

LIFE WITH GOD IN RECOVERY



Daily Meditations



NOVEMBER 2021

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

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MONDAY, NOVEMBER 1, 2021

HOPE IN GOD

Some of us say we have hope in God, but what does that mean? Many of us make a list of what we would like for Christmas and then hope that someone will get us what we want. Is this how we approach God, with a list of what we want and hope we will get something? When we give our will and life over to the care of God, we become His adopted children and, through Jesus, we have a vast inheritance of rich and glorious things that belong to us.

I pray that God will open your minds to see his truth. Then you will know the hope that he has chosen us to have. You will know that the blessings God has promised his holy people are rich and glorious. And you will know that God's power is very great for us who believe. (Ephesians 1:18-19a ERV)

When we have repented of our rebellious ways, we are forgiven for our sins, and they are removed from us as far as the east is from the west. When we enter the waters of baptism, our old self dies with Christ and, as we come up out of the water, we are raised to a new life with Christ. The Holy Spirit then comes to live in us, and He is the power greater than ourselves who will lead and guide us into the knowledge of all truth.

So when we were baptized, we were buried with Christ and took part in his death. And just as Christ was raised from death by the wonderful power of the Father, so we can now live a new life. (Romans 6:4 ERV)

God is both the object of our hope and the author of it. The Scriptures, as written in the Bible, are the foundation on which our hope is built. There is no hope for a person who, in their own eyes, thinks they are wise. As we trust in God and obey Him in all our ways, we will have more and more hope in God and joy and peace will fill our soul.

I pray that the God who gives hope will fill you with much joy and peace as you trust in him. Then you will have more and more hope, and it will flow out of you by the power of the Holy Spirit. (Romans 15:13 ERV)

Prayer: Heavenly Father, Thank You for Your unending faithfulness to me. May my hope be strengthened as I seek Your wisdom and follow Your principles in all my ways. Amen

I pray that the God who gives hope will fill you with much joy and peace as you trust in him.

Romans 15:13a ERV

TUESDAY, NOVEMBER 2, 2021

KNOWING GOD'S WILL

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

So don't be foolish with your lives, but learn what the Lord wants you to do. (Ephesians 5:17 ERV)

The founders of AA were very clear that we needed to know both God's will for us, and the power to carry it out. The first principle we should acknowledge is that we need help in order to do God's will. We need to ask for the gift of understanding and allow God to show us what we cannot do for ourselves. God is more than willing to give us gifts, but we need to be humble and admit that we need to open our hearts and minds and receive what God has to offer.

The founders of AA were very clear that we needed to know both God's will for us, and the power to carry it out.

We keep asking God to fill you with the knowledge of what he wants. We pray he will give you the wisdom and understanding that the Spirit gives. (Colossians 1:9b NIRV)

We need to lay down our own perspective on what is needed in any given situation and be willing to see things from God's perspective. Our old ways of understanding are flawed. They may be familiar, but they took us to dark and destructive places. We need what is new, even though that often means embracing something different and unknown.

We will be encouraged and strengthened to overcome our helplessness as we hear testimony of how others obeyed God's ways and it made a positive difference in their lives. Each time we stretch ourselves to follow God's will, as laid out in the Bible, we increase our deposit of peace and trust and we will soon discover that God is true to all His promises.

Walk in obedience to all that the Lord your God has commanded you, so that you may live and prosper and prolong your days. (Deuteronomy 5:33 NIV)

Prayer: Heavenly Father, Help me to humble myself and let go of my own perspective of life. I desire to know Your will for my life and put it into practice in all my affairs. Please give me the gift of understanding how to do this. Amen

WEDNESDAY, NOVEMBER 3, 2021

SEEKING APPROVAL

Deep within each person is the desire for approval from others – particularly from those we consider significant in our lives. This need for approval is even deeper in those who have been misunderstood, hurt, or rejected by others. Often it produces a drivenness in the person for approval from others in order to feel good about themselves. They may co-dependently try to care for the needs of others and do things other's desire, even though they know it will harm their own self-worth.

God wants to help us find a new way forward. It begins with knowing that our deepest need for approval is met by God, and not by others who can be fickle or uncaring.

God was pleased to trust us with his message. We didn't speak to please people, but to please God who knows our motives. (1 Thessalonians 2:4, CEV)

God has chosen us, given us life, and called us back from dark and unhealthy places. God has given us a story to tell others that reflects what a powerful God He is and what dramatic changes He makes in the lives of those He has rescued. We share our stories, not because we are perfect, but because we are loved by the God who created us and made us feel more secure than we ever thought possible. God has work for each of us to do today that will bless others and give us deep satisfaction. God created us for this. God wants us to share with others the love and grace we have found in Him.

Do your best to win God's approval as a worker who doesn't need to be ashamed and who teaches only the true message. When you do good deeds, don't try to show off. If you do, you won't get a reward from your Father in heaven. (2 Timothy 2:15, Matthew 6:1 CEV)

As we serve God according to His plan and purpose, He will affirm us in what we are doing, regardless of whether others notice, or how they may respond.

Prayer: Heavenly Father, I know I have nothing to prove in order to receive from You. I belong to You. You are my Abba Father. You love me. You accept me. Help me to become more conscious of Your love and affirmation for me and look only to You for approval. Amen

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THURSDAY, NOVEMBER 4, 2021

DEVELOPING INTEGRITY

Integrity is one of the most valued character qualities a person can have. A person of integrity has strong moral and ethical principles. They are known to be honest regardless of their circumstances, the company they are with, or when they are alone with no one watching. What you see on the outside is the same person they are on the inside.

May integrity and honesty protect me, for I put my hope in you. (Psalm 25:21 NLT)

Integrity is a character quality developed in a person who has been living according to the Word of God. A person with integrity can stand with confidence before God.

***Integrity
is built
over time
as we
diligently
apply
God's
teachings
to the
choices
we make.***

I know that you are pleased with me, for my enemy does not triumph over me. Because of my integrity you uphold me and set me in your presence forever. (Psalm 41:11-12 NIV)

As people of integrity, we can enjoy the peace of a clear conscience. When we live according to the Word of God, we experience a deep inner peace knowing that we have not violated our conscience by doing wrong. We become confident that when someone examines us we will be proven innocent. In contrast, when our lives lack moral wholeness, we live in constant fear of being "found out". People of integrity are not perfect. They occasionally make mistakes and sin, but they do not cover up their offences. They confess them and deal with any consequences.

