

LIFE WITH GOD IN RECOVERY

Daily Meditations



MARCH 2022

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

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MARCH 1, 2022

JESUS SAID, I AM THE WAY, THE TRUTH AND THE LIFE

If you were setting out on a journey to a place you have never been before, which would you prefer, a map or a guide who knows the way to your destination? Most of us would prefer a guide who knows the way, but that means we must submit to the direction in which the guide leads us, and not have our own plans. When we give our will and life over to the care of God, we have a guide who will lead us in tried and proven ways. Jesus is the guide who never fails us, and He made it clear to His disciples that there is no other way.

Thomas said, "Lord, we don't know where you are going, so how can we know the way?" Jesus answered, "I am the way, the truth, and the life. The only way to the Father is through me. (John 14:5-6 ERV)

This answer to Thomas' question caused more questions to be asked by the disciples for the way forward for them was unclear at this time. Most of us are like the disciples, we are new to the ways of God and don't quite understand the role of His beloved Son Jesus. Jesus kept assuring the disciples that His blessing and the blessing of the Father would be upon them if they followed His ways. He told them:

All who love me will obey my teaching. My Father will love them. My Father and I will come to them and live with them. But anyone who does not love me does not obey my teaching. This teaching that you hear is not really mine. It is from my Father who sent me. (John 14:23-24 ERV)

God the Father sent God the Son into the world so that through belief in His death and resurrection we could be forgiven for our sins and have eternal life. This is the life that Jesus gives us when we trust the way that Jesus, our trustworthy guide, will lead us.

Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him would not be lost but have eternal life. (John 3:16 ERV)

Heavenly Father, I believe, help my unbelief. Please guide me to the Way, the Truth and the Life who will lead me to the place that He has prepared for me. Amen

Jesus answered, "I am the way, the truth, and the life. The only way to the Father is through me.

John 15:6 ERV

MARCH 2, 2022

OPTIMISTIC AND JOYFUL

When we begin the recovery process we are often overwhelmed by the guilt and shame of the mess we have made of our lives. The 12-Step program encourages us to admit what we have done, repent, and where possible make amends to those we have harmed. If we sincerely want to change our ways, giving our will and life over to the care of God will make a difference in how we proceed. If we ask Him, God will forgive our sin and fill us with His Holy Spirit who strengthens us to walk in unfamiliar paths that lead to a life of joy and peace.

We don't enjoy discipline when we get it. It is painful. But later, after we have learned our lesson from it, we will enjoy the peace that comes from doing what is right. (Hebrews 12:11 ERV)

Being confident in our minds that we can live a positive and joyful life is half the battle.

Being confident in our minds that we can live a positive and joyful life is half the battle. Often, we are unsure of what lies ahead and are unable to picture life without our dependency. The Bible assures us that the God who created the universe has become our Heavenly Father and He declares in His word that **"No weapon formed against you shall prosper."** (Isaiah 54:17 NKJV) We need to believe and receive this truth and allow our minds to be transformed by standing firm on God's promise.

But let those who trust in you be happy forever. Protect and strengthen those who love your name. The Father has loved us so much! This shows how much he loved us: We are called children of God. (Psalm 5:11; 1 John 3:1a ERV)

The mercy of God toward us is the foundation of our hope and joy. He is the one who initiated our redemption so we could become His precious children and live with Him forever. Some of us cause ourselves needless worry about the future because we forget that Jesus said, if we seek God first, God will meet all our needs.

What you should be thinking about is God's kingdom. Then he will give you all these other things you need. (Luke 12:31 ERV)

Prayer: Heavenly Father, I am thankful that through Jesus I am Your adopted child. Please help me to live a positive, joyful life based on the truth that You are always with me. Amen

MARCH 3, 2022

STEP NINE – THE PATHWAY OF PEACE

Each day in recovery is a new opportunity to respond to God’s call to live in humility; desire reconciling of relationships; walk in forgiveness; and focus on cleaning our side of the street.

Honesty, balance, and realism are essential tools to keep at hand when we seek the way of peace in all our relationships. When we have a problem with others we should not lean towards self-righteous justification. In those moments we should remember the Golden Rule, **“Do to others as you would like them to do to you.”** (Luke 6:31 NLT)

God wants to teach us about ourselves as we bring our past, present, and future to Him with a humble desire to learn. The list of people we have harmed is an example of how we failed others when we pursued our own way of living. Humility says we have much to learn. Becoming willing to make amends is an expression of our desire to do all that is required to make peace and open a path for healing and reconciliation.

When we work a Step 8 or Step 9, we ask God to show us where we have caused harm. We then accept responsibility for our part in the harm we caused. As we make amends and seek forgiveness, the attitude of respect for the dignity of the other person, and sincere sorrow for our actions that caused harm, is what we need to demonstrate by our words and our behaviour.

Because of God’s tender mercy, the morning light from heaven is about to break upon us, to give light to those who sit in darkness and in the shadow of death, and to guide us to the path of peace. (Luke 1:78-79 NLT)

As we put our trust in God and ask Him to guide us on this pathway of peace, we will experience great burdens being lifted from our shoulders and the amazing peace of God filling our hearts.

Prayer: Heavenly Father, I have so much to learn. Help me to be considerate towards those people I have harmed and not simply want what is best for me. My desire is that any action I take will have the effect of healing and restoration for those I have harmed. Amen

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MARCH 4, 2022

WRAPPING OURSELVES IN TRUTH

When we were out and about in our addictive and destructive lifestyles, we often said we were “in a war zone.” Truth is, we are still in a war zone because as soon as we turn our will and our life over to the care of God, Satan tries to destroy all the good things God is doing in our lives. We’re no match for Satan on our own, but with God’s help and the tools God gives us, we can be victorious every single time we are attacked.

Some of God’s tools are described as “The Armour of God” and we’ll look at one of the pieces of that armour – the belt of truth.

Stand your ground, putting on the belt of truth and the body armor of God’s righteousness. (Ephesians 6:14 NLT)

***You will
know the
truth, and
the truth
will set you
free.***

John 8:32 NLT)

While it is important that we practice telling the truth at all times – something most of us never made a habit of – the essential advice God is giving us in this picture is that we are to get to know and wrap ourselves around with truth, the truth that God has given us in the Bible.

Make them holy by your truth; teach them your word, which is truth. (John 17:17 NLT)

God’s promises, God’s commands, God’s warnings —they are all truth, plain and simple., If God says something, we can rest assured that it will be done. If God warns us away from certain things we can be assured there is life-endangering harm if we proceed in self-will against His word.

