

LIFE WITH GOD IN RECOVERY

# Daily Meditations



May 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.*

*Come and learn and grow with us:*

**Christian 12-Step Recovery Meeting**  
**Wednesdays, 7:00 pm**  
**325 6<sup>th</sup> Street**  
**New Westminster, BC**

**Christian 12-Step Recovery Meeting**  
**Thursdays, 7:30 pm**  
**543 Powell Street**  
**Vancouver, BC**

**We want to hear from you.**

Visit us at [www.partnersinhope.ca](http://www.partnersinhope.ca) or write to us at:

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

Email: [pihrecovery@gmail.com](mailto:pihrecovery@gmail.com)  
Phone or text: 604-215-0335



*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*

# 2018

## JANUARY

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## LIFE WITH GOD IN RECOVERY

### Daily Meditations

#### MAY 2018

#### CONTRIBUTING EDITORS

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#### ACKNOWLEDGEMENTS

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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.*

# NOTES

TUESDAY, MAY 1, 2018

## IDENTIFYING CO-DEPENDENCY

Co-dependency is a form of relationship addiction that touches many lives. Co-dependency is described as allowing a relationship with another human being to dominate the importance of one's own well-being. The co-dependent person bases their identity and personal value on their ability to please others rather than on their identity in Christ.

*Jesus said: So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. (John 13:34 NLT)*

God created each of us with unique qualities that equip us to fulfill His good plan and purpose for our lives. He instructs us to love our neighbour as ourselves but only God can help us sort what love and compassion towards others really looks like. Sometimes we think we are caring when we are actually behaving in a manner that is unhealthy for us, and for the other person.

Some characteristics of codependency include these:

1. **a warped sense of responsibility** – We play the role of saviour or accuser, rescuing to earn a sense of value, or blaming when we feel threatened.
2. **controlled/controlling** – We act like string-puppets, doing whatever others want us to do or we detach and attempt to control our own lives, so we can avoid failure.
3. **loneliness** - We try hard to please others, so they will love and care for us but never experience the desired security of a loving relationship.

*Instead, be kind to each other, tender hearted, forgiving one another, just as God through Christ has forgiven you. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. (Ephesians 4:32, 2 Timothy 1:7 NLT)*

*Prayer: Heavenly Father, help me to sort my heart and get rid of every fear that feeds co-dependency. Help me to trust in Your unfailing love for me. Teach me how to love and have compassion on others without expectations. Teach me to be more like You. Amen*

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WEDNESDAY, MAY 2, 2018

## HEALING CO-DEPENDENCY

One characteristic of co-dependency that lurks in the soul of many is "lack of objectivity." We keep ourselves busy with rescuing – helping others, fixing this or doing that. Before we know it, we run out of time for anything else and we end up disappointed because our own dreams and plans don't seem to matter. Why do we do this?

Too many of us are afraid that if we don't help others when they want help they will cease to be our friends. We fear that we could be left friendless and abandoned to an unbearable life of loneliness. Our self-worth is based on the

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***God has a plan for our life that is purposeful and filled with joyful activity, part of which is helping others as He guides us.***

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opinions of others and if we aren't involved in their lives then we wonder if we will continue to exist in their circle of attention. Without a connection we fear we will go unnoticed and panic at being left by the wayside.

*Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.* (Hebrews 12:14-15 NLT)

God says we belong. God says we have value. God has a plan for our life that is purposeful and filled with joyful activity, part of which is helping others as He guides us. No person's affirmation or rejection of us changes that fact. It's time to know the fullness of a joyful life by giving priority to the plans God has for us. Joyful lives attract healthy friends. Meaningful activities appeal to the co-operative efforts of participants who want to be part of something good. As we live the way God intended we will experience motivating relationships in new and healthy ways.

*Work with enthusiasm, as though you were working for the Lord rather than for people. Remember that the Lord will reward each one of us for the good we do.* (Ephesians 6:7-8 NLT)

*Prayer: Loving God, I want to thrive in Your will for me today. Help me to exchange life-sapping co-dependent activities for Your energizing and joy-filled plan for me. Amen*

THURSDAY, MAY 31, 2018

## WORTHLESS OR PRICELESS?

*So don't be misled, my dear brothers and sisters. Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow. He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.* (James 1:16-18 NLT)

When we are accepted into the family of God we become His beloved children in whom He takes great delight. Why then do some of us feel worthless? We tell ourselves over and over again that no one really knows us, cares about us, or loves us. We feel insignificant and agree with some of our critics that we contribute nothing of value to society. What we say about ourselves and others is not what God says.

*I have stretched out My hands all day long to a rebellious people, who walk in a way that is not good, according to their own thoughts.* (Isaiah 65:2 NKJV)

To live well in recovery, we need to take authority over every lying thought in our heads and line it up with the truth of scripture. When we allow our fears or feelings of anxiety to dictate to our brains we end up with unreasonable thinking. When we allow God's truth to inform us we end up with hopeful thoughts. We need to make a choice. Will we allow our fears and feelings to determine our thoughts and actions or the truth of God's word?

*For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.* (2 Corinthians 10:3-5 NIV)

*Prayer: Heavenly Father, Forgive me when my thinking is contrary to what Your word says. Help me to stand firm and acknowledge that I am Your precious child bought and paid for with the priceless blood of Jesus. I surrender my will and my life to You and choose to embrace Your wonderful plan for my future. Amen*

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***To live well in recovery, we need to take authority over every lying thought in our heads and line it up with the truth of scripture***

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WEDNESDAY, MAY 30, 2018

## PATIENCE

We come into recovery because we are tired and worn out from the physical and emotional consequences of a lifestyle of addiction and destruction. We want the pain and discomfort to go away as quickly as possible. In our addiction, we chose to cover our pain with whatever was available. Now we must commit to taking the time and effort necessary to rebuild a new life. One of the character qualities we need to develop is patience.

***Patient endurance is what you need now, so that you will continue to do God's will. Then you will receive all that he has promised.*** (Hebrews 10:36 NLT)

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***Only God is patient enough to love us and walk with us through all the twists and turns on the journey we need to take to develop patience.***

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familiar ways for us to operate they are damaging our life and our relationships.