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

Men and women of integrity can be depended upon. People look up to them with trust and respect. Neighbours speak highly of them. They are helpful in their community and in their workplace. Integrity is built over time by diligently applying God's teachings to each choice we make.

Prayer: Loving God, Help me to consider the impact of my actions and behaviour on those around me. My desire is to love and care for others as You faithfully love and care for me. Help me to follow Your principles in all my affairs and to become a person of integrity. Amen

FRIDAY, NOVEMBER 5, 2021

SEEING OUR TRUE VALUE

Self-worth is the value we see in ourselves and our role in life. Some of us overrate ourselves and some of us undervalue ourselves according to our position in life. What is the right approach to assessing our self-worth? When selling a house the asking price is not the true value of the house. Its true value is the price the buyer is willing to pay for it. God was willing to pay a high price to buy us back from the broken and isolated condition we were in because of our sin and rebellion against Him.

When people sin, they earn what sin pays—death. But God gives his people a free gift—eternal life in Christ Jesus our Lord. (Romans 6:23 ERV)

We are of great value to God because Jesus came into the world to pay the price for our sin so that we could be free from its penalty. How do we value what Jesus has done for us? If we reject what Jesus did for us, then we are assessing no worth to the plan of God for our deliverance from the penalty of sin. Our self-worth is then self-determined or assessed by the value others place on us.

For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ. (2 Corinthians 5:21 NLT)

Jesus came into the world not to judge the world but to save it. Our unwillingness to receive this precious gift of new life through Jesus is what will judge us. Our true value is determined by who we become when we accept the finished work of Christ on our behalf. In Christ we become children of our Heavenly Father. Our worth to God is more than we could ever imagine. We are God's masterpieces created in Christ Jesus to do good works.

God rescued us from dead-end alleys and dark dungeons. He's set us up in the kingdom of the Son he loves so much, the Son who got us out of the pit we were in, got rid of the sins we were doomed to keep repeating. (Colossians 1:13-14 MSG)

Prayer: Gracious God, Help me to base my self-worth on the truth of who You are and all that I am because I have accepted what Jesus did for me. I am grateful that You have become my Heavenly Father and that I am Your precious child. I truly have great worth! Amen

Our worth to God is more than we could ever imagine.

SATURDAY, NOVEMBER 6, 2021

NINE - TAKING CARE AS WE MAKE AMENDS

When we come to the point of making amends, fear can overwhelm us as we think about those we have harmed. We were enemies of God and serving a different master when we caused the harm. Now we have been reconciled to God and are willing to admit the error of our former ways. God has forgiven us for the wrongs we have done and now we need to reconcile with others.

At one time you were separated from God. You were his enemies in your minds, because the evil you did was against him. But now he has made you his friends again. He did this by the death Christ suffered while he was in his body. He did it so that he could present you to himself as people who are holy, blameless, and without anything that would make you guilty before him. (Colossians 1:21-22 ERV)

God has forgiven us for the wrongs we have done and now we need to reconcile with others.

When we are reconciled to God, we have the power of the Holy Spirit to guide and strengthen us to do what we need to do. God cares for the people we have harmed. Some of our former relationships may no longer exist, however, we still need to make amends to those we have harmed, except when to do so would further injure them or others. We need to pray and seek advice from God, our sponsor, or another trusted friend, as to when and how we can properly make our amends.

Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law. (Romans 13:8 NIV)

Though we may dread doing the work of reconciliation, in the end it will give us peace in our hearts. Hopefully the persons we have harmed will offer us forgiveness, but if they choose not to, that choice remains with them. We have chosen to make amends and when we have done what God requires of us, we can leave the outcome of our obedience with Him.

Prayer: Heavenly Father, As I do the work of making amends with those I have injured, I ask for the courage to do all that needs to be done. Help me to have love for those I have harmed, and with my amends, desire what is truly best for them. Amen

SUNDAY, NOVEMBER 7, 2021

GOD REMEMBERS US AND WILL BLESS US

The Psalms that we read and think about each Sunday are the ancient songbook of the church. Today's Psalm was written so that the people would remember and give thanks for the way God brought them out of slavery and exile. For us, this Psalm has reminders that we can't take credit for our recovery – it is a gift from God who will restore us to sanity as we turn our will and our life over to His care.

You who have respect for the Lord, trust in him. He helps you like a shield that keeps you safe. The Lord remembers us and will bless us. He will bless Israel, his people. He will bless the priests of Aaron. The Lord will bless those who have respect for him. He will bless important and unimportant people alike. (Psalm 115:11, 13 NIRV)

Everyone has a part to sing in this song of praise to God. First are the worship leaders who sing about how worthy God is of our trust and respect because He has rescued us and keeps us safe. The people then sing about how God remembered them when they fell into trouble because of their own stubborn disobedience. They remember God's unfailing love for them, and the blessing given to them, not because they were rich or famous or got things right, but simply because He loved them.

We often feel isolated and abandoned. The reality is that even if others fail us, God's love is unfailing. He is always attentive to our voice when we call out to Him. Even when we are depressed or struggling, God never forgets about us. As we turn our minds towards Him, He is right there, and His blessing is available to us. As we turn our will and our lives over to His care, we are assured that God will meet all our needs.

The ancient song of praise usually ends with the priest/pastor singing a blessing over the people as He reminds them that God is their creator and also the creator of the heavens and the earth, and He has all power to bless and keep them in perfect peace. This God is the Higher Power who alone can restore us to the sanity of right living.