When the Spirit of truth comes, he will guide you into all truth. (John 16:13 NLT)

God wants us to know and have the power to live in truth today. When our sins are forgiven the Holy Spirit comes to live in us and, as we listen carefully, He will speak practical truths to us as we make our way through the day, and He will help us to live out those truths.

Prayer: Jesus, today I wrap truth around me. You are the way, the truth and the life. I am a child of God. I have been redeemed by Jesus’ sacrifice for my sins on the cross. I have been filled with the Holy Spirit and today I will live a strong and successful life according to the Word of God which is truth. Amen

MARCH 5, 2022

TWO KINDS OF SADNESS

Sadness is one of the most common human emotions and can be difficult to deal with. The feeling itself brings a burden and often the memory of an event that caused the sadness presses down on our hearts. It's interesting that the Bible talks about both a bad and a good sadness. How are we to know the difference and how are we to deal with each of them?

For the sadness that is used by God brings a change of heart that leads to salvation—and there is no regret in that! But sadness that is merely human causes death. (2 Corinthians 7:10 GNT)

We may experience sadness due to grief, loss, worries, disappointments, shame or regret, just to name a few factors. Thankfully, God does not leave us on our own to face all this. He comforts and strengthens us in our time of need.

Why am I so sad? Why am I so troubled? I will put my hope in God, and once again I will praise him, my savior and my God. (Psalm 42:5 GNT)

As we look at the wreckage in our past, our own pain and the pain we caused others, we may have a sense of sadness that overwhelms our hearts. Recovery groups and programs that are based on God's word will help us face those events and sort out what we are responsible to make amends for and what we can let go. So many of us have stories of how God changed our sadness to joy when we were willing to repent of our sin and experience the pain associated with dealing with the past. Jesus compared that sadness and joy with the extreme suffering of a woman birthing a child and the joy experienced when holding that baby in her arms.

When a woman is about to give birth, she is sad because her hour of suffering has come; but when the baby is born, she forgets her suffering, because she is happy that a baby has been born into the world. (John 16:21 GNT)

God will comfort us as we deal with the sadness of our brokenness. Our joy will be complete as we come alongside others to strengthen and give them hope.

Prayer: Heavenly Father, Thank you for being with me in my sadness and for giving me forgiveness and healing and the joy of sharing Your love with others who suffer. Amen

Our God has sent me to comfort all those who are sad. He wants me to help those ... who are filled with sorrow.
(Isaiah 61:2b-3a
NIRV)

MARCH 6, 2022

A PRECIOUS FOUNDATION STONE FOR OUR NEW LIFE

We all need a steady place to stand and something reliable to build our lives around. That's even more true for those of us who feel vulnerable as we come into recovery and seek to rebuild lives and relationships that have been broken down for significant periods of time. God promises to be that for us and He's gone to great lengths to show that to us by sending His son, Jesus.

I am placing a cornerstone in Jerusalem, chosen for great honor, and anyone who trusts in him will never be disgraced.

1 Peter 2:6 NLT

Therefore, this is what the Sovereign Lord says: "Look! I am placing a foundation stone in Jerusalem, a firm and tested stone. It is a precious cornerstone that is safe to build on. Whoever believes need never be shaken. (Isaiah 28:16 NLT)

We can dare to have hope for a new and better life only because Jesus changes us from the inside out by forgiving our sins, healing our wounded hearts, and building a rock solid relationship for us with God in heaven. As we come to know and believe in His love for us and His commitment to us, we experience how precious this relationship is and how safe it is for us to build all other relationships around it.

Together, we are his house, built on the foundation of the apostles and the prophets. And the cornerstone is Christ Jesus himself. (Ephesians 2:20 NLT)

We know that it is together with one another that we are able to move past the pressures and loneliness and isolation that make us so vulnerable to destructive habits. It has always been God's plan that, in the safety of His unfailing love for us, we will live in love towards one another and prosper and flourish in our daily lives.

Jesus Christ is the Cornerstone, the foundation. He is the way, the truth and the life that we have been seeking all our lives. As we follow Him, we learn how to live in God's will, and how to live responsibly and safely with others. We are wise people if we build our lives on Jesus.

Prayer: Heavenly Father, I am so grateful for Jesus, the cornerstone and foundation of real life that lasts forever. Help me today to build my thoughts, desires, actions, and relationships on the solid foundation that will never be shaken. Amen

MARCH 7, 2022

INSECURITY

Our life in recovery is often like travelling on 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 think about 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. 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 in favour of 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 read about the miracles God performed 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)

Today, we are invited 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

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

MARCH 8, 2022

HEAR AND BELIEVE

Coming to fully know and cherish Jesus as our Lord and Saviour is not something that we do in a day, or a week, or a month. It is a lifetime commitment. We who have lived rebellious lives had a gradual fall to where we ended up. We know that it now takes an extended process over time to have our mindset changed into truly believing that the ways of God are more beneficial to our well-being than operating out of selfish actions. The principle for our new life in recovery should be to wholeheartedly hear and believe the Scriptures and proclaim their truth in every situation we encounter.

The principle for our new life in recovery should be to wholeheartedly hear and believe the Scriptures and proclaim their truth in every situation we encounter.

Truly, truly, I say to you, the one who hears My word, and believes Him who sent Me, has eternal life, and does not come into judgment, but has passed out of death into life. (John 5:24 NASB)

Some may experience a dramatic change when they give their will and life over to the care of God. However, most of us through prayer and meditation on the Scriptures get to know the gracious God whom we serve. The foundation of our belief system is the truth of what Jesus did for us when He came into the world. Through him we have been reconciled to God with all the benefits of being a child of God. We have God's favour and when we call on Him, He will answer.

For God did not send His Son into the world to condemn the world, but to save the world through Him. (John 3:17 NIV)

When we hear condemnation in our heads, we need to proclaim the truth of who we are in Christ. The Bible tells us that we need not fear the accuser but triumph over Him by the blood of the Lamb and the word of our testimony of what Jesus has done for us.

They triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death. (Revelation 12:11 NIV)

Heavenly Father, When the accuser comes to steal, kill, and destroy the peace I have through Jesus, I will proclaim that I have heard the good news of the Gospel of Christ and believe on the One God sent. Amen

MARCH 9, 2022

WORDS – THE POWER TO ENCOURAGE OR CRUSH

We have all experienced the power of negative words in our own lives and may also have observed the effect in others' lives as they shared with us. Some of us carry the effects of harsh words for a lifetime and find it difficult to get past the hurtful impact. When we take time to reflect, we will often be able to recall some words that a kind person has said to us and allow those words to bring hope to our heart and a smile to our face.