Only God is patient enough to love us and walk with us through all the twists and turns of the journey we need to take to develop patience. We are reassured that "God could and would if He were sought."

***Prayer: Heavenly Father, I have lived too long as a self-centered, impatient person. Forgive me. Fill me with your Holy Spirit so I have both the desire and the strength to do whatever it takes to change. Amen***

THURSDAY, MAY 3, 2018

## ADMITTING WHAT'S WRONG

Life on God's terms is simply that – life on God's terms. This is the new way of living we say we want when we come into recovery. Assessing our lives based on God's principles helps us recognize how far from truth and reality we have lived. God created us for relationship with Himself and with others. Wrong doing is sin and not in keeping with God's original plan for us. To set things right, we start at the beginning and admit all our wrong doing to God. We ask for and receive God's forgiveness for our rebellion against Him, and for the harm we have caused ourselves and others. We then seek His guidance to turn away from our familiar behaviour and follow His principles that will lead us into a purposeful life.

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***Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*** (Psalm 51:4, 1 John 1:9 NLT)

Living as though we don't need God makes us prideful and will eventually leave us without hope. We often had our own ideas about why we were in the condition we were in but our thinking was flawed and twisted. It's time to admit we got it wrong. We would do well to ask Jesus to speak to us about the real nature of our problem. Jesus wants us to know the truth for the truth will set us free to be the person we were created to be. Jesus will accompany us into those deep places in our souls that we would never dare to venture into on our own. He will reveal what needs to be brought into the light. He'll tell us the truth about ourselves but will do so with tenderness and grace. He'll show us the way out of our insanity that doesn't lead to a dead end. He will guide us into a life that is filled with peace and contentment.

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***This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! For God was in Christ, reconciling the world to himself, no longer counting people's sins against them.*** (2 Corinthians 5:17, 19 NLT)

***Prayer: Heavenly Father, help me to humbly and honestly admit what's gone wrong in my life. Show me the truth about myself. Help me to know and walk in Your ways, honouring You in all I do and say. Amen***

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***To set things right, we start at the beginning and admit all our wrong doing to God.***

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FRIDAY, MAY 4, 2018

## WISDOM FOR THE RECOVERY JOURNEY

We often think a person who reads a lot of books or has a few college degrees must have a lot of wisdom. We certainly want any judge we stand in front of to be wise in their decision making.

Corrie Ten Boom, a Dutch woman who lived during the Second World War was a wise woman. In whatever situation she was in Corrie wanted to live for God and do God's will. She and her family helped Jewish people escape from Nazi persecution. They hid them in their house and helped many get to freedom. Corrie and her family were caught and ended up in a concentration camp where

they endured much suffering. Years later after Corrie was released she came face to face with one of the prison guards who had caused great suffering to her and her sister. Although it seemed impossible at first, Corrie demonstrated her learned wisdom by offering forgiveness as God's word had taught her, even to this man who had been so cruel to her sister and to her.

*For the Lord grants wisdom! From his mouth come knowledge and understanding. He grants a treasure of common sense to the honest. He is a shield to those who walk with integrity. He guards the paths of the just and protects those who are faithful to him. Then you will understand what is right, just, and fair, and you will find the right way to go. For wisdom will enter your heart, and knowledge will fill you with joy. (Proverbs 2:6-10 NLT)*

Many of us will not face the extreme challenges that Corrie Ten Boom did in the concentration camp. However, everyday life in recovery will bring challenges where we need God's guidance to live wisely. We need help for big and small decisions. God's Holy Spirit will give us wise counsel and we will gain wisdom as we listen to and obey His guidance.

*Prayer: Heavenly Father, Thank you for your gifts of wisdom and understanding. Keep me alert to the voice of Your Spirit as You guide me throughout each day. Help me to be wise as I practice your principles in all my affairs. Amen*

TUESDAY, MAY 29, 2018

## FINDING RELIABLE EVIDENCE AS I COME TO BELIEVE

Creation suggests that there is an intelligent creator. The laws of gravity, the dependence of earth's ecosystems on one another, and the planetary systems in the sky give us proof that there is an amazing designer behind life here on earth. We see a code of morals and values that points us to a higher power who establishes boundaries and helps us identify evil when individuals and groups go beyond these limits. Our own bodies are intricate and function with amazing complexity. We are not just a body but have a soul and a spirit as well.

Albert Einstein is quoted as making the following statement: "There is a real external world that is orderly and knowable, and the trustworthiness of our minds to grasp that world – science cannot proceed apart from these assumptions".

*For ever since the world was created, people have seen the earth and sky. Through everything God made, they can clearly see his invisible qualities—his eternal power and divine nature. So they have no excuse for not knowing God. (Romans 1:20 NLT)*

Step 2 in the 12 Steps of Alcoholics Anonymous invites us to "come to believe that a power greater than ourselves can restore us to sanity." The good news is that this all-powerful God who created us and the amazing world in which we live loves and cares about each one of us. If He is sought, He promises to help us. Let's determine today to get to know this amazing God so that we may overflow with hope for our future.

*When I look at the night sky and see the work of your fingers—the moon and the stars you set in place—what are mere mortals that you should think about them, human beings that you should care for them? (Psalm 8:3-4 NLT)*

*Prayer: Gracious God, the evidence all around me confirms that You truly are an amazing creator. I want to get to know You more. Help me to come to believe that You are a power greater than myself who can restore me to sanity. Amen*

*Through everything God made, they can clearly see his invisible qualities—his eternal power and divine nature. So they have no excuse for not knowing God.*  
*(Romans 1:20)*

MONDAY, MAY 28, 2018

## A LUMP OF CLAY IN THE POTTER'S HAND

Sometimes we plan our future as if we know everything and God, who made us in His image, is not very competent at what He does. We tend to think that God is like the flawed person we have become. In our arrogance we tell God that He made a mistake in the way he formed us and in the purpose for which we were created. Some people may believe that God has no right to have input into their existence.

The Bible helps us understand God's role in our life plan with the story of a potter forming a pot.