May the Lord bless you. He is the Maker of heaven and earth. The highest heavens belong to the Lord. But he has given the earth to human beings. (Psalm 115:15-16 NIRV)

Prayer: Heavenly Father, Thank you for calling me out of the darkness of my addiction and inviting me to new life in You. Continue to work in me so I may live surrendered to Your will and Your ways in each circumstance I encounter. Amen

***Lord, may
glory be
given to
you, not to
us. You are
loving and
faithful.***

Psalm 115:1 NIRV

MONDAY, NOVEMBER 8, 2021

MATURING THROUGH PERSEVERING

When we admitted we were powerless over our dependencies and our lives had become unmanageable we were, in a sense, like the man robbed and beaten in the parable of the good Samaritan. (Luke 10: 25-37) The traveller was rendered powerless by robbers and we were rendered powerless by Satan whom Jesus said is a thief who wants to steal, kill, and destroy us.

By sending Jesus into the world to die for our sins and resurrecting Him from the dead, God has shown that He has all power over sin and Satan, and His will is to restore us to new life.

He (God) heals their broken hearts and bandages their wounds. (Psalm 147:3 ERV)

***God has
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new life.***

The man broken and beaten in the parable that Jesus told was rendered powerless. He was even unaware that someone came along and did what was required to restore him to health. Some of us never knew about Jesus who came into the world to take our sin and brokenness upon himself. Jesus died in our place so we could be born again to a new life. Jesus did this so we could grow and mature as blessed children of our Heavenly Father and live in His favour forever.

But he was being punished for what we did. He was crushed because of our guilt. He took the punishment we deserved, and this brought us peace. We were healed because of his pain. (Isaiah 53:5 ERV)

We may not understand God's ways at first for they are different from the ways of the world. Through prayer and meditation, we need to persevere and bring our actions into line with what God says. We need a Power greater than ourselves to help us stay the course and the Holy Spirit is that Power. He will help us mature and lead us into all truth.

Jesus said, ***“Let me assure you, it is better for you that I go away. I say this because when I go away I will send the Helper to you. But when the Spirit of truth comes, he will lead you into all truth”.*** (John 16: 7a, 13a ERV)

Prayer: Heavenly Father, Thank you for sending Jesus into the world to save powerless people like me. I invite the Holy Spirit to help me come to the knowledge of all truth. Amen

TUESDAY, NOVEMBER 9, 2021

BUILDING A GOOD REPUTATION

When we were living in addiction we were not known as people who had a good reputation. In fact, even though we tried to hide what was going on, we had sunk so deep into our addiction that our character and reputation were destroyed by our constant poor choices. Dealing with a bad reputation is one of the most difficult things to face as we seek to live well in recovery with God.

God's word describes the value of a good reputation and has lots of helpful advice for us as we seek to rebuild ours.

A good reputation and respect are worth much more than silver and gold. Never let loyalty and kindness leave you! Tie them around your neck as a reminder. Write them deep within your heart. Then you will find favor with both God and people, and you will earn a good reputation. Always let others see you behaving properly, even though they may still accuse you of doing wrong. Then on the day of judgment, they will honor God by telling the good things they saw you do. (Proverbs 22:1 CEV, Proverbs 3:3-4 NLT, 1 Peter 2:12 CEV)

The list of good choices that are foundational to good character are clearly laid out in the above Bible verses: be loyal; be kind; behave properly, do good. Rebuilding our reputation is about letting God remove our character defects and inviting Him to help us develop positive character qualities while remaining humble. There is nothing we have done that we cannot learn from. When we have blown another's trust many times, it may take time for them to trust us again. However, when change is evident over time, many of us have experienced that people do come around and respond with kindness.

Jesus came to earth to die a sinner's death on the cross and laid down His good reputation in order that we might receive forgiveness and a new life in recovery with God. He sacrificed everything for us. As tough as it may seem to rebuild our reputation, God is all powerful and will help us do that.

Prayer: Heavenly Father, Jesus came to earth and gave up His good reputation so I could have a new life. Empowered by Your Holy Spirit, help me to do the work required to build a new reputation and be a person who has favour with You and with others. One choice at a time, help me to honour You with my thoughts, words, and actions. Amen

A good reputation and respect are worth much more than silver and gold.

***Proverbs 22:1
CEV***

WEDNESDAY, NOVEMBER 10, 2021

WISDOM FOR THE JOURNEY: STOP ARGUING

Why do people argue? Apparently there are lots of reasons. Sometimes we argue because we want our own way; or we want to hang on to things as we've known them; or we want the sense of power that comes from winning; or maybe we are simply arguing because we are tired or don't understand what the other person is trying to say. Whatever the reason, when we find ourselves arguing, it's best to take a step back and think about what is going on.

Again I say, don't get involved in foolish, ignorant arguments that only start fights. A servant of the Lord must not quarrel but must be kind to everyone, be able to teach, and be patient with difficult people. (2 Timothy 2:23-24 NLT)

“Arguments drag out because one is too stubborn to forgive and the other is too proud to apologize.”

Wayne Dyer

It's one thing to respectfully debate a particular issue in a genuine search for truth. We can question one another, and go back and forth with thoughts and facts that speak to both points of view on the topic in question. However, when we move into that place where we are trying to get people to agree with us, or simply win the argument, then nothing very useful is going to come out of the discussion and we would do well to step away.

The start of an argument is like a small leak in a dam. Stop it before a big fight breaks out. A troublemaker loves to start arguments. Anyone who likes to brag is asking for trouble. (Proverbs 17:14, 19 ERV)

We often say things in the heat of an argument that we wish we hadn't. The same is likely true of the other person in the argument and we need to offer grace and understanding to them. Motivation speaker Wayne Dyer says it well: *“Arguments drag out because one is too stubborn to forgive and the other is too proud to apologize.”*

Forgive someone, and you will strengthen your friendship. Keep reminding them, and you will destroy it. (Proverbs 17:9 ERV)

Prayer: Heavenly Father, help me to be a seeker of truth and reconciliation rather than simply wanting to win an argument. Give me the strength and grace to respond with kindness and respect when a conversation gets divisive, and not be too proud to do what is right. Amen

THURSDAY, NOVEMBER 11, 2021

REMEMBER GOD'S HELP IN TIME OF TROUBLE

As we remember service men and women who served our nation in times of war and other national troubles, it's good to be mindful of words from the Bible that prompt us to remember God's help in our time of need. Many veterans, who found themselves in fox holes on the frontlines, came to know how important it was that God was with them in ways that never would have been as evident to them had they been safe at home.