A gentle answer makes anger disappear, but a rough answer makes it grow. Good people think before they answer, but the wicked do not, and what they say causes trouble. Kind words are like a life-giving tree, but lying words will crush your spirit. (Proverbs 15:1, 28, 4 ERV)

It is now time for each of us to consider what impact our words may have on others. Will we speak with gentleness or with harsh criticism about something a person has said or done that we do not approve of? Will we give a compliment or a word of appreciation, or will we condemn someone for not doing a job exactly the way we thought they should? We are a work in progress and want to be recognized as such. Will we give the same honour to others by how we speak to them or speak about them?

Listening to wise people increases your knowledge, but only nonsense comes from the mouths of fools. People are happy when they give a good answer. And there is nothing better than the right word at the right time. (Proverbs 15:2, 23 ERV)

In our society, with its emphasis on social media, the thoughtless use of words is often reflected in our texts and posts rather than through our mouths. In what is not a person-to-person encounter, we often feel free to express our thoughts without first filtering them. It is always wise to think before we speak or post. Much harm may be caused to a person by what we say or post. With things hanging in cyberspace long after we delete them from our own page, we need to be aware that we have less control over the harm caused by social media posts than by actual face-to-face encounters.

Prayer: Loving God, help me to consider what I say and its impact on others. Give me the patience and self-control necessary to filter my thoughts before I respond to others, so my words may encourage rather than crush. Amen

***It is now
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MARCH 10, 2022

STEP TEN – CONTINUING TO LEARN AND GROW

Our life with God in recovery should be one of continual learning and growing. We need to be diligent as we reflect on our motives and behaviour in situations that arise. When our actions or attitudes conflict with God's principles we need to re-align our ways with what God's Word says, and we need to do it sooner rather than later. When we are wrong about something it is important to admit it, plus take any necessary action. If we know we have harmed someone, whether intentionally or unintentionally, we need to make amends. These actions will build our character, strengthen our relationship with God, and help us find the satisfying life of living in community as God intended.

Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him. (Philippians 2:12-13 NLT)

***How does
my life look
today as I
measure it
against
God's tried
and true
principles?***

How am I doing in the basics of life with God in recovery?

What's the status of my relationship with God? Where have I surrendered to God's will and where have I operated in pride and self-will? How am I living ***"Not my will but Yours be done?"*** (Luke 22:42 NIV)

Have I been fair-minded and flexible? Do I take time to listen and understand the other person's point of view? Am I critical and disagreeable in interactions, or respectful and patient? In my relationships with others do I practice ***"Do to others as you would have them do to you?"*** (Luke 6:31 NIV)

Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us. (Romans 12:3 NLT)

How does my life look today as I measure it against God's tried and true principles?

Prayer: Loving God, Thank you for providing helpful principles for a successful life. Show me any offensive way that I may be treating others and give me the courage and strength to correct my actions. Amen

MARCH 11, 2022

MY HELPER and MY DEFENDER

We say it over and over again because it is true every day of our life: “We are powerless on our own.” Our lives are unmanageable; our problems are too great; our issues are too confusing; our emotional challenges are too overwhelming unless we ask God to come and help us.

Save me by your power, O God; set me free by your might! Hear my prayer, O God; listen to my words! Proud people are coming to attack me; cruel people are trying to kill me—those who do not care about God. But God is my helper. The Lord is my defender. (Psalm 54:1-4 GNT)

Along with the writer of this Psalm we can confidently come to God today and ask for His help. Too many people think it’s “self-centered” to ask God for help and to bring our concerns to Him. The opposite is true. God is waiting for us to invite Him into our circumstances so He can provide the help we need.

Whether it is harsh words from others, misunderstandings that are beyond our control to fix, or just people acting thoughtlessly in ways that cause harm, God wants to come alongside us, care for us, and help resolve our problems. If we think we have to do it on our own, then we are not allowing God to be our helper and our defender and we are missing out on the goodness that God wants to pour into our lives.

So, all you people in faraway places, turn to me and be saved, because I am God, and there is no other. When I make a promise, that promise is true. It will happen. (Isaiah 45:22-23a ERV)

Even though we may be new to trusting God and our ability to believe that God can work effectively is not solid, if we will just turn our will and our life over to God’s care, He will keep His promise. He will work on our behalf. He will rescue us and settle those things that concern us as we turn them over to His care.

Prayer: Heavenly Father, You have made many amazing promises and I want to trust You to give me wisdom and the courage to face those things that concern me today. I trust You to do what You promise to be my helper and my defender. Amen

Psalm 118:7 GNT

It is the Lord who helps me, and I will see my enemies defeated.

MARCH 12, 2022

IS THERE ANY GOOD REASON TO WAIT?

We are not used to waiting for anything and most of us dislike it. We hate traffic congestion, line-ups for various services, being put on a wait list for housing etc. Who of us likes to sit in the doctor’s office waiting to be seen? We’d much rather have the instant access to information and service we can get on the internet or from social media. What do we do with the many times the Bible tells us we are to be patient and wait on the Lord? Is there any good reason for us to do that?

I wait for the Lord, my soul waits, And in His word I do hope. My soul waits for the Lord More than those who watch for the morning—Yes, more than those who watch for the morning. (Psalm 130:5-6 NKJV)

When we first come to believe in God, all of us are impatient for what we want Him to do for us. Like the good Father He is, God is very gracious and often responds quickly to His newborn children, but there comes a time when He will teach us to wait. Learning to wait for what we want is one way to leave certain character defects behind and to grow into a mature person.

The Lord is wonderfully good to those who wait for him, to those who seek for him. It is good both to hope and wait quietly for the salvation of the Lord. (Lamentations 3:25-26 TLB)

I wait for the Lord, my soul waits, and in His word I do hope.

Psalm 130:5 NKJV

We are not good at waiting for God to act. Like a good Father, God will not always give us the answer to our prayers that we want at the time that we want but will answer what we have asked at just the right time. Sometimes when we encounter traffic congestion we try to avoid waiting and seek another route only to find that others have done the same thing and we end up in a bottleneck that is even longer than where we first were. When we fail to wait for God to do the right thing at the right time and seek an alternate way, just like in traffic congestion, we often end up in a worse mess.

This foolish plan of God is wiser than the wisest of human plans, and God’s weakness is stronger than the greatest of human strength. (1 Corinthians 1:25 NLT)

Prayer: Heavenly Father, Help me to be willing to wait when You are silent and have faith that You are still at work on my behalf. Amen

MARCH 13, 2022

A POWERFUL SIGN OF MATURITY

Learning to control our tongue is a sign that we are becoming mature in our thinking process. In the past we let angry words express our opinion about something that was said or done without giving too much thought to what we were saying. Our reactions may have been caused by pain of a past hurt being exposed through the behaviour of another or trauma over something that is presently causing us to fear. Instead of seeking help to deal with the hurt or fear, we allowed our minds to dwell on the event until our thinking and behaviour became irrational.