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**Are we  
willing to  
trust God  
with all the  
details of  
our life and  
the plan he  
has for our  
future?**

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*This is the word that came to Jeremiah from the Lord: "Go down to the potter's house, and there I will give you my message." So I went down to the potter's house, and I saw him working at the wheel. But the pot he was shaping from the clay was marred in his hands; so the potter formed it into another pot, shaping it as seemed best to him. Then the word of the Lord came to me. He said, "Can I not do with you, Israel, as this potter does?" declares the Lord. "Like clay in the hand of the potter, so are you in my hand, Israel.* (Jeremiah 18:1-6 NIV)

Jeremiah listened for God to speak and obeyed what he heard God say. While waiting at the potter's house for God to give him the promised message Jeremiah paid attention to the potter at his wheel. It was THEN that the word of the Lord was revealed to him.

Where are we in our life journey with God in recovery? We often want to understand everything about ourselves and what lies ahead of us, before we are willing to trust God. We expect too much too soon. The truth is, God has a plan and purpose for our lives but it takes time for that plan to be put into effect. What does the lump of clay know about the plan? Nothing. It's only the potter who has the vision and skill to plan and shape a seemingly useless lump of clay into a beautiful vessel. Are we willing to trust God with all the details of our life before we know the plan he has for our future?

*Prayer: Heavenly Father, help me to trust You with all my heart and give up trying to understand what lies ahead for me. Give me the strength and courage to follow You in all my ways, trusting that You will work everything together for my good. Amen*

SATURDAY, MAY 5, 2018

## HAPPY JOYOUS AND FREE

Life in recovery can be challenging at times. We have joy in the fact that we are no longer in the pit of our addiction, but we are now treading waters that are unfamiliar to us. People around us are encouraging us to stay the course but we are unsure and even fearful of our new environment. This is a natural reaction to changing our lifestyle and learning new ways to cope with what goes on inside us. We may have been "experts" in coping with our dysfunctional lifestyle but we are "newbies" in coping with our life in recovery. Thankfully, God has promised to be with us in this process that leads to a life that is happy, joyous, and free.

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*Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.* (James 1:2-4 NLT)

The transition from living in self-will to living in God's will is a real test of faith. Is there truly joy in walking in the ways of God? Sometimes we can say a definite "yes" as we experience joy in having made good decisions. Other times we find ourselves in a battle with our will as we are drawn to familiar things of our past. During these times of struggle, if we seek God, He will take us by the hand and lead us safely forward on our new path. The struggle will quiet down. Feelings will change. Joy will come when we realize that, together with God, we've faced and overcome a challenge.

*Keep me safe, O God, for I have come to you for refuge. You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.* (Psalm 16:1; 11 NLT)

Like any child learning to walk we may stumble and fall but, like any good Father, God will lift us up when we stumble and rejoice over us when we learn to walk steadily forward. If we wholeheartedly seek Him God is committed to leading us into a life that is happy, joyous, and free.

*Prayer: Loving God, You have called me out of the darkness I was in and now invite me to walk together with You in the light of Your presence. Steady me in times of struggle and help me to take one more step forward today. Amen*

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God?**

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SUNDAY, MAY 6, 2018

## SUNDAY PSALM – CLARITY

*Your laws are wonderful. No wonder I obey them! The teaching of your word gives light, so even the simple can understand. I pant with expectation, longing for your commands. Come and show me your mercy, as you do for all who love your name. Guide my steps by your word, so I will not be overcome by evil. Ransom me from the oppression of evil people; then I can obey your commandments. Look upon me with love; teach me your decrees. Rivers of tears gush from my eyes because people disobey your instructions.* (Psalm 119:129-136 NLT)

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*When we make a choice to walk with God, following His ways, we will not be overcome by evil.*

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Our lives have bounced around from one place to another and from broken relationship to broken relationship. We have felt the pain of disconnectedness and the insecurity of not feeling like we belonged anywhere. God's word today reminds us that where we have been is no surprise to Him. He knows the oppression we've felt, the tears we've wept and the injustice that we've seen or experienced.

It's God's desire to rescue us and set us on a path of life that is filled with mercy and truth. When we make a choice to walk with God, following His ways, we will not be overcome by evil. Life isn't perfect and people around us won't suddenly be perfect but God has a plan for us and His instructions are clear, so clear that even the simple minded can understand. God's plan can be found in the Bible.

Learning the truth about what God says will work begins by regularly reading the Bible and applying what we learn to our daily lives. As we put God's directives into action we recognize how well they work and the longer we continue to obey His word, the more life changes. God's word has stood the test of time. We will have a "Spiritual Awakening" as we practice God's principles in all our affairs.

*Prayer: Heavenly Father, Thank you for the witness of many people who by obeying Your principles for living, have experienced a good, pleasing, and perfect life. Strengthen me to follow Your directives in all I do and say so I may experience the fullness of life that comes from You alone. Amen*

SUNDAY, MAY 27, 2018

## SUNDAY PSALM – SECURE IN DIFFICULT TIMES

Does God care when life is difficult for us? Without question the answer is "Yes". God sees our suffering and is aware of our pain, and with compassion and strength He is ready and willing to help us through our difficult times.

*Look on my suffering and deliver me, for I have not forgotten your law. Defend my cause and redeem me; preserve my life according to your promise. Salvation is far from the wicked, for they do not seek out your decrees. Your compassion, Lord, is great; preserve my life according to your laws. Many are the foes who persecute me, but I have not turned from your statutes. I look on the faithless with loathing, for they do not obey your word. See how I love your precepts; preserve my life, Lord, in accordance with your love. All your words are true; all your righteous laws are eternal.* (Psalm 119:153-160 NIV)

Just like the writer of these verses we often find ourselves in circumstances where we feel we need someone to stand up for us and defend our cause. Sometimes we feel like we've fought hard and long and still have taken a beating. We get tired and we need new energy and a fresh outlook. God has just what we need. No one will care for us like God does. The depth of God's love and compassion for us far exceeds that of the kindest individual we could ever meet.

God gives us principles for life and clear directions that will take us forward one day at a time. Others around us may do whatever they choose to do but God wants us to focus on our journey with Him and not be distracted by their actions. Day by day our responsibility is to simply follow what God says and not be thrown off course by the bad opinions, words, or worrying actions of others. God promises that as we turn our thoughts from insignificant things He will preserve our life. As we choose to follow His ways He will comfort and strengthen us.