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)

In the Bible we read of people who experienced hurtful circumstances and trauma but remained faithful to God. They brought their circumstances 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 and will do what He has promised. They were willing to 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 help us through each day. On our own, we know we are powerless. We know the problems we face are greater than the strength we have. Our hope is in God alone for victory over our dependencies.

As people gather across our nation on this Remembrance Day, let's give thanks for the military men and woman who serve our country and keep our land safe from those who would seek to oppress our nation. Let's also give thanks for God's strength and goodness which brings peace to each of us in body, mind, and spirit.

Prayer: Heavenly Father, I give thanks for Your help in war time and in challenging times. As I learn to trust you for victory over the oppression of my addiction, keep me aware of Your presence ever with me. I pray for lasting peace in both my country and in my soul. Amen

We know the problems we face are greater than the strength we have. Our hope is in God alone for victory over our dependencies.

FRIDAY, NOVEMBER 12, 2021

SURRENDER TO YOUR WILL

As we begin to follow God's principles in all our affairs, we may have questions about the future and how God is going to work everything together for our good and His glory. God has unlimited power to help us leave behind the things we are in bondage to, and which hinder our life and relationship with Him. Our part is to trust God and persevere through the obstacles we may encounter on our journey.

Commit your life to the Lord. Here is what he will do if you trust in him. He will make the reward for your godly life shine like the dawn. He will make the proof of your honest life shine like the sun at noon. (Psalm 37:5-6 NIRV)

Getting to know the richness of God's love for us will help us trust Him and surrender to His will.

Will God make all things right if we surrender to Him? Are we willing to trust God with our future? Asking questions like these is part of our decision-making process. In order to trust God, we need to know Him and know that He is trustworthy. Reading the Bible will give us knowledge of the character of God and how He acts on behalf of those who trust in Him. If we have decided to trust Him, are we committed to obeying the guidance that God gives us through His word and in answer to our prayers?

God is not a man; he will not lie. God is not a human being; his decisions will not change. If he says he will do something, then he will do it. If he makes a promise, then he will do what he promised. (Numbers 23:19 ERV)

Getting to know the richness of God's love for us will help us trust Him and surrender to His will. Jesus knew of our Heavenly Father's love for us, and because of that great love, He was willing to come to earth to die for our sins. Jesus did not come to judge us but to save us. Are we willing to trust and surrender our will to this God of infinite love and mercy?

Prayer: Heavenly Father, I want to improve my conscious contact with You and get to know You and Your will for my life. Please give me the will and desire to rely on You for the power to change and to bring my thoughts and actions into obedience with Your word. Amen

SATURDAY, NOVEMBER 13, 2021

SUFFERING FOR DOING THE RIGHT THING

Living with God in recovery often presents difficult challenges such as: waiting for something we feel desperately in need of right now; not retaliating with anger when someone offends us; living with less when we could scam our way into having more; and facing the consequences of revealing a difficult truth. In spite of the immediate pain we may feel, God promises that we will be blessed when we make the right choice and do the next right thing.

Blessed are those who suffer for doing what is right. The kingdom of heaven belongs to them. (Matthew 5:10 NIRV)

The greatest example for us to follow is Jesus. He did no wrong and therefore did not deserve punishment and death. Yet, to pay the penalty for our sins, Jesus was willing to be nailed to a cross and die there. While He was suffering on that cross many who watched, or passed by, made fun of Him. Jesus knew that His Father's plan for Him was to offer up His life so those made in God's image could be forgiven for their sins and restored to eternal life with their Heavenly Father. So, despite the false evidence spoken against Him, the suffering, and the mocking, Jesus willingly remained on the cross and died for the sins of the whole world.

Those who passed by shouted at Jesus and made fun of him. They shook their heads. In the same way the chief priests, the teachers of the law and the elders made fun of him. "He saved others," they said. "But he can't save himself! He's the king of Israel! Let him come down now from the cross! Then we will believe in him. In the same way the rebels who were being crucified with Jesus also made fun of him. (Matthew 27:39, 41-42, 44 NIRV)

You and I will never have to suffer to the degree that Jesus did. When we are inconvenienced and a bit unpopular because we choose to do things God's way rather than the world's way, it's good to remember that God knows best. Because of His obedience, Jesus was later raised up with glory and honour. You and I will also be blessed by God as we persevere in doing what is right.

Prayer: Heavenly Father, Suffering is never easy to endure. Help me to choose what is right rather than what is convenient. Help me to honour You in all my ways rather than simply going along with the crowd. Amen

***Living with
God in
recovery
often
presents
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SUNDAY, NOVEMBER 14, 2021

WHAT KIND OF GOD DO WE COME TO?

The writer of today's Psalm is putting his faith in a righteous and faithful God, and He asks Him to listen to his cry for help. He acknowledges that God is a moral judge and asks for mercy, declaring that no one is innocent of sin before Him. When we came to God for help, did we know that He is gracious and compassionate, and slow to anger, and rich in love? Many of us did not know these things about God but what we did know was that we were powerless over our dependency and our lives had become unmanageable. In our despair we called out to God and asked Him to help us.

Hear my prayer, O Lord; listen to my plea! Answer me because you are faithful and righteous. Don't put your servant on trial, for no one is innocent before you. My enemy has chased me. He has knocked me to the ground and forces me to live in darkness like those in the grave. I am losing all hope; I am paralyzed with fear. I remember the days of old. I ponder all your great works and think about what you have done. I lift my hands to you in prayer. I thirst for you as parched land thirsts for rain. (Psalm 143:1-6 NLT)

Like the writer of the Psalm, we also have faced an enemy who knocked us to the ground and forced us to live in the darkness of our chaotic life. Each day was the same as the one before and all our energy was consumed by meeting the demands of our dependency. We were paralyzed by fear and losing all hope of ever having a purposeful life.

