

LIFE WITH GOD IN RECOVERY

Daily Meditations



November 2017

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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 6th 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 or write to us at:

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

Email: 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*



2017

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NOVEMBER 2017

CONTRIBUTING EDITORS

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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

WEDNESDAY, NOVEMBER 1, 2017

SECURITY vs. INSECURITY (1)

I cling to you; your strong right hand holds me securely. (Psalm 63:8 NLT)

As humans we have a need for security in many forms, security within our own family, security about who we are inside our own heads, security of our position within a group, security in having a place to call home, security from any type of threat to our physical body, and any other thing we may see as a threat to our wellbeing. Lack of anything we consider essential makes us feel insecure. Many of us use drugs and alcohol to cover up or compensate for feelings of insecurity.

What a great relief it is to learn in recovery circles that security is not provided by our circumstances, but by God alone. With this understanding, we can learn how to live in the security of God's care.

Wealth and honor come from you alone, for you rule over everything. Power and might are in your hand, and at your discretion people are made great and given strength. (1 Chronicles 29:12 NLT)

When we put our faith in Jesus' and His finished work on the cross, we come to life and we become children of God. As children of God we can live confidently each day, and sleep peacefully each night, in the certain knowledge that our Heavenly Father cares for us and we are safe and secure in His care.

Security is not provided by our circumstances, but by God alone.

I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip—he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. ...for he views the ends of the earth and sees everything under the heavens. (Psalm 121:1-4; Job 28:24 NIV)

It's time to stop trying to find security in our addictive substances or relationships and choose instead to find the security we long for in the one true source – God.

Heavenly Father, As I journey with You in recovery, help me to keep my eyes firmly fixed on You, for You alone are the source of my security. Amen

THURSDAY, NOVEMBER 2, 2017

NOTES

SECURITY vs. INSECURITY (2)

In peace I will both lie down and sleep, For You alone, O Lord, make me to dwell in safety. (Psalm 4:8 NASB)

When we watch the news at night we know from various reports that we live in a dangerous and harmful world with many threats to security in our everyday life. Friends and others die from drug and alcohol related problems. Violence is on the rise. Robberies are numerous. Random shootings in various cities threaten daily life. Earthquakes, tornados, fire, and damaging floods in multiple locations remind us of how vulnerable we are and how fragile life is.

***God is
greater than
any problem
we may face
and we truly
can be
secure in the
fact that God
will take
care of us.***

God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea. (Psalm 46:1-2 NLT)

We need a safe place to run to when disaster, pain, or loss seeks to overwhelm us. At times like these we often seek people or physical things to give us comfort rather than seeking God. Perhaps we hesitate to seek God because we feel insecure in the truth that we are genuine children of God. We think that if we were we should not be having trouble.

The good news is that when we put our faith in Jesus, He sets us right with God and we become beloved children of God. Our Heavenly Father will act on our behalf when He is sought. When our lives are touched by trouble we can call out to God and He will help us.

We don't face trouble alone. We face it with the wisdom and strength of God. God is greater than any problem we may face and we truly can be secure in the fact that God will always take care of us.

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world....and call on me in the day of trouble; I will deliver you, and you will honor me. (John 16:33; Psalm 50:15 NIV)

Heavenly Father, When troubles abound in my life I believe You could, and would help, if You were sought. Help me to seek You first and trust in Your power to do more than I could ask for or imagine. Amen

THURSDAY, NOVEMBER 30, 2017

PEACEFUL RELATIONSHIPS THROUGH HUMILITY

If we want to experience healthy and joyful relationships with God and with others each day of our lives, we will have to be willing to change our former ways. Our confidence to be able to change our ways is based on the truth, that when we humbly come to God and ask Him to remove our character defects, He will do so. We know we cannot fix ourselves.

God opposes the proud but gives grace to the humble. So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Humble yourselves before the Lord, and he will lift you up in honor. (James 4:6-8, 10 NLT)

When we humbly come to God and ask Him to remove our character defects, He will do so.

A problem that many of us may experience is, we are willing to have God remove some of our defects of character but are not willing to admit to, or give up others. We assume we are finished with our restoration, but, as long as we have difficulties in our relationships with others, there remains a work that God wants to do in us, if we will allow Him.

Be joyful. Grow to maturity. Encourage each other. Live in harmony and peace. Then the God of love and peace will be with you. (2 Corinthians 13:11 NLT)

A life of joy and peace is more evident in those who are humble because they are willing to have blind spots revealed to them. They seek God's help, and the help of sponsors or others, to work through the tougher issues of their hearts. Humble people are peaceful thankful people because they recognize the journey of progress not perfection. They leave their stubborn pride behind and come close to God who alone can save and restore them. They are willing to have God reveal to them what the root of their problems is and deal with it in God's way.

God forgives. God heals. God encourages. God makes a way of peace and blessing available to those who are willing to have Him cleanse and heal their hearts as He reveals that a character defect is visible.

Prayer: Heavenly Father, Create in me a clean heart and renew a right Spirit within me. Amen

FRIDAY, NOVEMBER 3, 2017

SECURITY vs. INSECURITY (3)

Our life in recovery takes us down new and unfamiliar paths and we are often not confident as we move forward on this journey. How can we rely on God to provide for us and keep us secure?

Cast all your anxiety on him because he cares for you. (1 Peter 5:7 NIV)

When change comes into our lives, even when it is necessary and we choose it, we often fear the unknown that accompanies the next steps. As we live with limited money in our pockets, we wonder what next week or next month might bring and how we will cope. We greedily grab whatever we can, whenever and wherever we can, because we never know when it might be available again. Some of us gamble our money away, hoping against reality that we might become the "big winner" and then all our problems will disappear.

God tells us, ***...don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.*** (Matthew 6:31-33 NLT)

True security rests on the fact that God is always ready to help in times of trouble. We read in the Bible of people who sought God when they were in difficult circumstances and how He did miraculous things for them because they trusted Him to act on their behalf.