All of us do many wrong things. But if you can control your tongue, you are mature and able to control your whole body. (James 3:2 CEV)

When a plant or tree is transplanted, its ability to mature is totally reliant on it being rooted in the new soil it is planted in. When we come into recovery we need to be completely removed from our old way of life. Our new life with God in recovery requires that we leave behind everything that would hinder us from becoming the mature person God created us to be. Our old ways of coping with troubling situations need to be totally uprooted and transplanted into the new ways we are learning.

Each of you is now a new person. You are becoming more and more like your Creator, and you will understand him better. (Colossians 3:10 CEV)

Our growth into maturity was stunted by our old ways of thinking and behaving. If we allow our old ways to influence the new growth, our ability to grow and mature will be obstructed. We were living in rebellion against God but now we have been uprooted and transplanted into a new life with God as our Father. The old ways of thinking and behaving must be left behind so we can grow and mature in the new ways we are learning.

Don't be like the people of this world, but let God change the way you think. Then you will know how to do everything that is good and pleasing to him. (Romans 12:2 CEV)

Prayer: Heavenly Father, Help me leave behind my old ways of thinking and behaving so I can be renewed in my mind by obeying Your principles in all my affairs. Amen

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MARCH 14, 2022

LOVE IS NOT BOASTFUL OR PROUD

When we come into recovery we are usually worn and broken and feel wretched, but often we still remain prideful in the way we talk. We brag about things we have done and make ourselves out to be clever in our dealings with others. God does not want us to be boastful or proud. He wants to transform the way we think so that we learn to behave in ways that are good and pleasing to Him. God's desire is that we humbly admit the exact nature of our wrongs.

Dear friends, God is good. So I beg you to offer your bodies to him as a living sacrifice, pure and pleasing. That's the most sensible way to serve God. Don't be like the people of this world, but let God change the way you think. Then you will know how to do everything that is good and pleasing to him. (Romans 12:1-2 CEV)

***Love is not
boastful or
proud.
Love is
humble
and
selfless.***

Satan was boastful and proud when He tempted Eve. He re-worded God's instructions to make them seem more appealing to her human nature and he told her, "You will be like God." Satan's own downfall was pride. Satan entices us to his way of thinking and doing because his desire is to have control of us. We need to be on guard to his deceiving ways. He will attempt to twist the truth and have us look back at what we have left behind and make us think maybe we can handle things on our own after all.

You said to yourself, "I'll climb to heaven. I'll set my throne over the stars of God....I'll climb to the top of the clouds. I'll take over as King of the Universe!" But you didn't make it, did you? Instead of climbing up, you came down—Down with the underground dead, down to the abyss of the Pit. (Isaiah 14:13-15 MSG)

God is love. Love is not boastful or proud. Love is humble and selfless. Love is sacrificial in its actions towards others. As we read the following verses of scripture, how many of the characteristics listed would we say we exhibit? It may be something to think about!

Love is kind and patient, never jealous, boastful, proud, or rude. Love isn't selfish or quick tempered. It doesn't keep a record of wrongs that others do. Love rejoices in the truth, but not in evil. (1 Corinthians 13:4-6 CEV)

Prayer: Heavenly Father, I am grateful for Jesus who, through His love and sacrifice, covers all my sins. Teach me how to love as You love and to live according to your truth. Amen

MARCH 15, 2022

A BETTER OPTION THAN “FIGHT OR FLIGHT”

We were created to live securely by living in the care of God – the God who loves us perfectly, weaknesses and all, and yet we’ve all been in stressful or frightening situations where the “fight or flight” response has been activated in us. Jesus’ friends had this kind of experience as well:

They were all terrified when they saw him. But Jesus spoke to them at once. “Don’t be afraid,” he said. “Take courage! I am here” (Mark 6:50 NLT)

Jesus was reminding His friends that they would be okay because He was with them. We are also called to live confidently in the knowledge that God is always with us. There’s no doubt that in certain circumstances we will feel fear and even though our default action for a long time might have been “fight or flight” we do not have to continue in that way. God has helped us understand what to do in those moments.

Whenever I am afraid, I will trust in you. (Psalm 56:3 NKJV).

To live without fear we must intentionally choose to believe God and receive the kindness and tenderness He is offering us. We must bring every thought captive to Him and allow Him to renew our minds. We must look to Him to give us peace of mind and to help us face and overcome our fears. He has a good plan and gives us His power to use in our difficult moments.

For God has not given us a spirit of fear, but of power and of love and of a sound mind. Perfect love casts out fear. (2 Timothy 1:7, 1 John 4:18 NKJV)

Fear keeps us from being fully honest about our feelings, prompting us to “run away” by projecting false or only partially true images of who we truly are. Fear cause us to avoid meeting life issues straight on. We either withdraw or get angry and lash out at those around us. God wants us to identify what is making us fearful today, then invite God into our fear so He can deal with it with His powerful love.

God is giving us a much a better option to “fight or flight” today. Let’s hear and respond to Jesus promise to be with us so we can think and act with courage

Prayer: Heavenly Father, Your word says there is no fear in love and I have come to believe that Your perfect love will cast out all my fear. Thank You that “fight or flight” are no longer my only options when I feel afraid. With You as the strength of my life, I can face my fears and do the right thing. Thank You Lord that You never leave me nor forsake me. Amen

***Don’t Be
Afraid.
Take
Courage!
I am Here***

Mark 6:50 NLT

MARCH 16, 2022

HALLOWED BE THY NAME

When Jesus’ friends wanted to know how to pray they asked Jesus to teach them. His first instruction to them about prayer was the famous prayer we know as “The Lord’s Prayer.” The first couple of lines say: ***“Our Father who art in heaven, hallowed be Thy name.”*** (Matthew 6:9 NKJV) What are we actually praying when we say those words?

“Hallowed be Thy name” means God’s name is holy and special. Even though God wants us to know Him as a caring Father, He is still God, the creator of the heavens and the earth. He is to be respected and honored and obeyed.

Queen Elizabeth has entered into her 70th year as the reigning monarch of Great Britain and the Commonwealth. When we watch royal events, we often see how her family members bow or curtsy to her because of who she is. They love her as a mother or a grandmother, but they do the right thing and show respect because she is The Queen. We honour God and hallow His name because He is God Almighty.