***I lift my
hands to
you in
prayer. I
thirst for
you as
parched
land thirsts
for rain.***

Psalm 143:6 NLT

When we cried out to God, we were unsure if He heard us. However, God is faithful to His Word and is continually searching the earth to show Himself strong on behalf of those whose hearts are turned toward Him. God did answer our prayer, had mercy on us, and invited us to give our will and life over to His care. Now through prayer and meditation on the Scriptures we are understanding more and more about this amazing God who knew us before we were even formed in our mother's womb.

Prayer: Heavenly Father, I ponder Your great works and think about all that You have done and continue to do for me. I am thankful that You are a forgiving God who is slow to anger and rich in love for me and all who call on Your name. Amen

MONDAY, NOVEMBER 15, 2021

COMPLETE IN THE IMAGE OF GOD

Before anyone gives their will and life over to the care of God, the Scriptures tell us they are dead in their trespasses and sins. That means for them no relationship with God or understanding of His nature exists. At one time that was each one of us! We lived our lives incomplete and unaware of the God in whose image we are made. God, however, knew us before we were even born and in His abundant mercy pursued us with His love. When we responded we discovered that God, through Jesus, had already made a way for us to be restored to His image and nature in which we are complete.

When you were stuck in your old sin-dead life, you were incapable of responding to God. God brought you alive—right along with Christ! Think of it! All sins forgiven, the slate wiped clean, that old arrest warrant canceled and nailed to Christ's Cross. (Colossians 2:13-14 MSG)

When we accepted Jesus as our Saviour, we left our old self behind and started to walk in the path of recovery. We no longer walked alone for God gave us His Holy Spirit to guide us to the knowledge of all truth. Through prayer and meditation on the Scriptures we are getting to know this God of grace and holiness and He will prompt us to do what is right and good.

My assumption is that you have paid careful attention to him, been well instructed in the truth precisely as we have it in Jesus. Since, then, we do not have the excuse of ignorance, everything—and I do mean everything—connected with that old way of life has to go. It's rotten through and through. Get rid of it! And then take on an entirely new way of life—a God-fashioned life, a life renewed from the inside and working itself into your conduct as God accurately reproduces his character in you. (Ephesians 4:20b-24 MSG)

Our old self may rebel against our new self but, through determination and perseverance to follow the way of truth, we will be armed and strengthened to stand against sin, fleshly yearnings, and the devil. The truth is, Jesus has already won the battle on our behalf. In Jesus, we are complete.

Prayer: Heavenly Father, Thank You for loving me, and through Jesus, restoring Your image and nature in me. Amen

***God, through
Jesus, has
already made
a way for us to
be restored to
His image and
nature in which
we are
complete.***

TUESDAY, NOVEMBER 16, 2021

USELESSNESS AND SELF-PITY DISAPPEAR

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

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

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

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

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

John 15:16a NLT

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

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

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

WEDNESDAY, NOVEMBER 17, 2021

IMPATIENCE

For some of us, a lifestyle in addiction grew out of our frustration with negative events in our life. The absence of another's care for our well-being made us feel vulnerable in our social life and in our community. We became impatient and rebellious because of the way we were treated, and when things were not as we would have them, we either stuffed our feelings or became angry and exploded.

Don't say, "I'll get even with you for the wrong you did to me!" Wait for the Lord, and he will make things right for you. (Proverbs 20:22 NIRV)

When we gave our will and life over to the care of God, we learned that God loved us so much that He gave His son Jesus to pay the debt we deserved for our sin. Our relationship with God was restored and we were adopted as His beloved children. The Bible tells us that God is love, and that love is patient and kind. As we experience the undeserved love of God for us, we will repent and get rid of all the bitterness and resentment that is fueling our impatience with those around us.

We get our new life from the Spirit, so we should follow the Spirit. We must not feel proud and boast about ourselves. We must not cause trouble for each other or be jealous of each other. (Galatians 5:25-26 ERV)

Pride also fuels our impatience. We think others should respect us as we believe we deserve, and yet we often do not treat others with the respect they deserve. We get impatient with those who are seeking to help us when they do not meet the time schedule we have determined. We get impatient when God does not immediately answer our prayers and begin to obsess on going back to our old ways. We stress and complain because we consider our needs are more important than the needs of anyone else.

God has a plan for us that is meaningful, purposeful and joyful. Let's get rid of our impatience and trust that God's timing is perfect, and that He will do for us, and through us, those things He has planned.

Prayer: Loving God, Forgive my impatience with people and events. Help me to see You at work in my life to fulfill those good and perfect plans You have for me. Amen

A patient person is very smart. A quick-tempered person makes stupid mistakes.

***Proverbs 14:29
ERV***

THURSDAY, NOVEMBER 18, 2021

BEING SENSITIVE TO OTHERS

In the Bible we read that Jesus was repeatedly sensitive to people and what they were going through, and He reached out to them with mercy and compassion. Recovering the life God intends us to live includes learning how to move from being overly sensitive about our own needs to becoming more aware of what others are going through, and truly caring for them.

Don't be jealous or proud but be humble and consider others more important than yourselves. Care about them as much as you care about yourselves. (Philippians 2:3-4 CEV)

Jesus was repeatedly sensitive to people and what they were going through, and He reached out to them with mercy and compassion.

It's important to be sensitive about what we say, when we say it, and how we say it. We need to learn to be honest but compassionate to those we are speaking with. This goes hand-in-hand with truth telling.

...Everyone should be quick to listen. But they should be slow to speak. They should be slow to get angry. ...Say only what will help to build others up and meet their needs. Then what you say will help those who listen. (James 1:19, Ephesians 4:29 NIRV)

God's word instructs us to be careful about what we do and say, so we won't offend others. When we insensitively say and do "what we want when we want," we may harm those who are seeking to recover from hurtful situations.

You say, "I have the right to do anything." But not everything is helpful. Again you say, "I have the right to do anything." But not everything builds us up. No one should look out for their own interests. Instead, they should look out for the interests of others. (1 Corinthians 10:23-24 NIRV)

God desires that we have confidence in being the person He created us to be. He longs for us to get rid of feelings of inferiority which lead to us living oversensitively to the words and actions of others. God encourages us to stand strong in His love and acceptance.