Acting out of our insecurities never contributed to our well-being. For a time, choosing for change may make us feel more insecure. However, lasting security will only come when we begin to seek God in all our affairs. Today is the perfect time to cast all our cares on God, seek first His kingdom, and then do what God says is right.

Loving God, Help me to know the security of Your unfailing love for me and trust that, with You, any unknown path is better than a known way. Amen

True security rests on the fact that God is always ready to help in times of trouble.

SATURDAY, NOVEMBER 4, 2017

SECURITY vs. INSECURITY (4)

Unexpected circumstances that arise on any given day may result in us feeling out of sorts and insecure. Anxious thoughts fill us with fear and block us from taking necessary action. We speak often about a Higher Power but seldom live as though God is truly with us and working for us. Do we really believe that God exists, will act on our behalf, and reward us as we persistently seek Him?

...without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. (Hebrews 11:6 NIV)

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

Growth in recovery comes as we begin to believe that God will hold us steady while life shifts and turns around us. God is our rock. As we fix our attention on God and let Him change the way we think and act, He will bring about transformation in us from the inside out. Sometimes we think changing what we do will bring about the secure life we are seeking. While these changes may help contribute to our well-being, only God can renew our minds so that we know and experience what God's good, pleasing and perfect will is for us.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2 NIV)

To enjoy a secure life with God in recovery, we need to have faith that God does exist and reach out to Him in all our circumstances. As we seek Him with all our hearts, we will find Him, along with the help and support we need.

You will seek me and find me when you seek me with all your heart. (Jeremiah 29:13 NIV)

Gracious God, My desire is to trust You with all my heart and lean not on my own flawed understanding. I pray that Your power working in me will help me believe that You exist and that You reward those who diligently seek You. Amen

WEDNESDAY, NOVEMBER 29, 2017

THE PROCESS OF PEACE

Peace and contentment are treasures to be chosen and gifts to be received. To make room for them in our heart requires that we surrender our will to do what God says: not having to be right; not having to look good; not having to be understood; not necessarily having everything around us peaceful and pleasant. Peace is living for God, knowing that if we are living according to His will, He will make all things right.

It is God's plan that we live in peace each day of our lives. In fact, being at peace is one of the ways we will know if we have truly turned our will and our lives over to God's care and are allowing His Holy Spirit to be our helper and advocate.

The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. (Galatians 5:22-23 NLT)

God is working with us each day of our lives but not all circumstances change in a moment. As we seek to follow a new and healthy path God knows that we will face challenges, even some that may seem too much for us to handle. God is in control and God has promised to give us the strength we need to do His will. There is a work for us to do which often takes time and energy but God promises us peace and contentment as we work through the process with Him. When we make the right choices and work at God's pace, we can leave all the consequences of the outcome with Him.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (Philippians 4:6-8 NLT)

Peace and contentment are the fruit of making good choices every day.

Prayer: Heavenly Father, Thank you for the peace and contentment you give when I live according to Your principles. Help me to do that today and every day. Amen

Peace and contentment are the fruit of making good choices every day.

TUESDAY, NOVEMBER 28, 2017

TWELVE STEPS – STEP NINE – SPEAKING THE TRUTH WITH LOVE

God blesses those who work for peace. In recovery we have the responsibility to live in ways that honour and support truth that leads to peace.

Do all that you can to live in peace with everyone. God blesses those who work for peace, for they will be called the children of God. (Romans 12:18, Matthew 5:9 NLT)

In recovery we have the responsibility to live in ways that honour and support truth that leads to peace.

For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine. (Twelve Steps and Twelve Traditions p. 87)

While seeking peace and making amends is not necessarily a comfortable process, it is necessary for our growth. If we don't try to sort out our part in what went wrong in our relationships, there is a very good chance that we will make the same mistakes again. The inability to deal with troublesome events in our past could bring us to relapse. We must be willing to go to any lengths to participate harmoniously in relationships and take responsibility to make amends when anything goes wrong.

Suppose you are offering your gift at the altar. And you remember that your brother or sister has something against you. Leave your gift in front of the altar. First go and make peace with them. Then come back and offer your gift. (Matthew 5:23-24 NIRV)

God speaks the truth in love to us and we are instructed to do the same with others. When we make it a practice to sort out problems by approaching the other party in a humble loving way, we will experience increasing freedom and joy. When we invite God into the process and plan, we can peacefully leave the outcome with Him.

Prayer: Loving God, I ask for wisdom and courage to work on my relationships with family members and friends. Give me eyes to see each event as You do, rather than with my flawed perspective. My desire is to honour You and others in all my ways. Amen

SUNDAY, NOVEMBER 5, 2017

SUNDAY PSALM – HELP IN TIME OF NEED

God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. (Psalm 46:1-5 NIV)

News reports in the last few months have been filled with every type of disaster we could imagine. We have seen the terrible impact of earthquakes, hurricanes, floods and fires. Some of those living in affected areas have suffered great tragedies. People have lost their lives. Others have been displaced. The physical structure of communities has been changed forever. Sadness fills the hearts of residents. Amid the turmoil, we have also heard reports of those who have determined to rebuild their lives when the time is appropriate. However, in each community the rebuilding process will require help from outside sources.

Our determination to rebuild our lives in recovery may come from a devastating happening or it may come from the realization that we have fallen to a dark place in life we never thought possible. We are unable to free ourselves from the power of our addiction and know we are sinking lower and lower into the slimy pit of evil and sin. Our lives are completely unmanageable and we need help from a power greater than ourselves to restore us to sanity.

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. (Hebrews 4:16 NIV)

God is an ever-present help in times of trouble and when He is sought, He will bring us out of our despair into a purposeful life with Him.