*Prayer: Heavenly Father, I know Your words are true and that my security comes by living according to Your principles. When the going gets tough, be my strength, defend my cause, preserve my life according to Your promise. I will trust You and not be afraid. Amen*

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*God sees our suffering and is aware of our pain, and with compassion and strength He is ready and willing to help us through our difficult times.*

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SATURDAY, MAY 26, 2018

## COMING CLEAN ABOUT IT ALL

All of us wrestle with our conscience in situations where we struggle. We may lie to ourselves and pretend that what we have done is not as bad as what others have done. Sometimes to offset our wrongs we work hard to appear to be good. To be at peace with ourselves we must stop rationalizing our past behaviour, acknowledge the hurt we have caused, and turn away from our destructive way of life.

***Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.*** (Proverbs 28:13 NIV)

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**Failure to reach out to God for help and guidance is the root cause of all relationship problems.**

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In the past we were captive to others who treated us harshly and were frightened and wounded by their wrong doing. Instead of turning to God for help we tried to fix the problem ourselves and ended up in a worse condition than before. In certain situations we sought to protect ourselves from further harm by using anger to establish a safe distance between ourselves and others. All this contributed to the loneliness that results from not having a trustworthy intimate relationship with anyone. Failure to reach out to God for help and guidance is the root cause of all relationship problems.

***For I acknowledge my transgressions, and my sin is always before me. Against You, You only, have I sinned, and done this evil in Your sight—That You may be found just when You speak, and blameless when You judge.*** (Psalm 51:3-4 NKJV)

In the healing process, when it's time to admit the ugly events of our past life to God, we are afraid He will condemn us for what we need to confess. However, God already knows everything about us and the good news is that when we bring the troubles of our heart to God He hears our cry for help and releases us from the pain we have carried for so long.

***Prayer: Heavenly Father, Help me to see and admit my wrong doing to You. You are a God of wisdom and understanding. You know what is best for me. I choose to trust Your plan for my life because it gives me hope and a future. Amen***

MONDAY, MAY 7, 2018

## VICTORY OVER DEPRESSION

***He led them from the darkness and deepest gloom; he snapped their chains.***  
(Psalm 107:14 NLT)

We all experience times in life when, for various reasons, we are feeling down. Under perfectly normal circumstances we can get tired and emotionally drained. Satan will try to use anything for evil against us, including normal "down times" which are simply indicators of the need for rest and renewal.

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At low times, and any time, in whatever way he can, Satan seeks to fill our minds with negative thoughts and emotions. He is a discourager. He is the giver of despair and he wants to pull us down and keep us down. But Jesus is our encourager. He knows our weaknesses. He gives strength to the weary.

***The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life. ...you, O Lord, are a shield around me; you are my glory, the one who holds my head high.*** (John 10:10; Psalm 3:3 NLT)

Our first choice when we feel down is either to believe the lie the evil one is telling us or believe the promises God has made us. When we seek God, we will find His wisdom and strength to help us in our "down times". Our tender and caring God invites us to come to Him and rest our minds and hearts as well as our bodies.

Jesus came to earth to die for our sins, so we would have freedom to live life to the full. Jesus warns us about Satan's strategy to steal the joy that living life with God brings. Knowing and practicing the principles for life given in God's word in the Bible, will help us live in victory over depression caused by troubling circumstances.

***Prayer: Gracious God, I need Your strength and comfort to see me through this day. I choose to fix my eyes on You and not on my problems. I rest in your presence and trust in your strength to get me through today. Thank you that you care for me and work for good in the things that concern me. I choose today to give my will and my life over to Your care. Amen***

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**Our first choice when feeling down is either to believe the lie the evil one is telling us or believe the promises God has made us.**

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TUESDAY, MAY 8, 2018

## GOD'S HELP IN OVERCOMING DEPRESSION

*Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.* (Psalm 23:4 NIV)

Depression is defined in part as, "a hollow; being in a low state; a state of sadness; dejection." We know the feelings associated with depression but the more important question is, what can we do about them?

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***As we draw near to God, we will experience joy as surely as a dark night becomes day by the light of the dawn.***

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It is normal to feel disappointed and even frustrated when hopes and dreams are unfulfilled and life doesn't go the way we planned. Memories may make us feel sad but for our own well-being we must not STAY sad. If we do, Satan will take advantage of the open door and push his way into our lives, so our sadness becomes discouragement, then disillusionment, then depression, ending in despair.

When we feel low we do not have to withdraw and believe there is no solution in sight or no source of comfort and strength to draw on. Rather, we can allow these feelings to draw us close to God's heart and let Him embrace us, comfort us, strengthen us, and help us get through the challenging times.

*Weeping may last through the night, but joy comes with the morning. The people who walk in darkness will see a great light. For those who live in a land of deep darkness, a light will shine.*

(Psalm 30:5b; Isaiah 9:2 NLT)

God knows that we will experience periods of difficulty from time to time and in His tenderness and kindness He invites us to turn to the light of His love. As we draw near to God we will experience joy as surely as a dark night becomes day by the light of the dawn.

*Prayer: Heavenly Father, I confess that things in my life are not as I would have them be. Forgive me for my impatience and for wanting my circumstances to be changed this instant. Help me to follow You in all my ways, so that the fruit of Your Spirit is shown in my life. Thank You that I am never alone for You promise never to leave nor forsake me. I am forever grateful that You care. Amen*

FRIDAY, MAY 25, 2018

## MOVING FROM SURVIVING TO THRIVING

There will always be some things that are right and good in our lives and some things that are yet to be sorted out. Some days we will wake up feeling energetic and other days we'll wish we could just pull the blanket over our heads and turn over. In every circumstance, God invites us to live in the ultimate security that He provides. Particularly in challenging times, giving up on God should never be an option. We will experience joy when we determine to trust God and follow His instructions, knowing that, in time, things will improve.

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*God is our refuge and strength, always ready to help in times of trouble. Be still and know that I am God! I will be honored by every nation. I will be honored throughout the world.* (Psalm 46:1,10 NLT)

We often get discouraged when things do not work out in the way or the time we think they should. We are disappointed and find ourselves unwilling to communicate with God, to hang in there, to believe God, to trust, to hope, to grow. At times like these we need to stop what we are doing and ask ourselves, "How is God teaching me to thrive in this situation?" When we acknowledge that God is still teaching us, we will be assured that He is at work in the thing that concerns us and our peace will return.