Prayer: Heavenly Father, help me to speak and behave with wisdom and compassion. Help me to be gentle and kind in all my dealings with others. Amen

FRIDAY, NOVEMBER 19, 2021

EXPRESSING APPRECIATION

We are lifting others up and valuing their kindness when we tell them how much we appreciate their support. Being thankful for what they do for us will help strengthen our relationship and work towards ongoing co-operation. When we encourage others, it has the positive effect of also building ourselves up.

It is good to praise the Lord. God Most High, it is good to praise your name. It is good to sing about your love in the morning and about your faithfulness at night. Lord, you make us very happy because of what you did. I gladly sing about it. (Psalm 92:1-2, 4 ERV)

Expressing appreciation begins with our relationship with God. All we are and have comes from Him. The day before us is a fresh opportunity to experience all the good things God has planned for us. Beginning the day in God's presence, remembering His love and forgiveness and His promises to us, is a strong foundation on which to build a successful day. As we focus on God rather than ourselves, it puts us in an enlightened mindset and encourages us to continually seek Him for guidance.

We also know that being with others in this life is better than being alone. How much do we appreciate someone who notices what we do and compliments and thanks us for our time and effort? Most of us find appreciation from others very heart-warming and inspiring. One of the most valued gifts we can give someone is to take time to be aware of what they do for us, or on behalf of others, and let them know how much their efforts are appreciated.

Love each other in a way that makes you feel close like brothers and sisters. And give each other more honor than you give yourself. Recognize the value of those who work hard among you—those who, as followers of the Lord, care for you and tell you how to live. Show them the highest respect and love because of the work they do. (Romans 12:10, 1 Thessalonians 5:12-13 ERV)

Prayer: Heavenly Father, Thank you for today and for the people who walk alongside me. Help me to have eyes to see and a heart to appreciate all that You do for me. Help me also to express my appreciation for others by often saying "Thank You" to them for their help. Amen

***We are
lifting
others up
and valuing
their
kindness
when we
tell them
how much
we
appreciate
their
support.***

SATURDAY, NOVEMBER 20, 2021

STEP TEN - REPROGRAMMING OUR THOUGHTS FOR GROWTH

Step 10 advises us to continue to take personal inventory and, when we are wrong, promptly admit it. All of us have character defects which are clearly observed by others but not so much by ourselves. These may be familiar habits or personality traits that have not been corrected since we gave our will and life over to the care of God. The God we serve is a Holy God and He desires that we obey His Word as we serve Him and others.

You were getting along so well. Who has interfered with you to hold you back from following the truth? For God is at work within you, helping you want to obey him, and then helping you do what he wants. (Galatians 5:7; Philippians 2:13 TLB)

***Reprogramming
our minds may
be challenging
at first because
some of our
thinking is
hidden in the
comfort of the
half-truths that
we believe.***

God says we are to get rid of those things that hold us back from following the truth of His Word. If we want to get our body in shape, we go to a physical fitness gym. The initial physical workouts will be painful as we stretch muscles and tendons that have not been stretched for a while. If we want to get our spirit and soul in shape, we need to read the Bible and learn what God says we are to do. By learning and obeying these principles our minds will be transformed, and we will experience a freshness in all we think and do. Reprogramming our minds may be challenging at first because some of our thinking is hidden in the comfort of the half-truths that we believe. However, when we know the truth, the truth will set us free.

May kindness and peace be yours from Jesus Christ, the faithful witness. Jesus was the first to conquer death, and he is the ruler of all earthly kings. Christ loves us, and by his blood he set us free from our sins. (Revelation 1:5 CEV)

A daily inventory will help us assess if our actions have been guided by the wisdom of God's principles. As we see positive results from an obedient response to God's Word, we will develop a deep reverence for God and His ways.

Prayer: Heavenly Father, Help me to continue to take daily personal inventory and when I am wrong, promptly admit it. Give me wisdom in Your Word so that I may obey Your principles in all my affairs. Amen

SUNDAY, NOVEMBER 21, 2021

RICH AND POOR ALIKE

The writer of the following Psalm starts by calling everyone to listen to what he has to say. He says he has words of wisdom to share and insight to give. It would appear the writer is addressing one of life's baffling problems. This problem affects both rich and poor alike.

Listen, everyone! High and low, rich and poor, all around the world—listen to my words, for they are wise and filled with insight. I will tell in song accompanied by harps the answer to one of life's most perplexing problems: There is no need to fear when times of trouble come, even though surrounded by enemies! They trust in their wealth and boast about how rich they are, yet not one of them, though rich as kings, can ransom his own brother from the penalty of sin! For God's forgiveness does not come that way. (Psalm 49:1-7 TLB)

Being rich or poor does not make a difference when trouble comes to a person or a nation. The restrictions implemented worldwide due to Covid-19 applied to everyone and for a time, no one could travel for pleasure outside of the area where they lived. The person writing this Psalm wants to calm those he is addressing by telling them there is no need to fear when times of trouble come. Those of us who have given our will and life over to the care of God need to take note of this. When fear arises within us, from whatever source, we need to take it to God and allow Him to help us in our time of trouble.

The writer continues by saying that even a rich king is unable to ransom his own brother from the penalty of sin. God's forgiveness does not come that way. The Scriptures tell us the penalty of sin is death. To pay the required penalty, Jesus paid with His life and God accepted forever this one sacrifice for sin. Whether rich or poor we cannot buy forgiveness for sin, only belief in the finished work of Jesus is sufficient to wipe out the debt we owe.

Prayer: Heavenly Father, I thank You for Jesus and all He has done for me. Forgive my arrogance in thinking there may be a different way to obtain forgiveness than the way of the cross. Please help me to humble myself and accept Your gracious gift. Amen

Being rich or poor does not make a difference when trouble comes to a person or a nation.

MONDAY, NOVEMBER 22, 2021

THE POWER THAT BRINGS HEALING

After we courageously admitted that our lives were unmanageable, we then came to believe that we needed a power greater than ourselves to restore us to sanity. People around us began to talk about this God who desired to care for us and we were amazed that He would even take time to notice us let alone care for us. In the past we avoided anything to do with God and only used His name in anger or to blaspheme anything or anyone who got in our way. But, even in our rebellion, God was looking down on us with loving kindness and tender mercy for He saw us as wandering sheep without a shepherd.