Gracious God, I admit my life is unmanageable. In my weakness I come to You for strength to turn my will and my life over to Your care. Amen

God is an ever-present help in times of trouble and when He is sought, He will bring us out of our despair into a purposeful life with Him.

MONDAY, NOVEMBER 6, 2017

TWELVE STEPS OF A.A. – STEP SIX – DESIRING CHANGE

We will experience freedom and fulfillment in life only when God's desires become our desires, God's way becomes our way, and God's word becomes our action plan.

Take delight in the Lord, and he will give you your heart's desires. If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. (Psalm 37:4, Matthew 16:25, Matthew 6:33 NLT)

We will experience freedom and fulfillment in life only when God's desires become our desires, God's way becomes our way, and God's word becomes our action plan.

Each of us has long established patterns of behaviour that remain a challenge for us. We have harmful patterns that we hang on to because they seem to meet a need in our lives that helps us avoid pain. Those who have a positive recovery experience are those who surrender their faulty beliefs and behaviours to God with a desire that God remove the underlying patterns of sin and woundedness from their soul.

God says: ***"My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.*** (2 Corinthians 12:9 NLT)

We have all observed the devastating results of individuals who choose to live self-centered lives. Jesus taught and demonstrated that the key to a life that is truly happy, joyous and free is the choosing of God's will over our own. When our goal is simply to be happy we will fall into destructive self-centered life patterns. When our goal is to love God, and have a relationship with Him, joy will be a natural outflowing of that relationship. A

willingness to let God's priorities shape our thinking and behaving provides a healthy foundation for a joyful, purposeful life.

Prayer: Heavenly Father, I need You. Every day, every hour I need you. My request and desire is that You help me recognize my brokenness and come to You for healing. I want to be free from the bondage that holds me captive to my past. I want to live for You and honour You in all my ways. Amen

MONDAY, NOVEMBER 27, 2017

TWELVE STEPS – STEP NINE – ACTING WITH KINDNESS AND CONSIDERATION

It's important to plan carefully and be wise as we seek to make amends for our part in relationship breakdowns. We may be so anxious to get things off our chest that we fail to consider the impact it will have on the person to whom we are making the amends. The pressure of guilt and fear of exposure may cause us to make mistakes we can't erase.

Jesus left heaven to come to earth to die for our sins so we could have a restored relationship with God and with others. Even though He knew the detestable sins of the hearts and actions of people around Him, Jesus' invitation to them and to us, is to come and learn His humble and gentle ways. As we seek to restore our relationships, we need to learn from God and wise people around us, what is helpful and what is harmful.

The wise are known for their understanding, and pleasant words are persuasive. Discretion is a life-giving fountain to those who possess it, but discipline is wasted on fools. From a wise mind comes wise speech; the words of the wise are persuasive. Kind words are like honey—sweet to the soul and healthy for the body. (Proverbs 16:21-24 NLT)

We need to consider the feelings and needs of the people who will be exposed to what we want to do and say. We need to rely on God, our sponsors, and other trusted friends in recovery for help and guidance in sensitively dealing with others. God desires restoration in our relationships and is willing to teach us if we will listen and learn.

Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. (Philippians 2:3-4 NLT)

Prayer: Heavenly Father, As I undertake to make amends with those I have harmed please help me to act with humility and gentleness. Help me to consider the other person's interests rather than dwell on my own. Amen

It's important to plan carefully and be wise as we seek to make amends for our part in relationship breakdowns.

SUNDAY, NOVEMBER 26, 2017

SUNDAY PSALM – THE GOOD LIFE

Addiction for many of us focused on trying to find happiness. Some of us thought that escaping pain would bring happiness. Others, who didn't have a lot of pain, just sought pleasure. God however, shows us the way to true happiness. He lays out a path for us to walk that is good. He also reveals traps and obstacles that we are to avoid along the way.

Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the

God says the good life comes from spending time with Him, letting His words instruct us and His Spirit fill our hearts.

Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do. But not the wicked! They are like worthless chaff, scattered by the wind. They will be condemned at the time of judgment. Sinners will have no place among the godly. For the Lord watches over the path of the godly, but the path of the wicked leads to destruction. (Psalm 1:1-6 NLT)

We are programmed every day by media and in conversation with others to believe that the good life comes from doing what we want, when we want. God says the good life comes from spending time with Him, letting His words instruct us and His Spirit fill our hearts. It's easy to just drift along with the crowd without giving much thought to what we say and do. When we do this God says we are just like dust on a windy day that gets blown around.

God invites us to recover the life He created us to live, a life that is strengthened by His word and fruitful as a healthy tree planted along a riverbank. God wants our lives to bless others. When difficult times come, God wants to refresh us and help us prosper. God invites us to freedom and purity of heart as we follow His ways and live under His protection.

Prayer: Heavenly Father, help me to listen to You and follow your ways so I may joyfully live under your protection and experience the fullness of life you desire me to have. Amen

TUESDAY, NOVEMBER 7, 2017

TWELVE STEPS OF A.A. – STEP SIX – WILLING TO CHANGE

As we become willing to have God remove our defects of character we commit to being persons who desire God's will instead of our own. We learn to face reality by overcoming false beliefs about: a) what is right and wrong with my life; b) who has the necessary information about what works; and c) who gets to be in charge of the process of change.

On our own we are unable to identify right and wrong for ourselves. We need God's word to reveal that to us. Understanding what's truly broken in us and becoming willing for change is only possible when we ask and rely on God's Holy Spirit to reveal to us those things that need changing. God will meet us where we are at and bring new life to us when we sincerely seek to follow His ways.

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. (Psalm 139:23-24 NLT)

As we seek God, He will gently reveal our defects of character. He speaks clearly. He will fill us with courage to see the truth and gives us the will and power to change our ways.