In order to move from a lifestyle of surviving to one of thriving we must empty ourselves of all that keeps us from living totally dependent on God. We may need to peel back the layers of familiar traits such as lying, cheating, stealing, anger, impatience, hate, lust, and self-pity. True joy and satisfaction comes when God looks down on us and says: "Well done, my child. You have not just survived but you have thrived."

*Prayer: Heavenly Father, I turn my will and my life over to Your care and ask You to show me how to live life to the full. I choose to listen to You. I choose to follow your principles. Give me the desire to welcome success and thrive in Your grace and truth. Amen*

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***In order to move from a lifestyle of surviving to one of thriving we must empty ourselves of all that keeps us from living totally dependent on God.***

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THURSDAY, MAY 24, 2018

## FINDING FAITH TO THRIVE IN DAILY LIFE

All our lives God has pursued us with His love, but we were usually too self-absorbed to stop and listen to Him. Sometimes it's only after a season of dysfunctional living in addiction that we are willing to hear and respond to the call of God. Walking in the ways of God means discarding our plans and welcoming the plans that God has prepared for us.

Because of our selfish and self-centered ways, we are often slow to respond to God's direction and sadly spend large chunks of time surviving when we could in fact be thriving. As we intentionally seek God's will for our lives, we will find that it is God's desire that we thrive and not simply survive in recovery.

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**As we intentionally seek God's will for our lives, we will find that it is God's desire that we thrive and not simply survive in recovery.**

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***He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.*** (Ecclesiastes 3:11 NIV)

***Prayer: Heavenly Father, Thank you for inviting me to live beyond just surviving. You are my hope and the source of all life. You know the ongoing direction I need for a rich and productive life. I turn to you and once again surrender my will and my life into your care.***

**Amen**

WEDNESDAY, MAY 9, 2018

## IRRITABILITY and ANGER

Many of us who are overcoming a lifestyle of addiction experience irritability and anger in certain situations.

***Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.*** (Ephesians 4:31 NLT)

On any given day we may not be feeling good about who we are. When this happens it's easy to blame others we believe are contributing to our discontent. A circumstance may arise and suddenly we find ourselves becoming irritable and angry. We often feel justified to lash out at those who have offended us. The person or persons on the receiving end of our behaviour may not even understand what is happening. They may have innocently said or done something that triggered a fuse within us which caused us to explode into a rage. What on earth is going on within us when a situation can arouse this type of behaviour?

***Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God!*** (Psalm 42:11 NLT)

Irritability and anger are likely reflective of something going on deep inside us. Our angry response to a situation may even bypass our thinking process. However, we still need to bring these behaviours before God and seek His wisdom about the root cause. We need to be willing to expose the underlying reason for our wounded heart. We may be discouraged over things that have happened in our past and have never grieved their impact or asked God for His healing. We may doubt that anyone, including God, could help us. Fortunately, we are reminded in recovery meetings that "God could and would if He were sought." With God, understanding and even overcoming our deep-rooted anger is possible.

***Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. Oh, give me back my joy again; you have broken me—now let me rejoice.*** (Psalm 51:7-8 NLT)

***Prayer: Gracious God, please reveal the underlying root of my irritability and anger problems and enable my broken heart to be made whole, so I may find peace and joy in all I do. Amen***

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**We need to be willing to expose the underlying reason for our wounded heart.**

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THURSDAY, MAY 10, 2018

## TAKING A LEAP OF FAITH – TRUSTING GOD'S CARE

For all of us it is difficult to face pain and need in our lives. In the past we tried to avoid such things by whatever means we could. We ran away. We hid in addiction. We lied and manipulated in order to survive what was going on inside of us. Rather than operating in our panicked self-directed will, our loving God is inviting us to take a leap of faith and bring our problems to Him, seek His solutions, and follow His guidance.

Jesus said, *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."* (Matthew 11:28-30 NIV)

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**Surrendering all that we are and hope to be to the care of God, is a courageous leap of faith worth taking.**

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What troubling need do we have right now? Are we afraid to approach God and tell Him about it? Of course, God already knows about our need, but He wants us to come to Him without shame or fear and ask Him to meet the need. What is holding us back? Maybe years of rejection by those around us have convinced us that our need isn't important, that we're not worth the bother, but that isn't what God says. In our time of need God invites us to come boldly to Him and we will get the help He is ready to give.

*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.* (Hebrews 4:16 NLT)

We may not have had a choice in the hurt we've endured in the past, but we do have a choice about inviting Jesus to come into our lives, be our Saviour, heal us and care for us. It takes a leap of faith to change our thought patterns and behaviour to match what God says. However, surrendering all that we are and hope to be to the care of God, is a courageous leap of faith worth taking.

*Prayer: Lord Jesus I come to you today and surrender my will and my life into your care. Help me to take a leap of faith and apply Your solutions to the pain and need in my life. Help me to wholeheartedly submit to following You in all my ways. Amen*

WEDNESDAY, MAY 23, 2018

## A BLAMELESS CONSCIENCE

As we seek to restore a clear conscience before God we need to examine the truthfulness of our society's values. The beliefs we form need to be compared with what God says is right and good and not by what is acceptable in our culture.

*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.* (Romans 12:2 NLT)

Many whom society considers "normies" are those whose addictive and destructive habits are socially-acceptable but just as destructive as street drug addiction. We don't want to trade addictions. We want to live free. We need to observe and learn the difference between acceptable values of our culture and God's values.

God defines sin this 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.* (Galatians 5:19-21 NLT)

From God's view point, sex outside of marriage is wrong even though our culture leaves that decision to personal choice. Terminating life is wrong even when society gives us the right to choose. Anger and rage are wrong, even though we excuse our outbursts by blaming others for injustice done to us.

Our conscience will be reprogrammed as we read and apply the truth of God's word. In every situation where we need discernment the Holy Spirit will bring truth to us and our renewed conscience will guide us to make the right choice.

