turning our will and life over to His care, is the key to a successful life in recovery. If we’ve never obtained that key, today is the time to get it. If we’ve been trying to use the key of money, popularity, sex, substances, or just plain hard work to open the door to life, it’s time to stop using the wrong key and get the right one.

Prayer: Lord Jesus, I believe You are the Key to help me overcome my addiction. Today I choose to turn my will and life over to Your care. Help me to understand Your Word in the Bible and follow Your principles every moment of every day. Amen

***Inviting Jesus
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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.

2018

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Come and learn and grow with us

Christian 12-Step Recovery Meeting

Wednesdays, 7:00 pm

325 6th 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