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. (Proverbs 3:5-6 NLT)

As we choose to obey God's principles for life as revealed in the Bible, we will move forward in our life with God in recovery. Our self-destructive patterns will be removed and replaced by His life-giving ways. By the power of God's Spirit, we will be transformed into a new person and come to know God's will and plan for our lives.

Prayer: Heavenly Father, Thank you for calling me out of darkness into the light of life. Help me turn quickly from my own ideas and ways that get in the road of freedom and recovery. Help me to surrender to Your truth. Amen

As we choose to obey God's principles for life as revealed in the Bible, we will move forward in our life with God in recovery.

WEDNESDAY, NOVEMBER 8, 2017

WHERE DOES OUR HELP COME FROM?

Our well-being in recovery often appears to us to be dependent on us resolving a problem that is totally outside of our control. It's easy to panic and feel afraid when we are unable to see a solution to the situation. When circumstances like these arise, where can we go for help? We can draw close to God and seek His wisdom and strength. When we ask for help, God will guide us and work all things together for our good and His glory.

Be strong and courageous. Do not be afraid or discouraged because of the king of Assyria and the vast army with him, for there is a greater power with us than with him. With him is only the arm of flesh, but with us is the Lord our God to help us and to fight our battles. (2 Chronicles 32:7-8 NIV)

When we ask for help, God will guide us and work all things together for our good and His glory.

In a situation where we don't know what to do, we should take time to stop and pray. Sometimes God's Holy Spirit will reveal things directly to our minds. An idea for a plan of action will pop into our heads or the name of a knowledgeable individual who can assist us in dealing with our situation will come to mind. At other times God uses something we read in the Bible or the wise counsel of a sponsor or mentor to help. That's God speaking to us and providing practical help.

The wisdom of God is infinite. He has a solution to whatever problem we are facing. All God's ways are perfect and He will reveal them to us in His time. Sometimes God's way of help is to have us wait because what we need is on the way.

Call to Me, and I will answer you, and show you great and mighty things, which you do not know. (Jeremiah 33:3 NKJV)

As persons who have committed our will and our lives to the care of God, we can be assured that God is always with us and will help us in our time of need.

Prayer: Thank You Lord that when troubles arise, I can cast all my cares on You for You care for me. Amen

SATURDAY, NOVEMBER 25, 2017

HELP FOR THE HOPELESS ADDICT

There is good news for those who have struggled with addiction for an extended period of time. The good news is that with God all things are possible. God's mercy is new every morning so there is hope for new life each day. We may think that temptations are too much for us to handle and painful memories are too difficult to face, but God says that if we come to Him, He will make a way forward for us.

What is God's way? How can we allow God to make things new in our lives?

Look to God for help and saving: Let all that I am praise the Lord; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. (Psalm 103:2-5a NLT)

Welcome the new perspective on life that the Holy Spirit will show us. Let the Spirit renew your thoughts and attitudes. (Ephesians 3:23 NLT)

Let God put His words in our mouths: Then the Lord reached out and touched my mouth and said, "Look, I have put my words in your mouth!" (Jeremiah 1:9 NLT)

Make our hearts available to hope, by receiving God's comfort: When doubts filled my mind, your comfort gave me renewed hope and cheer. (Psalm 94:19 NLT)

Spend time reading and learning God's way: I have hidden your word in my heart, that I might not sin against you. (Psalm 119:11 NLT)

Remember God's love as you make reasonable efforts: Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you. (2 Corinthians 13:11 NIV)

Today, let's give God's way a chance. Remember, with God, nothing is impossible.

Prayer: Heavenly Father, Thank you for showing me the way to move forward into new life. My desire is to be transformed by the renewing of my mind. Strengthen me in the power of Your Holy Spirit that I may live according to Your ways. I look to You for help. Amen

God's mercy is new every morning so there is hope for new life each day.

FRIDAY, NOVEMBER 24, 2017

AVAILABLE FOR HEALING

Due to the chaos of our addictive lifestyle, many of us have made a move towards recovery only to struggle and relapse. We wonder if it is possible for us to be free from our dependencies and live well. We wonder if there truly is hope for us to have a successful life.

For 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)

Only God's touch can help us stand straight with dignity and strength and purpose today.

The woman we've been reading about in the past few days allowed hope to grow in her. She left her everyday activities and went to a place where people gathered in the name of God and where Jesus was. This woman made herself available for Jesus to touch her and receive His power to do for her what she could not do for herself. Do we take time to go to a place like that and allow the power of Jesus to touch us?

When Jesus calls out to us, are we willing to come to Him and allow Him to straighten out the crooked things of our past, or will we continue to hang on to the pain and familiar resentments and self-pity that keep us living a bent life?

Humble yourselves before the Lord, and he will lift you up in honor. (James 4:10 NLT)

Only God's touch can help us stand straight with dignity and strength and purpose today. His touch is all we need. God tells us not to rely on our own understanding, which is flawed, but to come to Him and He will make our paths straight.

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. (Proverbs 3:5-6 NIV)

If we are going to successfully live in recovery, we need to wholeheartedly surrender our will and our life over to the care of God.

Prayer: Lord Jesus, Please touch me. Straighten out anything that is bent within me so I can live my life with dignity and purpose. Amen

THURSDAY, NOVEMBER 9, 2017

GOD COULD AND WOULD IF HE WERE SOUGHT

Are you hurting? Pray. Do you feel great? Sing. Are you sick? Call the church leaders together to pray and anoint you with oil in the name of the Master. Believing-prayer will heal you, and Jesus will put you on your feet. And if you've sinned, you'll be forgiven—healed inside and out. (James 5:13-15 MSG)

If you want someone to do something, you need to ask them. In these verses from the Bible we are reminded to pray about everything. Whether we are in early recovery or have been sober for many years, we are all desperately in need of God's help to overcome our powerlessness in dealing with life on our own. In the Twelve Steps we are reminded that we "sought through prayer and meditation to improve our conscious contact with God..."