*The faith which you have, have as your own conviction before God. Happy is he who does not condemn himself in what he approves.* (Romans 14:22 NASB)

*Prayer: Teach me your ways, O Lord, that I may live according to your truth! Grant me purity of heart, so that I may honor you. Amen* (Psalm 86:11 NLT)

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**The beliefs we form need to be compared with what God says is right and good and not by what is acceptable in our culture.**

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TUESDAY, MAY 22, 2018

## APPROVAL SEEKING

Those of us who live for the approval of others trying hard to be perfect, are not led but driven. We have submitted to our own perfectionist demands for so long that it is now difficult to hear God's truth when He guides us.

God created us to live for Him and has a specific plan for each of us. When our conscience is shaped by a wounded spirit, we will find we are constantly looking for affirmation, and mechanically acting out of people pleasing motives, rather than God pleasing love.

***Am I now trying to get people to think well of me? Or do I want God to think well of me? Am I trying to please people? If I were, I would not be serving Christ.*** (Galatians 1:10 NIRV).

Here are some things we think or say that indicate people pleasing is likely active in our lives:

1. We try to be who others want us to be.
2. We are afraid to rock the boat by sharing our thoughts.
3. It is hard for us to decide what we want.
4. We avoid speaking our minds.
5. We find it easier to go along with what someone else wants or agree with their opinion.
6. It is difficult for us to say "No."
7. We try to be nice rather than expressing how we really feel.

The key to living in recovery as God intends rather than being controlled by approval seeking is to get to know and affirm who God says we are regardless of the opinions of others.

***Work at everything you do with all your heart. Work as if you were working for the Lord, not for human masters.*** (Colossians 3:23 NIRV)

**Prayer:** Heavenly Father, Please give me the desire and the will to be a doer of Your word so that my conscience may be reprogrammed with truth. I want to follow Your ways and live by Your principles in all my affairs. Amen

FRIDAY, MAY 11, 2018

## WHO UNDERSTANDS MY ANGER

Anger is an involuntary reaction to a displeasing situation or event. When it is a limited reaction it may be considered normal. It becomes dangerous however, when it is stored. Stored anger causes us to be resentful and hostile with the urge to "get even". The Bible instructs us "***In your anger do not sin: Do not let the sun go down while you are still angry.***" (Ephesians 4:26 NIV) Inner turmoil is the result of not obeying this counsel.

There is only one person who understands us through and through. That person is certainly NOT ourselves. That person is Jesus Christ who died for us, and who waits to be invited into our lives so He can forgive us, heal us, and lead us forward into peace and joy. When we are with someone and are feeling annoyed or threatened, Jesus knows exactly what is going on inside us and, if asked, will help us.

What does God have to say about my being annoyed, frustrated, irritated, or angry?

**ANGER SHOWS FOOLISHNESS: People with understanding control their anger; a hot temper shows great foolishness.** (Proverbs 14:29 NLT)

**BEING ANGRY SAYS YOUR RELIGION IS WORTHLESS: If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless.** (James 1:26 NLT)

**HARBORING ANGER LEADS TO SIN: An angry person starts fights; a hot-tempered person commits all kinds of sin.** (Proverbs 29:22 NLT)

Only God has the power to help us sort out the issues underneath our anger. God wants to help us deal with our pain. The first positive step we can take is to admit to God that we have deeply rooted hurt within us, the pain of which shows up in anger and rage. He wants us to forgive and receive healing for the offences committed against us. He also wants us to forgive ourselves and be healed for the offences we have committed against others. Let's admit today that we have stored anger and then learn how the power of God can help us deal with it.

**Prayer:** Loving God, I confess my anger has been a way to suppress the pain I feel inside. Please help me to forgive others for the harm they have caused me, and to forgive myself for the harm I have caused others. I ask You to heal and restore me to new life in You. Amen

**Only God has the power to help us sort out the issues underneath our anger.**

SATURDAY, MAY 12, 2018

## CAN A MOTHER FORGET A NURSING CHILD?

Tomorrow, in our nation, we celebrate Mothers' Day. Many things hinder us from having a loving relationship with our mothers. Addiction or destructive habits break down relationships. War and terrorism kill many mothers around the world. HIV and other diseases leave many orphans. Divorce and disability can rob us of time and nurturing interactions with our mothers. We don't always know why a mother leaves her child in the care of someone else. It's a heart rending situation, no matter the reason. God knows the depth of pain a mother and child may experience when they are separated. In the scriptures, God gives us the following words of comfort.

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**God can  
heal every  
heart  
wrenching-  
wound left  
by someone  
who  
let us down.**

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*Even if my father and mother abandon me, the Lord will hold me close. "Can a mother forget her nursing child? Can she feel no love for the child she has borne? But even if that were possible, I would not forget you! See, I have written your name on the palms of my hands.* (Psalm 27:10, Isaiah 49:15-16 NLT)

The Bible tells us that nothing can separate us from the love of God when we are in Christ Jesus. God loved us so much that He sent Jesus into the world to bear the punishment for all sin, past, present and future. Sin separates humans from God and negatively impacts all human relationships. The marks of the nails that went through Jesus' hands and feet are there to remind us that God's love for us goes deeper than anything we could ever experience in this world.

Are we currently feeling the pain of our father or mother abandoning us? God wants to meet us at that place of pain and tenderly comfort us with His love. We can't make human relationships be more than what they truly are. However, the good news is that God can heal every heart-wrenching wound left by someone who let us down. God wants to hold us close and fill our hearts with His unending, unconditional love. God has not forgotten us. God sees our pain. He has written our names on the palms of his hands.

*Prayer: Heavenly Father, Thank You for your unconditional, unfailing love for me. Draw me close and comfort me. Please heal the wounds in my heart. Help me to honour my mother for giving me birth. Help me to know the abundant provision of grace I have received from You as I choose to grace and bless my mother from my heart. Amen*

MONDAY, MAY 21, 2018

## UNREALISTIC EXPECTATIONS - RESPONSIBILITY

People who walk with God in recovery are meant to look to God for wisdom, hope and direction. We can learn from our own mistakes and be encouraged by those who courageously share their experience, strength, and hope at meetings we attend. These people are not faultless but have learned to take responsibility for their own behaviour and leave the rest with God. They trust God for forgiveness when they do wrong. They read God's word and follow His directives and move steadily forward in the plan God has for them. They have the courage and wisdom to let go of everything else.