Jesus saw the many people and felt sorry for them because they were worried and helpless—like sheep without a shepherd to lead them. But I was the one who taught Ephraim to walk. I took the Israelites in my arms. I healed them, but they don't know that. I led them with ropes, but they were ropes of love. I was like a person who set them free. I bent down and fed them. (Matthew 9:36; Hosea 11:3-4 ERV)

When we accept Jesus as our Saviour, we have all of heaven's power to bring healing and restoration to our lives.

God will never overrule our will for He freely gave it to us when He made us in His image. God waits for us to come to Him and when we do, He shows us compassion and tender mercy. When we accept Jesus as our Saviour, we have all of heaven's power to bring healing and restoration to our lives. We may have come from turbulent times, but God will bring peace to our lives as we seek to know His will for us and the power to carry it out.

"I have seen their way of life, but I will heal them. I will guide and comfort them and those who mourn for them. I will teach them a new word: peace. I will give peace to those who are near and to those who are far away. I will heal them." ***The Lord himself said this.*** (Isaiah 57:18-19 ERV)

As we repent of our former ways, seek God, and commit to practicing His principles in all our affairs, God will pardon our sins and bring peace and healing to those places within us where trauma and pain exist.

Prayer: Heavenly Father, Thank You for remembering me even when I did not know You or Your ways. Today, I ask You to bring peace and healing to my body, mind and spirit. Amen

TUESDAY, NOVEMBER 23, 2021

SLOW AND STEADY

Most of us have heard the tale of the race between a rabbit and a turtle. The rabbit was so sure he would have no trouble winning that he got distracted. The turtle, on the other hand, just put his head down, and one slow step at a time steadily moved forward. It was the turtle, not the rabbit who won the race.

Steady plodding brings prosperity; hasty speculation brings poverty. (Proverbs 21:5 TLB)

We hear all kinds of talk in meetings, treatment programs, and in families, as people start on a journey of change. Often those who “talk big” are those who “fail big.” We should not be distracted or get discouraged by what others say or do. God accepts us for who we are and where we are on our journey. He knows all about us and what needs healing and restoring.

Let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. (Ephesians 4:23-24 NLT)

Everyone’s journey is different. Each of us needs to be faithful to read the Bible each day and listen to what God says. We need to prayerfully bring our circumstances before God, seek His advice and then act accordingly. Small choices today have a huge impact going forward. God knows how tough the journey is going to be in this season and He will give us what we need for today and prepare us for what lies ahead. God is taking us through the transformation process at just the right pace, a pace that is individually suited to us. With God’s guidance, we will have the strength we need for the whole journey.

The Lord isn’t really being slow about his promise, as some people think. No, he is being patient for your sake. He does not want anyone to be destroyed but wants everyone to repent. (2 Peter 3:9 NLT)

Prayer: Heavenly Father, I’m so glad You know me. You know my weaknesses and my strengths. You know my past and my future. You are the only one who can help me walk forward at a safe and steady pace. I surrender to Your plan and Your timing. Help me to grow in faithfulness and trust. Help me to be patient and peaceful on my journey with You. Amen

Small choices today have a huge impact going forward.

WEDNESDAY, NOVEMBER 24, 2021

WISDOM FOR THE JOURNEY: TRY TO DO GOOD

One of the central pillars of the recovery world is the sharing of each person’s experience, strength, and hope. We’re not perfect people. We don’t always get it right, but we are willing to learn. We hear the following encouraging words at every AA meeting when someone reads, “How It Works.”

No one among us have been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides in progress. We claim spiritual progress rather than spiritual perfection. (pg 60 The Big Book)

Whoever stops living right will be punished. Whoever hates to be corrected will be destroyed.

The Lord hates the way evil people live, but he loves those who try to do good. (Proverbs 15:9 ERV)

God hates the way evil people live because it harms both themselves and others. He loves those of us who try to do His will in all our affairs, not because we are perfect, but because we seek to do what is right by getting rid of all our character defects, making amends in our relationship with God and others, and giving our best effort in all that we do each day. What is our desire for this day? We may make mistakes, but are we truly hoping for our new way of life with God in recovery to succeed? Are we willing to stand up again after a fall, or do we just give up?

Proverbs 15:10
ERV

Some of the most encouraging people to listen to are those who have relapsed many times but who never gave up and now have strung together a significant number of days, weeks, or even years of sobriety.

The lips of the wise give good advice; the heart of a fool has none to give. (Proverbs 15:7 NLT)

God wants to increase our understanding of how life works. We affirm that in the words of Step 2, when we speak of God restoring us to sanity, and in Step 11, when we pray for knowledge of God’s will and the power to carry it out. Let’s do our best today to learn from God, from others, and from our own experience.

Prayer: Heavenly Father, I want to get to know You and Your will for my life. Help me to be faithful to Your ways and to practice Your principles in all my affairs. Amen

THURSDAY, NOVEMBER 25, 2021

A SAFE TRUTH

Dishonesty is a tool we use to protect ourselves from the shame and guilt we feel when challenging moments arise. We used it a lot in addiction so we were able to do whatever we needed to do to continue our messy lifestyle and get what we needed. Addicts lie to themselves and others all the time. They tell themselves they have things under control when they do not. They minimize the problems they are causing. They simply hide from uncomfortable truth.

The reality is, when we come into recovery and start telling the truth, we realize what a huge weight has been lifted off our shoulders. We are often surprised by the light-hearted freedom we can now experience. God is pleased with us and His blessing settles in our hearts. Telling the truth is a wonderful new way to experience life.

The Lord hates people who tell lies, but he is pleased with those who tell the truth. (Proverbs 12:22 ERV)

Stress levels are reduced significantly when we tell the truth. We never have to worry about covering for untruthful stories we have told or the lingering reaction of people around us over something unpleasant we have said or done to avoid their questions. We can be ourselves and allow others to do the same. Dishonesty contributes to isolation and loneliness because no matter how much we convince others with our lies, deep down we know we have lied, and we hate ourselves for our ongoing dishonesty.