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life. (Philippians 4:6-7 MSG)

Each day many of us will face unforeseen difficulties. We need to remember and act on the words spoken at A.A. meetings around the world, "God could and would if He were sought." If we seek God, surrender our will and our lives into His care, and rely on His guidance, we will find the comfort and help we need for every circumstance of life. When He is sought, God works in ways we cannot see and, even where there appears to be no way forward, He makes a way.

Lead me in the right path, O Lord, or my enemies will conquer me. Make your way plain for me to follow. (Psalm 5:8 NLT)

Prayer: Gracious God, Thank you for your promise that if I seek you, I will find you. Therefore, I will not be afraid but will trust in your loving kindness to make my way forward plain for me to follow. Amen

When He is sought, God works in ways we cannot see and, where there appears to be no way, He makes a way forward.

FRIDAY, NOVEMBER 10, 2017

REMEMBRANCE DAY AND FRIENDS

On Remembrance Day we honour veterans who fought for peace and freedom in World Wars, the Korean War, and more recently in Middle East conflicts.

Currently, residents of some countries are fearful about the test missiles that are flying over them and these countries need the solidarity, friendship and military support of other nations. When we see men and women who fought in past wars parade to cenotaphs around the country, we are reminded once again that in war we need friends who will stand shoulder to shoulder with them and fight for freedom.

We need to encourage each other by sharing our experience, strength, and hope on the journey to freedom.

One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother. God has said, "Never will I leave you; never will I forsake you." (Proverbs 18:24, Hebrews 13:5 NIV)

In the fight to overcome our addiction we too need friends. Our recovery doesn't come easily. It's important not to be arrogant and think we're stronger and less vulnerable than others. We need friends to come alongside us and we need to come alongside others who are challenged and need support as they face their struggles. We need to encourage each other by sharing our experience, strength, and hope on the journey to freedom.

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? No, in all these things we are more than conquerors through him who loved

us. (Romans 8:35, 37 NIV)

All of us need the friendship of God who promises to never leave us nor forsake us. We need the power of God's Holy Spirit living in us to provide the strength we need to resist temptation. With God's mighty power working in us, we know that even though we face formidable enemies of our soul, we will ultimately win the war.

Prayer: Loving God, Help us to live in healthy committed friendships as we move forward in our recovery. Thank you for your love that holds us close and shelters us in times of trouble. Amen

THURSDAY, NOVEMBER 23, 2017

I WANT TO STRAIGHTEN UP BUT I CAN'T

The longer we struggle with addiction and the more we relapse, the less likely it is that we believe there is hope for us to get free from the bondage of our dependencies and have a purposeful life.

In yesterday's story, the woman Jesus healed had been disabled for 18 years. She desperately wanted to straighten up but she could not. Her disability made it impossible for her to do necessary daily things as well as those things she might have liked to do. People in her community probably wrote her off as someone who was of no visible use to society. How many doctors had offered her cures that hadn't worked? How many hours of painful exercises and hard work did she endure to try to straighten up, only to fail over and over again?

Only one person could make a difference in this woman's life – Jesus Christ. Everything changed when she encountered Jesus. ***Jesus saw her. He asked her to come to him. He said to her, "Woman, you will no longer be disabled. I am about to set you free." Then he put his hands on her. Right away she stood up straight and praised God.*** (Luke 13:12-13 NIRV)

Jesus told this woman that he would set her free. Could she dare to hope that Jesus might help her, or was this one more disappointment waiting to defeat her? Whatever doubts or fears this woman might have had, she came to Jesus in response to His call.

So if the Son sets you free, you are truly free. (John 8:36 NLT)

We can't overcome our addiction on our own. God knows that. Jesus wants to set us free and calls us to come to Him, just as we are in our brokenness, and turn our will and our life over to His care.

Prayer: Lord Jesus, I've tried to get well for a long time without success. I need You to set me free from all that holds me captive to my addictive lifestyle. I turn my will and my life over to Your care. Please do for me what I cannot do for myself. Amen

Jesus wants to set us free and calls us to come to Him, just as we are in our brokenness, and turn our will and our life over to His care.

WEDNESDAY, NOVEMBER 22, 2017

GETTING CLEAN AND SOBER – DOES IT MATTER TO ANYONE?

Do I matter? Does anyone notice me? Does anyone care? These are the questions many of us ask ourselves when we consider sorting out the chaos of our lives and giving life in recovery a chance.

In the Bible we read the story of a woman who had been disabled by an evil spirit for 18 years. That's a long time. She was bent over and couldn't straighten up. She probably saw more people's feet than she did their faces. So many things in life were difficult or impossible for her to do. She knew that people noticed her, but for all the wrong reasons. Did anyone care about how she felt or did her condition matter to anyone?

**God cares
and God
has
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for all the
problems
we face**

While we don't know all the details of her story we know that this woman must have heard about Jesus and that He cared for people and was doing amazing things. She got herself to the place where Jesus was teaching, but only men could speak at those gatherings, so she had to remain silent. Would anyone notice her? Did she matter to God? Did Jesus care?

When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." Then he put his hands on her, and immediately she straightened up and praised God. (Luke 13:12-13 NIV)

God sees each of us today just like Jesus saw that woman. God cares and God has solutions for all the problems we face – whether it's problems brought on by our own actions, or the actions of others, or just by life in general. God wants us to have fullness of life beyond all we could ask for or even imagine. God sees. God knows. God cares. We matter.

As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. (Psalm 103:13-14 NLT)

Prayer: Thank You Lord that You care about me and what I'm experiencing today. Help me to remain in Your care as You restore me to new life. Amen

SATURDAY, NOVEMBER 11, 2017

REMEMBER GOD'S HELP IN TIME OF TROUBLE

As we remember service men and women who helped their comrades in times of war and trouble, it's also good to be mindful of beautiful words in the Bible that describe God's help in times of need. In ways they never realized when they were safely at home, many veterans in fox holes on the frontlines came to know how important it was that God was with them.