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*God saved us and called us to live a holy life. He did this, not because we deserved it, but because that was his plan from before the beginning of time—to show us his grace through Christ Jesus.* (2 Timothy 1:9 NLT)

Sometimes we live with the unrealistic expectation that it's our responsibility to fix everything that has gone wrong with us and around us. Perhaps we think we need to fix the hurt we've caused in the past. Maybe we have a desire to care for and fix the problems of those whose lives impact us. We mistakenly think we can sort out all kinds of problems. We beat up on ourselves with thoughts that we haven't done enough or have taken on more than we can handle.

God knows each one of us intimately and is involved in every circumstance of our lives. God is with us when we work hard, do the next right thing, and choose to leave the rest with Him. When we are doing the best we can, God will fill in the gaps and weave all things together for our good.

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*Finish what you started in me, God. Your love is eternal—don't quit on me now. Lord, you will give perfect peace to those who commit themselves to be faithful to you. That's because they trust in you.* (Psalm 138:8 MSG, Isaiah 26:3 NIRV)

*Prayer: Heavenly Father, life often seems complicated and I feel limited in my ability to sort out many things that impact me and those around me. Help me to bring all my problems before You, do what I can do, and leave the rest with You. Amen*

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**People who  
walk with  
God in  
recovery  
are meant  
to look to  
God for  
wisdom,  
hope, and  
direction.**

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SUNDAY, MAY 20, 2018

## SUNDAY PSALM – CALL OUT TO GOD WITH A TRUSTING HEART

*I pray with all my heart; answer me, Lord! I will obey your decrees. I cry out to you; rescue me, that I may obey your laws. I rise early, before the sun is up; I cry out for help and put my hope in your words. I stay awake through the night, thinking about your promise. In your faithful love, O Lord, hear my cry; let me be revived by following your regulations. Lawless people are coming to attack me; they live far from your instructions. But you are near, O Lord, and all your commands are true. I have known from my earliest days that your laws will last forever.* (Psalm 119:145-152 NLT)

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*A regularly scheduled time with God will improve our conscious contact with Him, and through prayer and meditation, we will gain the knowledge of His will and the power to carry it out.*

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powerful tool. We need to know it and base all our thinking and behaving on it. This is how we overcome the temptations and obsessions thrown at us by the devil.

*Prayer: Almighty God, Help me to stand firm on Your word and acknowledge that You alone are mighty to save. When I am afraid, I will trust in You for You are always with me and I will not be shaken, for You are right by my side. Amen*

SUNDAY, MAY 13, 2018

## SUNDAY PSALM – SEEING THE BIG PICTURE

*O Lord, you are righteous, and your regulations are fair. Your laws are perfect and completely trustworthy. I am overwhelmed with indignation, for my enemies have disregarded your words. Your promises have been thoroughly tested; that is why I love them so much. I am insignificant and despised, but I don't forget your commandments. Your justice is eternal, and your instructions are perfectly true. As pressure and stress bear down on me, I find joy in your commands. Your laws are always right; help me to understand them so I may live.* (Psalm 119:137-144 NLT)

How do we respond when our lives are filled with trouble and pressure and stress?

Things often don't go according to the way we would like them to. People do senseless irritating things. We get treated in ways that make us feel insignificant and even hated by some people. It is extremely difficult to find joy in those moments

However, in times like these, we can choose to trust the principles God has established. Everything God says is reliable. Particularly when times are troubled, it's good to have a bigger picture of life to help us see beyond the stress and frustration of the moment. That bigger picture can bring us peace and relieve the pressure of current problems by putting things into perspective. What others say or do should not impact our choice to follow God's plan for us. We need to resolve to keep our eyes focused on God rather than on the problem or person causing it.

The slogan, "This too shall pass," is not just a group of comforting words, but is an accurate description of how quickly circumstances change. Step by step as we follow God's plan for our lives, we will live well and find peace beyond our understanding and joy that surprises us. God's counsel is perfect. God's ways work!

*Prayer: Loving God, Nothing in all creation is hidden from Your sight. When troubles come, help me not to stress over the events but to see You in action in the big picture. Amen*

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*Particularly when times are troubled, it's good to have a bigger picture of life to help us see beyond the stress and frustration of the moment.*

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MONDAY, MAY 14, 2018

## TWO ARE BETTER THAN ONE

For some of us being alone and in control of our own lives makes us feel safe. We often struggle with the behaviour and comments of family members, friends, and others, and tend to isolate ourselves from them. We feel that being in relationship with others is more trouble than it is worth. Yet God, after He created Adam, said it was not good for the man to be alone, so he created a helper for him.

*The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." Two are better than one, because they have a good return*

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*for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.* (Genesis 2:18, Ecclesiastes 4:9-10 NIV)

**God designed  
us to be  
together with  
others in life as  
surely as the  
parts of our  
body work  
together for  
good health  
and getting  
things done.**

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health and getting things done. We all need one another. When one part of the body hurts, it impacts the rest of the body. As we choose to support and encourage one another, we will be strengthened to move forward in our life in relationship with God and others. Alone we could never accomplish what is possible when we work together to love and build each other up.

*Prayer: Heavenly Father, Help me to live in relationship with others according to Your original plan. Keep me from the extremes of control and co-dependency. Help me to live in the truth of Your word that two are better than one. Amen*

SATURDAY, MAY 19, 2018

## UNREALISTIC EXPECTATIONS – PERSONAL FAILURE

There is a strong desire in us to succeed! To win! To excel! To be successful! Yet often we feel like a failure. These feelings of failure can terrify us and take our hope away. We have all failed to meet our own expectations, as well as the expectations of others for us. How can we face failure in a healthy way?

*This I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases, His mercies never come to an end; they are new every morning; great is Your faithfulness.* (Lamentations 3:21-23 ESV)

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One form of failure we walk with each day is the failure that comes from human limitation. We set our goals too high. We compete. We compare ourselves with others. When we can't measure up to our own expectations or the expectations of others, we often end up feeling inadequate and disappointed in ourselves. This can be painful and embarrassing.

God knows our abilities and our limits. God invites us to live as the person He created us to be. His expectation of us is that we will use what we have been given and do our very best. When we try to be like someone else or live up to someone else's standards we are not following God's plan for our life.