Honor the Lord for the glory of his name. Worship the Lord in the splendor of his holiness. (Psalm 29:2 NLT)

All of us who have given our will and life over to the care of God want God's name to be honoured, because He is Holy and the One who is right and true in all His ways. God desires a relationship with us so we can live safely in His care.

The name of the Lord is a strong fortress; the godly run to him and are safe. (Proverbs 18:10 NT)

Too many people use God’s name when they are irritated or angry. If we are truly honouring God, this is one part of our speaking that we can and should change. ***You must not misuse the name of the Lord your God. The Lord will not let you go unpunished if you misuse his name.*** (Exodus 20:7 NLT)

Let’s live and speak in a way that hallows God’s name today.

Prayer: Our Father who art in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And leave us not into temptation but deliver us from evil. For Yours is the kingdom, and the power and the glory, forever and ever. Amen

***Let them all
praise the
name of the
Lord. For his
name is very
great.***

Psalm 114:13a

MARCH 17, 2022

ST. PATRICK – MODEL FOR LIFE IN RECOVERY

Deep pain that results from unfair and unjust treatment by others is the reality of many people. Some of us try to cover up that pain with substances and other destructive addictions. With the memories we choose to carry, it's hard to believe that we could live sober, let alone live well.

If you are tired from carrying heavy burdens, come to me and I will give you rest. (Matthew 11:28 CEV)

Saint Patrick, who is celebrated around the world today, was just a child when he was captured by pirates, taken to Ireland, and sold as a slave to herd and tend sheep. We can only imagine the fear and loneliness he experienced while he was separated from his family and familiar surroundings and held captive by strangers who only wanted to use him for their own gain.

Patrick managed to escape when he was twenty years old and was reunited with his family. However, some time later he responded to the call of God to return to Ireland and bring the message of God's hope and love to the very people who had used and abused him.

Patrick's faith in God helped him rise above his circumstances to live not only in forgiveness but in a life dedicated to blessing and uplifting others.

Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. (Luke 6:27-28 NIV)

What about you and me? Do we believe God can bring good out of the bad things that have happened to us? Are we willing to allow God to bless others, even our enemies, as we tell our story of God's redeeming love for us?

Prayer: Heavenly Father, Help me to learn from St Patrick's example that Your extravagant love is more than enough to overcome the deepest hurts in my life. Help me to let go of resentments and offer forgiveness to others. I want to bless others as You have blessed me. Amen

***St. Patrick's
faith in God
helped him rise
above his
circumstances
to live not only
in forgiveness
but in a life
dedicated to
blessing and
uplifting
others.***

MARCH 18, 2022

HOLDING ON TO HOPE

When we are hoping to attend a scheduled event we often rely on another person to do something that will enable us to get to the event. An illustration would be trusting someone to purchase the tickets for us so that we can attend. Our hope is focused on getting to the event, so we would not trust just anyone to get the tickets but instead would choose someone we know we could rely on. What is our hope for today and who can we trust to help us fulfill that hope?

Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. Let us think of ways to motivate one another to acts of love and good works. (Hebrews 10:23-24 NLT)

Through faith in the finished work of Jesus, we are assured of our place with Him in the Kingdom of God. In fact, Jesus is the only way we can get a "ticket" to the fulfillment of all God's promises to us. The love that God has for us gives us hope and a future and we will never be disappointed. Liberation from sin gives us the assurance that all God's promises to us are a definite "Yes" because His seal of ownership is on us and His Spirit is in our hearts.

***What is our
hope for
today, and
whom can
we trust to
help us
fulfill that
hope?***

My dear friends, we are already God's children, though what we will be hasn't yet been seen. But we do know that when Christ returns, we will be like him, because we will see him as he truly is. This hope makes us keep ourselves holy, just as Christ is holy. (1 John 3:2-3 CEV)

Do we have hope to be like Jesus when He returns? To be like Him, we need to know what He is like. We need to improve our conscious contact with God through prayer and meditation on the Scriptures and learn about Jesus and why He came into the world not to judge it, but to save it.

All who have this hope in him purify themselves, just as he is pure. (1 John 3:3 NIV)

Prayer: Loving God, Thank You for the hope I have in You. Please help me get rid of all my impure desires and lusts and be transformed by the renewing of my mind, so that each day I can be more like Jesus. Amen

MARCH 19, 2022

DON'T EVEN KNOW I AM LYING

Too often dealing with denial is incorrectly focused on the circumstances surrounding the use of our substance of choice or other destructive habits for which we are now seeking treatment and God's help to overcome. Our default position when facing problems in the past was to live in denial that they existed. It's only natural to assume that as we face problems in our recovery, we will be prone to denial once again. Dealing with anger, shame, and hurtful relationships can make us vulnerable to our continued use of denial.

The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is? But I, the Lord, search all hearts and examine secret motives. (Jeremiah 17:9-10a NLT)

It's so easy to blame others for problems we currently experience. We are accustomed to minimizing our issues and find it difficult to be vulnerable and honest in admitting what's truly going on. In recovery we now find ourselves doing the same when faced with frustration and failure. Angry reactions and heated arguments indicate that denial is still fueling our thinking. We make excuses for our behaviour, hoping these reasons will be enough to avoid taking necessary action.

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting. (Psalm 139:23-24 NIV)

Today is another opportunity to deepen our awareness of how denial continues to afflict us and to invite God to bring about positive change. A simple inventory might include questions like: What denial techniques do I use to maintain the lie that I don't have a problem? In what way do I allow God to search me and name any thoughts, motives, or behaviours that are offensive to Him? What do I do with what God reveals? What action do I need to take so I can live in the freedom that God promises?

Prayer: Heavenly Father, I confess that my heart is deceitful. Forgive me for the times I have sought to escape responsibility for my actions through denial. Fill me with the courage and strength I need to do what is necessary to live honestly and deal with what is true. Amen

Dealing with anger, shame and hurtful relationships are areas vulnerable to our continued use of denial.

MARCH 20, 2022

GOD GIVES – HIS SON

In the Bible we read that God has given us His Son. Why would God do that? Hundreds of years before Jesus was born into the world, the prophet spoke, ***For to us a child is born, to us a son is given.*** (Isaiah 9:6a NIV) When Jesus spoke to a Pharisee, named Nicodemus, He said, ***For God so loved the world that he gave his one and only Son.*** (John 3:16a NIV) Why are we humans so special to God that He gave us His Son? Perhaps its because God put His image on us.