The Lord is my strength and my defense; he has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him. (Exodus 15:2 NIV)

The Bible tells us of people who experienced trauma and hurtful situations but remained faithful to God. They brought their situations before God and trusted Him to help them. When they were afraid they chose to find comfort and strength in the truth that God is faithful to do whatever He has promised. They were willing to diligently follow God and leave the outcome with Him.

In your unfailing love you will lead the people you have redeemed. In your strength you will guide them to your holy dwelling. (Exodus 15:13 NIV)

Many of us, in the chaos of addiction and now in recovery, recognize that we need a power greater than ourselves to get us through each day. On our own, we know we are powerless. We know the problems we face are greater than our own strength. Our hope is in God alone.

As people gather across our nation on Remembrance Day, let's give thanks for the lives given by military men and woman in service to our country, and ultimately for freedom from oppressors. Let's also give thanks for God's goodness that brings rest and safety to our souls.

Prayer: Heavenly Father, We give thanks for Your help in challenging times. We also give thanks for the peace and rest our souls experience as we learn to trust you for victory from our oppressors. Amen

**We know
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SUNDAY, NOVEMBER 12, 2017

SUNDAY PSALM – PROMISES THAT ARE FULFILLED

The nations are in chaos, and their kingdoms crumble! God's voice thunders, and the earth melts! The Lord of Heaven's Armies is here among us; the God of Israel is our fortress. Come, see the glorious works of the Lord: See how he brings destruction upon the world. He causes wars to end throughout the earth. He breaks the bow and snaps the spear; he burns the shields with fire.
(Psalm 46:6-9 NLT)

One would think the first sentence above came from today's newscast instead of the Bible. It seems most countries in the world are having internal and external problems surviving as the nation they once were. The people elect new governments believing they will fulfill the promises the candidates made during the election. Elected leaders then seek to annul agreements that previous governments believed in and worked to accomplish. Times change and the new government becomes the old government, and on and on it goes.

God's word never changes and, as we continue to follow His principles for life, we will never be disappointed

When we admitted that our lives had become unmanageable, we sought help. We came to believe that God was a power greater than ourselves and could restore us to sanity. We then became willing to turn our will and our lives over to His care. God made us promises and has faithfully fulfilled them. God's word never changes and, as we continue to follow His principles for life, we will find that we are never disappointed. Jesus said, in this world we would have many trials and sorrows and He was not wrong. However, He also told us we could live in peace and not be afraid in spite of what is going on around us because He has overcome the world.

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world. (John 16:33 NLT)

When we put our trust in the eternal Living Word of God, we will have new life that goes on and on and on, and will last forever.

Prayer: Loving God, You have proved Yourself faithful in all Your ways. Help me to rest in Your promises that are backed by the honour of Your name. Amen

TUESDAY, NOVEMBER 21, 2017

TWELVE STEPS – STEP EIGHT – DESIRE TO MAKE THINGS RIGHT

Having a loving relationship with God and praying with Him about everything we do, is the foundation for those who are seeking to live with God in recovery. When we begin to experience the love, joy and peace that an intimate relationship with God brings, the desire for our earthly relationships to be renewed and restored will be stirred up within us.

Jesus said: ***You must be compassionate, just as your Father is compassionate. Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven.*** (Luke 6:36-37 NLT)

We have all been hurt and let down by others. It's part of being around humans in our world. Some of us however, have lived so long focused on how we've been victimized and how others have hurt us, that we fail to see how we've hurt others and ourselves in the process. God invites us to acknowledge the pain and brokenness in our past relationships and deal with the hurt that was caused, instead of running away from it.

When we ask God to help us recall the people and circumstances where we caused harm, God will do so without accusation or condemnation. God will help us identify our part in the painful event. When we confess and humbly take responsibility for the wrong we did, God will forgive and bring healing to us. He will also supply the grace we need to become willing to make amends.

“And why worry about a speck in your friend's eye when you have a log in your own? How can you think of saying to your friend, ‘Let me help you get rid of that speck in your eye,’ when you can't see past the log in your own eye? Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye. (Matthew 7:3-5 NLT)

Prayer: Loving God, Thank You for helping me acknowledge the harm I have caused in my relationships and for giving me the desire and the will to make amends. Amen

God invites us to acknowledge the pain and brokenness in our past relationships and deal with the hurt that was caused, instead of running away from it.

MONDAY, NOVEMBER 20, 2017

TWELVE STEPS - STEP EIGHT – WHO HAVE I INJURED?

An important part of living with God in recovery is coming to an accurate view of what went wrong in our relationships and doing our part to make things right. What prompted us to physically, mentally, or emotionally, hurt another person? Regardless of the excuses we may make for our behaviour, we need to admit that we did cause harm to some family members, friends and others.

An important part of living with God in recovery is coming to an accurate view of what went wrong in our relationships and doing our part to make things right.

Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. (1 Peter 3:9 NIV)

When we reflect on ways we have hurt other people, some of our disruptive behaviours may quickly come to mind. Perhaps we spoke in anger or we used distance and coldness to wound others. Our lying, cheating, or stealing from others deprived them of peace of mind and emotional security. What we thought were “victimless crimes” always had a victim. Many of us used domineering and controlling tactics so we could manipulate others and ensure we got our own way. We were masters at playing the blame game and were unwilling to talk about our issues or take responsibility for the situations we created around us.

A servant of the Lord must not quarrel but must be kind to everyone, be able to teach, and be patient with difficult people. Gently instruct those who oppose the truth. Perhaps God will change those people’s hearts, and they will learn the truth. Then they will come to their senses and escape from the devil’s trap. For they have been held captive by him to do whatever he wants. (2 Timothy 2:24-26 NLT)

God created us to live in loving relationships. Whether a breakdown happened an hour ago or a decade ago, God is with us to help us work for reconciliation. As we seek His wisdom, God will show us how our attitude and behaviour harmed others either directly or indirectly, and will help us become willing to make amends.