We were created to be a part of the community around us so it's unrealistic to try and sort everything out on our own and try to make our own way in life. No matter how hard we try we will fail because it is not good for us to be alone. We need the wisdom and power of God to live a fulfilling life. We also need to cooperate with others and do the work that God planned for each one of us to do for the benefit of all.

*There are different kinds of service, but we serve the same Lord. God works in different ways, but it is the same God who does the work in all of us. A spiritual gift is given to each of us so we can help each other.* (1 Corinthians 12:5-7 NLT)

*Prayer: Heavenly Father, I accept Your good, pleasing and perfect plan for my life and desire to thrive in the areas of the gifts that you have given me. Strengthen me to do only those things that You have prepared in advance for me to do. Amen*

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**God invites us  
to live as the  
person He  
created us to  
be. His  
expectation of  
us is that we  
will use what  
we have been  
given and do  
our very best.**

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FRIDAY, MAY 18, 2018

## RENEWING OUR MINDS

When we lived in the chaos of our addictive lifestyle we were ruled by the obsession for our drug of choice or our dependency of the day. We thought that we were in charge of our lives but actually we were under the tyranny of whatever was controlling us in the moment. This tyrant was dictating to us what we needed in order to feel some comfort. When we pursued the object of our obsession, we gave up our freedom. We were prisoners to the things that controlled us and even though we tried to convince ourselves that we were in control, we were actually powerless over them.

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***Only in Jesus can we truly be free from the powerful lies associated with obsessions, addictions, and dependencies, and only then can we live happy, joyous, and free.***

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*Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace.* (Romans 6:13-14 NLT)

When we came into recovery and accepted Jesus as our Lord and Saviour, God set us free from the power of sin and death. Recovery is the process of sorting out truth from lies. The Bible calls it "renewing our minds." In the past we thought we were free when, in fact, we were slaves to our fleshly desires. Now we can joyfully believe and affirm the truth that Jesus sets us free. If any part of our thinking says that we did it by our own effort, then we are not acknowledging the truth and are therefore not truly free.

*It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.* (Galatians 5:1 NIV)

Only in Jesus can we truly be free from the powerful lies associated with obsessions, addictions, and dependencies, and only then can we live happy, joyous, and free.

*Prayer: Lord Jesus, Thank You for rescuing me from the deceit of darkness and bringing me to the light of Your truth. I am so thankful that You set me free to live life to the full. Amen*

TUESDAY, MAY 15, 2018

## WHO SAYS I'M DEFECTIVE?

God knows each one of us. We are the masterpiece of His creative hands. This knowledge should fill us with great joy and a real sense of personal worth. Why then do we struggle with fear, self-rejection, and shame? When we live in rebellion against God and who He created us to be, we will experience separation from God and lack of self-worth. From the first human beings who chose to believe Satan and disobey God all humans have experienced the negative consequences of trying to be someone we were never meant to be.

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*Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. But the Lord God called to the man, "Where are you?" He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."* (Genesis 3:8-10 NIV)

God, our Creator, wants us to experience the loving relationship with Him that we were meant to have. Jesus died on the cross to pay the price for our sin and rebellion. He then overcame death and made a way for us to be reconciled to God and have eternal life. When we accept the provision Jesus has made for us we become cherished children of a loving God. Our restored self-worth is not based on what we may feel or what others say about us, but rather on what God says.

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*To all who did receive him, to those who believed in his name, he gave the right to become children of God—children born not of natural descent, nor of human decision or a husband's will, but born of God. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.* (John 1:12-13, 10:10 NIV)

We need to listen to God rather than the deceiver who is purposefully trying to steal, kill, and destroy the new life that Jesus bought for us with His precious blood.

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*Prayer – Lord Jesus, Thank You for paying the price that gave me the right to become a child of God. Remind me often of who I am. Help me to open my heart and receive the abundant provision of Your grace that is being poured out on me. Amen*

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***Our restored self-worth is not based on what we may feel, or what others say about us, but rather on what God says.***

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WEDNESDAY, MAY 16, 2018

## WHAT MATTERS TO GOD MATTERS TO US

Making a searching and fearless moral inventory of ourselves – sorting out right from wrong, good from bad, and our part in past events -- is an important foundation for life in recovery. God's word recorded in the Bible is the standard against which we all must measure our behaviour. Reviewing our thoughts, actions, and deeds against God's standards will show us where we have gone our own way rather than following God's good path.

*Don't love the world's ways. Don't love the world's goods. Love of the world squeezes out love for the Father. Practically everything that goes on in the world—wanting your own way, wanting everything for yourself, wanting to appear important—has nothing to do with the Father. It just isolates you from him. The world and all its wanting, wanting, wanting is on the way out—but whoever does what God wants is set for eternity.* (1 John 2:15-17 MSG)

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**God's word recorded in the Bible is the standard against which we all must measure our behaviour.**

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assessment of the values we hold compared with God's principles. We look at how our thinking and actions have fallen short of God's standards. God sent Jesus into the world, not to condemn us for what we have already done, but to save us from it. We truly matter to God! As we practice God's will in all our affairs, we will build a meaningful and contented life and God's blessing will be upon us.

*Prayer: Investigate my life, O God, find out everything about me; Cross-examine and test me, get a clear picture of what I'm about; See for yourself whether I've done anything wrong—then guide me on the road to eternal life. Amen* (Psalm 139:23-24 MSG)

THURSDAY, MAY 17, 2018

## SEARCHING AND FEARLESS MORAL INVENTORY

The basic questions to ask ourselves when making a searching and fearless moral inventory are, "God what does my life look like to you? How have I strayed from Your principles of life? What needs to go? What needs to be sought after with everything I have in me so I can really live?"

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

Our addictive behaviour is almost certainly rooted in the problems we experienced with relationships in the past. Someone may have deeply wounded us and we became broken in body and spirit. Wrong beliefs and actions flowed from the pain and brokenness we experienced. When doing an inventory that is searching, fearless, and moral, we must reflect on our way of thinking and ask ourselves – "What actually happened to cause me to think and behave the way I do?" We must look not only at what we did, but why we did it.

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

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

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

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**The basic question to ask when making a searching and fearless moral inventory is, "God what does my life look like to you?"**

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