So God created mankind in his own image, in the image of God he created them; male and female he created them. (Genesis 1:27 NIV)

When we give our will and life over to the care of God, we are giving ourselves back to God and asking Him to change our fallen human nature for our good and His glory. God gave us His Son and, in obedience to His Father, Jesus took on the human form and nature, but He never sinned. All the sin that the people of the world have committed Jesus took upon Himself, and He died in our place on a wooden cross that we might be reconciled with His Father. Everything Jesus did on earth was for our good and His Father's glory.

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 3:1a NIV)

When Satan comes to accuse us about sin that is forgiven, the Scriptures tell us how to overcome him with our testimony that all our sins are washed away by the blood of Jesus. When we are tempted,

Jesus demonstrated how to answer Satan's persuasive words to sin. We need to stand firm on the truth of the Scriptures that nothing can separate us from the love of God that is ours through Jesus.

For I am convinced that neither death nor life, neither angels nor demons.....nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. (Romans 8:38a, 39 NIV)

Prayer: Gracious Father, Thank You for giving us Your Son by whose death and resurrection we have new life. Amen

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 3:1a NIV

MARCH 21, 2022

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.***

MARCH 22, 2022

JESUS SAID - WHERE YOUR TREASURE IS

If we treasure something, we usually take special care of it. We don’t neglect it or leave it where it could get damaged or stolen or forgotten about. When we have had a spiritual awakening, we need to cherish what we have learned about God and all He has done for us that we might walk in freedom from sin. To value where we are at, we need to keep our focus on our conscious contact with God and ask Him to help guard our hearts against the accuser’s attacks and temptations. We also should ask God to help us believe the Scriptures and treasure the truth that brings us new life.

But store up for yourselves treasures in heaven.....for where your treasure is, there your heart will be also. (Matthew 6:20a, 21 NASB)

***I rejoice
at Your
word as
one who
finds
great
treasure.***

*Psalm 119:162
NKJV*

Seeking God first and His righteousness means we acknowledge that we don’t have righteousness of our own but stand in the righteousness that the Lord Jesus purchased for us by dying for our sin. We get to know God and His ways and practice His principles in all our affairs. As we look to God’s Word to guide us, we give up our own petty wants and desires in favour of learning what God’s good will is for our lives. God has a plan for each of us and He will give us the power to carry it out.

Now may the God of peace.....equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. (Hebrews 13:20a, 21 NIV)

Through giving our will and life over to the care of God, we have become God’s precious children. He will watch over us and protect us as we continue to seek first His Kingdom. We will begin to treasure the Word of God and the life that God has given us and rejoice that God has promised to equip us with everything good.

I rejoice at Your word as one who finds great treasure. Great peace have those who love Your law, And nothing causes them to stumble. (Psalm 119:162, 165 NKJV)

Prayer: Gracious God, Thank You for loving me and giving me the power to live my new life. Amen

MARCH 23, 2022

WISDOM – ADOPTING A DIFFERENT MINDSET

Often when we come into recovery, we miss our old way of life and the people we socialized with. They did not contribute much to our well-being, but they were there when we needed them. Mostly their lives were like ours – on a downward spiral – but they did not judge us, and we did not judge them, so we got along in the insanity of our dysfunctional lifestyle.

Whose heart is filled with anguish and sorrow? Who is always fighting and quarreling? Who is the man with bloodshot eyes and many wounds? It is the one who spends long hours in the taverns, trying out new mixtures. (Proverbs 23:29-30 TLB)

Our new life principles require that we leave our old way of life behind. That means also staying away from our old haunts and the people who are still there. When we have just recovered from a deadly virus, it would be unwise to go anywhere close to where others still have that virus and expose ourselves to being re-infected. If we want to stay on track in our recovery, we need to have a totally different mindset from what we had in the past and adjust our behaviour to support getting well and staying well.

Don't copy the behavior and customs of this world, but be a new and different person with a fresh newness in all you do and think. Then you will learn from your own experience how his ways will really satisfy you. (Romans 12:2 TLB)

Rather than allowing ourselves to dwell on whatever we were dependent on, we need to have continuous contact with our Heavenly Father and ask Him to meet our needs. We also need to admit the truth that our dependency is not dependable for it leaves us in want. We must find a reliable sponsor to help us set healthy boundaries and hold us accountable to them. This sponsor should be available when temptation raises its ugly head or other problems arise. With help, our new mindset will be established and our life in recovery will become solid.

Get the truth and never sell it; also get wisdom, discipline, and good judgment. (Proverbs 23:23 NLT)

Prayer: Heavenly Father, I admit I cannot live this new life on my own. Please give me the will, the wisdom, and the desire to follow Your principles in all my affairs. Amen

We need to have a totally different mindset from what we had in the past and adjust our behaviour to support getting well and staying well.

MARCH 24, 2022

STEP ELEVEN - LIVING IN CONSCIOUS AWARENESS OF GOD'S LOVE FOR ME

Being conscious of who we are and our place in life is often considered to be "self-perception." We develop self-perception by noting how the important people in our lives interact with us. If we grew up in a dysfunctional family, their skewed view of us may have warped our self-perception and our ability to see ourselves as God sees us. God created us for a reason and has an amazing plan for our lives. The Bible tells us God's thoughts towards us cannot be numbered.

To be conscious of being loved, valued, and honoured as the person God created us to be will change the way we live our lives.

To be conscious of being loved, valued, and honoured as the person God created us to be will change the way we live our lives.

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. (Ephesians 3:16-19 NIV)

God cares about us and the things that matter to us. The God who created the universe gazes on us with love and delight. God wants us to know how precious we are to Him and to see ourselves in the light of His love. The greatest demonstration of how precious we are to God is that Jesus gave His life that we might be reconciled to God and live with Him forever. Are we living in conscious awareness of this great love?

Reading and meditating on scripture each day informs us of all that God promises to be and do for us. God's desire, through these daily spiritual exercises, is to confirm His heart of love for each of us.

Prayer: Heavenly Father, My desire is to know Your will for my life and have the power to carry it out. I trust the plans You have prepared in advance for me to do and ask that You direct my steps in the way I should go. Once again, I choose to surrender my will and my life to Your care and give myself wholeheartedly to obeying You in all I do. Amen

MARCH 25, 2022

GOD DOES WHAT HE PROMISES

How encouraging it is for us to know that God is on our side and God always does what He promises.

This I know: God is on my side! I praise God for what he has promised; yes, I praise the Lord for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me? I will fulfill my vows to you, O God, and will offer a sacrifice of thanks for your help. For you have rescued me from death; you have kept my feet from slipping. So now I can walk in your presence, O God, in your life-giving light. (Psalm 56:9b-13 NLT)

We come into recovery because our life is unmanageable, and we are powerless to fix it. Many of us never knew that there was a God who was willing to rescue us and restore us to sanity. A wonderful part of this new way of life is the process of coming to believe in a power greater than ourselves, this discovery of a loving and faithful God who is for us, not against us.