Prayer: Loving God, Help us to confess our sins to each other and pray for each other so that we can be healed. Amen

MONDAY, NOVEMBER 13, 2017

TWELVE STEPS - STEP SEVEN – HUMILITY

When we think of the shortcomings in our character, do we immediately have a sense of remorse or are we more likely to try to justify them? Some of us attribute our shortcomings to the impact of our harmful life experiences. We believe we are this way because others injured us or did not meet our needs. The blame game then takes over our thinking process and we allow ourselves to act in irresponsible ways because, for a time, it seems to silence our pain.

The Lord is good and does what is right; he shows the proper path to those who go astray. He leads the humble in doing right, teaching them his way. The Lord leads with unfailing love and faithfulness all who keep his covenant and obey his demands. (Psalm 25:8-10 NLT)

To humbly ask God to remove our shortcomings we must first become aware of how different our behaviour is from God’s principles for experiencing life to the full. Whether we have done a formal inventory or have just reviewed our day, we need to humbly admit that our shortcomings are negatively impacting us and those we have encountered on our journey. Only the power of the Holy Spirit working in us will enable us to change our ways and help us become the person that God created us to.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9 NIV)

Without God we can do nothing. We need God’s help to identify our shortcomings and the work of His Holy Spirit to give us the will and the power to have them removed. To experience life as God intends, we need to leave behind our stubborn pride and our own flawed knowledge and view our life through the lens of truth. God’s way will be different from what we have known, and acted on in the past but it is the sure way to victory over our harmful self-absorption.

Heavenly Father, without You I can do nothing. I humbly ask You to remove my character defects and help me live in a way that honours You and those I am in contact with. Amen

We need God’s help to identify our shortcomings and the work of His Holy Spirit to give us the will and the power to have them removed.

TUESDAY, NOVEMBER 14, 2017

TWELVE STEPS – STEP SEVEN – A REALISTIC VIEW OF OURSELVES

A humble life is grounded in a realistic view of ourselves. A humble person is not someone who feels inferior but someone who is overwhelmed by the undeserved goodness of God. We believe that God cares, therefore we no longer need to hide behind either too much self-confidence, or the burden of self-doubt. Our security rests in the safety of God's acceptance and unconditional love for us.

**A humble
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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. (Psalm 139:23-24 MSG)

An attitude of humility allows us to accept our dependence on God and follow His direction. In humility, we listen to God's warning signals and turn away from any familiar path that is harmful. We need humility to put our hand in the hand of God and allow Him to lead us along an unfamiliar path. Humility helps us to lay down every known thing that hinders our way forward. We unreservedly choose to embrace God's ways as recorded in the Bible. These actions will ultimately lead us to fullness of life.

My child, pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body. Guard your heart above all else, for it determines the course of your life. (Proverbs 4:20-23 NLT)

God, who created us in love, invites us to come unto Him for rest. Peace in our hearts will come quietly to us when we trust in God's goodness, respond to His invitation, and humbly put ourselves into His care. With confidence, we can come into God's presence, and, as He gently removes our defects of character, we can live more and more as people of integrity.

Heavenly Father, Thank you for being with me when I grieve over incidences of my past. I am thankful that I do not have to face them alone. Today, I humbly ask you to remove all my shortcomings. Amen

SUNDAY, NOVEMBER 19, 2017

SUNDAY PSALM – COPING WITH ANXIETY OR DEPRESSION

When we first come into recovery we may have feelings of anxiety or depression. For some time, we have been medicating ourselves with a substance, involvement in an unhealthy relationship, or something else that provided relief from the uneasiness we felt inside. Now in recovery, as we give our will and our life over to the care of God, we are coming to believe that there might be hope for a better life. The physical change however, may not be keeping up with the hope we are expressing. We may feel oppressed by something that we cannot explain but know it is causing our minds to be darkened by its presence. If we share with those who have gone through the recovery process, we will find that we are not alone in having experienced this darkness of soul. We need to seek God's comfort in this situation and stand strong in the truth that Jesus has all power in heaven and on earth, regardless of how we are feeling.

"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world." The Lord of Heaven's Armies is here among us; the God of Israel is our fortress. (Psalm 46:10-11 NLT)

Because we are struggling, we may conclude that God is no longer with us, or, that He does not exist and we are facing this overpowering darkness alone. This is what the evil one would have us believe. The Bible tells us that as children of God we cannot be outside of His presence. He is in the highest heavens and in the lowest hell. Even though our feelings may go up and down, there is nothing that can hide us from God's presence.

Now all glory to God, who is able to keep you from falling away and will bring you with great joy into his glorious presence without a single fault. (Jude 24 NLT)

Jesus is with us through the darkest valley of anxiety and depression and when we get to the other side we will give thanks that He held us all the way.

Prayer: Lord Jesus, Thank You for being with me when tension and unease cause me to stumble. I am forever grateful that You are always with me and give me the strength to overcome my despair. Amen

***Even
though our
feelings
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there is
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presence.***

SATURDAY, NOVEMBER 18, 2017

LOVED THROUGH DIFFICULT TIMES

When problems arise it's easy to forget that God cares. We often feel alone and vulnerable. Daily life continues regardless of the heartache we are feeling and somehow, we have to cope. We feel like orphans with no one to care for us. We forget God's promise to help us and assume He also has abandoned us. However, God does not forget His beloved. We just need to call on Him and He will answer us.

In difficult times, rather than running from God, we need to draw closer to Him and let His unfailing love ease the pain we are feeling.

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. (Psalm 91:14-15 NLT)

In difficult times, rather than running from God, we need to draw closer to Him and let His unfailing love ease the pain we are feeling. We live in a broken world where sin and sorrow impacts all individuals. Perhaps we've wondered where God was when bad things happened to us. Perhaps we were unaware that God was right there and did not seek Him for help.