Part of the spiritual awakening so many give witness to as they work through the 12-step program is that God was working on their behalf long before they recognized it. We're alive today because God kept us alive for His plan and purpose. When we didn't care about our life, God did.

While, at one point, we may have been unsure about God and what He promised, God proved Himself faithful to do all that He said. He rescued us from the slimy pit of addiction and continues to keep our feet from slipping. Every day we are coming to realize more and more what an awesome God He is and to trust and obey His moral guidance.

God doesn't rescue us from addiction and then leave us on our own to figure things out. Through prayer and meditation, we can improve our conscious contact with Him, recognize His will for us, and receive the power we need to carry it out. We can give thanks for ongoing spiritual revelations as we continue to walk in God's presence, in His life-giving light.

Prayer: Gracious God, Thank You that You are faithful to do all that You have promised. Thank You for all You've done for me, even when I didn't recognize or give thanks for it. Help me to wholeheartedly trust You and follow your life-giving ways. Amen

***God is on
our side
and God
always
does what
He
promises.***

MARCH 26, 2022

ARE THESE EXTRAVAGANT PROMISES?

On pages 83-84 of the Big Book of Alcoholics Anonymous we read twelve promises that will happen as we diligently work the twelve steps. The question is asked: *"Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them."*

The Bible also makes this "extravagant promise." ***That's also how it is with people. The ones who stop doing evil and make themselves pure will become special. Their lives will be holy and pleasing to their Master, and they will be able to do all kinds of good deeds.*** (2 Timothy 2:21 CEV)

***You didn't
choose
me. I chose
you. I
appointed
you to go
and
produce
lasting
fruit***

John 15:16a NLT

Many of us have wasted years and even decades in addiction. By the time we get to recovery our bodies are tired and worn out, our minds are fragile, and it takes a long time for us to work out ways to learn new skills in this time of life. We often feel like the opportunity to be successful and productive has passed us by, but the sixth promise addresses us at this place when it says, *"That feeling of uselessness and self-pity will disappear."*

This promise is echoed in what God promises us. God's plan for our lives will begin to be perfected at whatever point we put our trust in Him and begin to follow His ways. God will use everything in our past, and the present, and the future, to work together the amazing plan He has for us to have a meaningful, purposeful, and joyful life.

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. (Jeremiah 29:11 NIV)

How does God do it? How does it all come about? We don't know, and we don't have to know. Our part is to get to know God, follow His guidance, stay strong in His love, and be available. God will teach us everything we need to know, and promises we will experience a fruitful and fulfilling life.

Prayer: Heavenly Father, I wasted so much time in addiction and unhealthy life practices. Help me to believe Your promise that You can use me in a way that blesses others and fills me with joy and satisfaction. Show me my part and help me to enter into Your plan by doing the next right thing and leaving the rest up to You. Amen

MARCH 27, 2022

TRAUMA

Many of the events in our lives that contributed to us becoming dependent on substances or unhealthy relationships were traumatic and caused us to retreat into hiding. We were not prepared to discuss these events with others, so we buried them deep in our soul. We then sought other means to help us deal with the intense pain. However, covering up traumatic events with painkillers does not make them go away. In fact, as so many of us can testify, the memories, whether we are consciously aware of them or not, cause fear and shame to grow and become like mountains that confuse our thinking and affect our behaviour. God invites us to bring all the trauma and its impact on us to Him for comfort and healing.

God is our mighty fortress, always ready to help in times of trouble. And so, we won't be afraid! Let the earth tremble and the mountains tumble into the deepest sea. Pray to me in time of trouble. I will rescue you, and you will honor me. (Psalm 46:1-2, 50:15 CEV)

When a ship is tossed about on an angry sea the captain will seek a safe harbour where the ship can anchor and wait for the storm to pass. If the ship has sustained damage, it can be repaired while resting in the harbour.

Some of us have been through many storms in our lives and are battered and broken because we have not found a safe harbour where we could rest. God offers that to us. All we need to do is to come to Him. When we come, we can allow Him to comfort us and heal the trauma we have endured. He will lead us to quiet waters. He will restore our soul.

The Lord your God wins victory after victory and is always with you. He celebrates and sings because of you, and he will refresh your life with his love. The Lord has promised: Your sorrow has ended, and you can celebrate. (Zephaniah 3:17-18 CEV)

Prayer: Loving God, I come to You because You invite me, and I need Your help. I choose to release to You all the baggage I have been carrying and the associated trauma. I want to be free to enter into a new life with You. Please help me! Amen

Covering up traumatic events with painkillers does not make them go away.

MARCH 28, 2022

HONOURING GOD, HONOURING OTHERS

God created us to live as honourable people – honouring God, honouring others, and experiencing the joy of living as persons of integrity and honour. Living life only to please ourselves, whether in addiction or recovery, leaves us dissatisfied and vulnerable to harm. However, living life according to God's principles, will prove to be both satisfying and purposeful.

Be devoted to one another in love. Honor one another above yourselves. (Romans 12:10 NIV)

As we honour God and others above ourselves, God will enable us to be the person He created us to be – a person who experiences honour.

God wants our lives to reflect Him in us. Jesus said that anyone who has seen Him has also seen His Father. Jesus reflected His Father's character when He went about doing good and healing everyone who was under the power of the evil one. Are we, like Jesus, willing to look towards the well-being of our family, our friends and those around us? How can we honour them today?

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)

We are called to honour God by all we are, all we have, and in all we do. Our work, our play, our eating, our sexual habits, and our finances are all areas where we can learn to honour God rather than simply live for personal gain.

God bought you with a high price. So you must honor God with your body. Honor the Lord with your wealth and with the best part of everything you produce. So whether you eat or drink, or whatever you do, do it all for the glory of God. (1 Corinthians 6:20, Proverbs 3:9, 1 Corinthians 10:31 NLT)

As we honour God and others above ourselves, God will enable us to be the person He created us to be – a person who experiences honour.

Prayer: Heavenly Father, I want to be mature and leave self-centeredness behind so I can live in a way that honours You and others. Please give me the will and desire to do so. Amen

MARCH 29, 2022

STEP TWELVE – OUR SPIRITUAL AWAKENING

When we say in Step 12 that we have had a spiritual wakening, we are describing the impact we have experienced as we've completed the first eleven steps. The person we are today is vastly different from the broken person with an unmanageable life who came into recovery. We have discovered that there is more to life than we thought and we are excited that there is still more to learn.