Jesus took all sin, suffering, and sorrow on Himself when He died in our place on the cross. When we believe this, God offers us forgiveness, healing, and comfort as we put our trust in His unfailing love for us. Regardless of life's circumstances, God promises that He never leaves us and will hold us steady until we can effectively stand strong again.

The eternal God is your refuge, and his everlasting arms are under you. Yet it was our weaknesses he carried; it was our sorrows that weighed him down, and we thought his troubles were a punishment from God, a punishment for his own sins! But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed. (Deuteronomy 33:27, Isaiah 53:4-5 NLT)

Prayer: Heavenly Father, I don't understand suffering but I know that you do and that you offer me forgiveness, healing, and comfort because You love me. Hold me close today. Steady me in your love. Amen

WEDNESDAY, NOVEMBER 15, 2017

WEATHERING CHANGES IN THE WEATHER

Weather changes. The days grow shorter. Many of us are challenged to live well in the middle of these changes. Our energy levels seem to decrease with the decline in hours of sunlight. It may seem more difficult to complete everyday tasks. We struggle with our emotions. Some of us work harder not to slip into depression. God, who is in control of the seasons, wants to reassure us of His unfailing love for us, particularly when circumstances that are out of our control challenge us.

The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. 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. (Lamentations 3:22-23, James 1:17 NLT)

We are loved by God through every season. God doesn't change just because the weather and our feelings change. We are precious to God. He will not leave us to walk through difficult times alone. He is close at hand, ready and waiting to reassure us in uncertain times.

May the Lord lead your hearts into a full understanding and expression of the love of God and the patient endurance that comes from Christ. (2 Thessalonians 3:5 NLT)

Our challenge is to look beyond the dullness of the day and ask God to show us His plan that will bring light and life into our day. We don't have to pretend that we feel strong but we need to behave in ways that affirm our trust in God's promises. It's amazing how quickly God pours energy into our being and helps us accomplish more than we thought we could.

God says: ***"My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. (2 Corinthians 12:9 NLT)***

Prayer: Thank you God that You are a steady and dependable friend during changing seasons. Help me to rely on Your power to overcome my weakness and look to You for light in my dark moments. Amen

God, who is in control of the seasons, wants to reassure us of His unfailing love for us, particularly when circumstances that are out of our control challenge us.

THURSDAY, NOVEMBER 16, 2017

ACCEPTED IN THE BELOVED (1)

Each of us will experience some degree of rejection in our lives. However, when something negative is said about us repeatedly, we begin to believe what is being said. When our point of view is continually ignored, we believe that we are not important. Our feelings and actions follow what we believe, and our self-image reflects this.

We are from God, and whoever knows God listens to us; but whoever is not from God does not listen to us. This is how we recognize the Spirit of truth and the spirit of falsehood. (1 John 4:6 NIV)

We are valued by the God who created us, who places great significance on each of our lives, and who invites us to live each day under His care and direction.

Others may have been acting out of their own hurt when they said unkind things about us or ignored us. Nevertheless, believing what they said and feeling worthless because of their actions is something we can change by renewing our minds. The truth is, we are valued by the God who created us, who places great significance on each of our lives, and who invites us to live each day under His care and direction.

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him. (John 3:16-17 NLT)

Accepting the judgment or behaviour of others as the truth about who we truly are is foolishness. In His infinite wisdom God sent Jesus into the world to save people, not to judge them. Jesus died on the cross to take the punishment for our sins and rose from the grave to open the way for us to be accepted by God. We are freed forever from the penalty of sin when we receive God's forgiveness. It's time to reject our low self-image and choose instead to stand firm in our identity in Jesus, acknowledging that we are beloved children of God.

Prayer: Heavenly Father, Thank you for your unfailing love and acceptance of me. I reaffirm my belief that I am unconditionally loved by You and that my life has meaning and purpose and beauty. Amen

FRIDAY, NOVEMBER 17, 2017

ACCEPTED IN THE BELOVED (2)

Feelings of rejection challenge three beliefs that humans need to affirm in order to be healthy: I belong; I have worth; I am adequate and/or competent.

I BELONG: God's sacrifice of His only begotten Son for us and for the world, speaks clearly of how precious and valuable we are to Him. Belief in the death and resurrection of Jesus as payment for our sins forever guarantees our acceptance by God. When we choose to make Jesus the Lord of our lives and follow His ways, God accepts us as His children. God is our Father. We are His cherished children. We belong. ***But to all who believed him and accepted him, he gave the right to become children of God.*** (John 1:12 NLT)

I HAVE WORTH: We have worth because God created and cares for us. We are precious in His sight. Regardless of what others may say about us, God's word guarantees that we have worth. That's what counts! ***Make sure no outsider who now follows God ever has occasion to say, 'God put me in second-class. I don't really belong.'*** And make sure no physically mutilated person is ever made to think, ***'I'm damaged goods. I don't really belong.'*** (Isaiah 56:3 MSG)

I AM ADEQUATE/COMPETENT: We are so much more than what others may see. We are everything that God sees. We are God's masterpiece, created to do wonderful things and He gives us everything we need to accomplish His plan. ***Such confidence we have through Christ before God. Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God. He has made us competent.*** (2 Corinthians 3:4-6a NIV)

Believing is a choice. Growing confident as one who is "accepted in the beloved" is the result of consciously speaking the truth of God's word to our own soul until our heartfelt emotions agree.

Prayer: Heavenly Father, I choose to believe that I belong to You, that I am accepted in the beloved, that I have worth, and that I am adequate and competent to complete the good work you have prepared in advance for me to do. Amen

Growing confident as one who is "accepted in the beloved" is the result of consciously speaking the truth of God's word to our own soul until our heartfelt emotions agree.