The Lord's teachings are perfect. They give strength to his people. The Lord's rules can be trusted. They help even the foolish become wise. The Lord's laws are right. They make people happy. The Lord's commands are good. They show people the right way to live. (Psalm 19:7-8 ERV)

We discovered that a Power greater than ourselves was alive within us and He helped us admit and repent of our past wrongdoing. We could never have faced those things that were buried deep in our soul without knowing that our will and life was in the care of the God who had prepared a way for our forgiveness. As we humbly asked God to remove all our shortcomings, we experienced peace in our mind and heart that went way beyond anything we expected or imagined.

As far as the east is from the west, So far has He removed our transgressions from us. The thoughts of a person ruled by sin brings death. But the mind ruled by the Spirit brings life and peace. (Psalm 103:12; Romans 8:6 NIRV)

With our minds freed from the terror of our destructive past, we can look at our relationships and determine those we have harmed. Where we have caused harm, our loving God will strengthen us to have the desire to make amends and help us prepare to get it done. As we daily take personal inventory, and through prayer and meditation seek the knowledge of God's will for our lives, we will experience God at work in us and through us. As we stay close to God, He will help us tell others of the experience, strength and hope we have found in Him – the God who effects change in the lives of all who call on His name. With God, we truly have had a spiritual awakening.

Prayer: Heavenly Father, You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! (Isaiah 26:3 NLT) *Amen*

***With God,
we truly
have had a
spiritual
awakening.***

MARCH 30, 2022

TENDERNESS and COMPASSION

God is tender and compassionate. Knowing and believing that God tenderly watches over us with compassion will allow our hearts to be filled with peace. Comfort and healing for our pain will flow from the knowledge that God really does love and care for us like a good, good Father.

I myself taught Israel how to walk, leading him along by the hand. But he doesn't know or even care that it was I who took care of him. I led Israel along with my ropes of kindness and love. I lifted the yoke from his neck, and I myself stooped to feed him. (Hosea 11:3-4 NLT)

God treasures us as His beloved children and desires that we respond to Him as we would to a loving earthly Father. When Jesus looked at suffering people around Him, His heart was filled with love and compassion for them. When we decided to give our will and our lives over to the care of God, we were likely unaware of the kindness He was already making available to us. An important part of our new life with God in recovery is getting to know the generous grace of God offered to us through Jesus Christ.

When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. (Matthew 9:36 NIV)

When we experience the extent of God's love for us, our recovery work will take on a new focus. Rather than simply trying to improve our outward behaviour, we will desire to know more of God's love and kindness. Our relationship with God will grow and we will choose to bring all our needs and desires to Him. With great wisdom, He will guide us in the way we should go.

For you are my hiding place; you protect me from trouble. You surround me with songs of victory. The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you." (Psalm 32:7-8 NLT)

Prayer: Heavenly Father, I ask You to teach me Your ways so that my life will reflect Your power in me to honour You in all my ways. Thank You for your love and kindness to me. I am forever grateful that You care. Amen

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MARCH 31, 2022

NOTES

FOCUSED HATRED

To hate is to have an intense dislike for something or someone. We often describe it as a feeling of being disgusted. We say we “can’t stand” something. Believe it or not, hating can be a good thing, depending on what we are choosing to hate. God's plan is for us to focus our hatred on the right things. For example, we are to love God and hate evil.

Let those who love the Lord hate evil. He guards the lives of those who are faithful to him. He saves them from the power of sinful people. (Psalm 97:10 NIRV)

When we turn our will and our lives over to the care of God and humbly ask Him to remove our shortcomings there should be a change in how we view things and how we react to people and circumstances. We begin to hate the things God hates and love the things God loves.

There are six things the Lord hates, seven that are detestable to him: haughty eyes, a lying tongue, hands that shed innocent blood, a heart that devises wicked schemes, feet that are quick to rush into evil, a false witness who pours out lies and a person who stirs up conflict in the community. (Proverbs 6:16-19 NIRV)

***Hating can
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We are to love people – even our enemies. We don't have to love the things they do, but we are called to love them. We are warned over and over by God how hatred of people and holding resentment and bitterness towards them can destroy us. "Hate the sin but love the sinner."

Love your enemies. Do good to those who hate you. Bless those who call down curses on you and pray for those who treat you badly. Anyone who hates their brother or sister is a murderer and you know that no murderer has eternal life. (Luke 6:27-28, 1 John 3:15 NIRV)

God teaches us what to love and what to hate. Let's live in His wisdom today.

Prayer: Gracious God, teach me to love what You love and hate what You hate. I want to live with You and others in the light of Your love. I want no part of what the devil tries to tempt me with. Help me to establish safe boundaries as I live in forgiveness. Amen

SOME AREAS OF ADDICTION AND DEPENDENCY

For a variety of reasons, many of us have an underlying structure of disorder that is damaging us and others. We invite God to show us the truth about ourselves so we can personally receive God's forgiveness to set us free and healing to make us strong.

<p>SUBSTANCE ADDICTIONS:</p> <p>Alcohol Caffeine Injected or smoked substances such as: Crack, Crystal Meth, Heroin Marijuana Prescription Medications Sugar Tobacco</p>	<p>BEHAVIOUR ADDICTIONS:</p> <p>Anger/Rage/Bullying Cutting Crime Eating Disorders: Bulimia, Anorexia, Binging, Obesity Gambling Hoarding Sex/Pornography Verbal Abuse: Gossip, Lying, Accusing Blaming, Condemning Violence (physical, verbal, cyber)</p>
<p>SOFT ADDICTIONS:</p> <p>Digital Use: (Time or Content) TV/Phone/Tablet; video games, Social Networking; Cyber-bullying; Online shopping; Gambling, Pornography Exercise Food (See Eating Disorders) Isolating/Sleep Money: Debt/Fraud Religion Shopping Sports Work/Achievement</p>	<p>RELATIONSHIP ADDICTIONS:</p> <p>Abusive Relationships: Includes: Intimidation, Isolation, Domination, Blaming, Humiliation, Withholding, Forcing acts against one's will Approval dependency Attention Seeking Codependence/Rescuing Power/Control</p>

PRAYER FOR HEALING AND RESTORATION

Loving God, Thank You for rescuing us from the dark power of Satan and bringing us into loving relationship with Your Son, Jesus. We ask for wisdom and understanding from Your Spirit in order to live as people who honour You. Heal us. Make us new. Make us strong followers of Christ. Root us deeply in Your love. We place our trust in Your power that can do far more in us than we dare ask or imagine. Amen.

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***