If you are good, you are guided by honesty. People who can't be trusted are destroyed by their own dishonesty. (Proverbs 11:3 GNT)

The Bible promises that the truth will keep us safe. There may be momentary discomfort if the truth we need to admit is unpleasant, but the long-term benefit of this groundwork will allow us to live with peace of mind and heart.

Honesty will keep you safe, but everyone who is crooked will suddenly fall. (Proverbs 28:18 CEV)

Prayer: Gracious God, please lead me by your truth and teach me, for you are the God who saves me. All day long I put my hope in you. Amen (Psalm 25:5 NLT)

Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds.

***Colossians 3:9
NLT***

FRIDAY, NOVEMBER 26, 2021

HIDING BEHIND THE LIES

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

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

Are we willing to learn about the truth of God's principles as recorded in the Bible and apply these truths in all our affairs?

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

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

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

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

SATURDAY, NOVEMBER 27, 2021

ESCAPING GREED'S TRAP

Greed is that intense feeling inside us that always has us "grasping for more." It is just one item on a long list of things that make us foolish before God and vulnerable to trouble in this life.

Adultery, greed, hate and cheating come from a person's heart too. So do desires that are not pure, and wanting what belongs to others. And so do telling lies about others and being proud and being foolish. (Mark 7:22 NIRV)

In some countries when people want to trap monkeys, they set a simple trap. They prepare a small box or coconut shell and put a tasty nut inside. The hole in the container is just large enough for the monkey to put its hand inside but too small for the monkey to get its hand out when its fist is clenched. The monkey will not let go of the nut in its clenched fist and so is easily captured. Too often we are greedy for something that is leading us into captivity and our unwillingness to let it go keeps us from being free.

We are greedy when we want more than what we really need, whether it is power or money or toys or even everyday things like food. It's the character defect behind the feeling we give credibility to when we say, "It's never enough." We don't have to be trying to earn our second billion dollars to be greedy. Too often we are just living with a misplaced focus on how to live securely.

They have lost all feeling for what is right. So they have given themselves over to all kinds of evil pleasures. They take part in every kind of unclean act. And they are full of greed. This is what happens to those who are greedy. Whatever they get destroys them. Doing right sets honest people free, but people who can't be trusted are trapped by their greed. (Ephesians 4:19 NIRV, Proverbs 1:19, 11:6 ERV)

God promises to provide all we need so we can live well and do wonderful things.

Some people are greedy and never have enough. Good people are generous and have plenty. (Proverbs 21:26 ERV)

Prayer: Heavenly Father, forgive me for the times I so easily slip into greed. Help me to live life based on Your principles rather than on what I hear and see around me. You promise to supply all my needs and I place my trust in You to do that today, and every day. Amen

***God
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things.***

SUNDAY, NOVEMBER 28, 2021

FACE TO FACE WITH THE STATE OF OUR HEART

The following words from a Psalm by King David were written after he had allowed his lust for a woman to lead him down the path of sexual immorality and murder. It would appear David is asking for sacrificial blood to be sprinkled on himself, so that he might be made clean before his God.

Sprinkle me with hyssop, then I will be clean. Wash me, then I will be whiter than snow. Let me hear you say, "Your sins are forgiven." That will bring me joy and gladness. Let the body you have broken be glad. Take away all my sins. Wipe away all the evil things I've done. God, create a pure heart in me. Give me a new spirit that is faithful to you. Don't send me away from you. Don't take your Holy Spirit away from me. Give me back the joy that comes from being saved by you. Give me a spirit that obeys you so that I will keep going. (Psalm 51:7-12 NIRV)

***Take
away all
my sins.
Wipe
away all
the evil
things
I've done.
God,
create a
pure
heart in
me.***

***Psalm 51:9-10
NIRV***

King David did not acknowledge what he had done until he was confronted by the prophet Nathan. Like us, he just kept going until he was brought face to face with the state of his own heart. When making a searching and fearless moral inventory of ourselves, many of us are horrified by the things we have done. Who or what brought us to that place where we admitted we were powerless over our dependencies and our lives were unmanageable?

Like King David, did we call out to God to wipe away all the evil things we have done? In His mercy, God waits for us to turn from sin and turn our will and life over to His care. David asked to be given a new spirit that was faithful to God, so that he could have the joy that comes from being saved by God. When we repent and give our lives over to the care of God, He gives us His Holy Spirit to be with us, and to live in us. The Holy Spirit teaches us God's ways and strengthens us to be faithful to God's principles. With the Holy Spirit working in us, we will have the power that is greater than ourselves to obey God and keep us going forward in our new life in recovery.

Prayer: Loving God, I pray for the knowledge of Your will for my new life and the Power to carry it out. I praise and thank You that, as I move forward in recovery, I can rely on Your Holy Spirit to guide me and help me obey Your principles in all my affairs. Amen

MONDAY, NOVEMBER 29, 2021

FIRING THE COMMITTEE IN MY HEAD

We've all done things we are not proud of. Some of us feel like we've done more wrongs than others or have been doing wrong much longer than others. Shame is an overwhelming emotion that the evil one encourages us to wallow in. The voices of shame are relentless in their accusation against us. The committee in our head starts up as soon as we wake up and doesn't shut up until we manage to get to sleep again. When we put God in charge one of the first things He is happy to do is fire the committee in our head.

But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. (Ephesians 2:4-5 NIV)

God has given us a new start in life because He loves us. He's been waiting for us to turn away from our destructive habits and bad attitude, and when we turn to Him for forgiveness and saving, He's eager to get on with the job. He knows we've been a wreck. As the verse says, we were "dead in our transgressions." But, God's grace is greater than our sin – by far!!

I have been crucified with Christ. I don't live any longer, but Christ lives in me. Now I live my life in my body by faith in the Son of God. He loved me and gave himself for me. (Galatians 2:20 NIRV)

When God says we are saved, we are saved. When God forgives, we are forgiven. When God heals, we are made completely whole. It's not something we have to produce in ourselves, it is God's gift to us. The greater the wreck we are, the more brilliantly God's love will shine on us and through us, now that we have been saved by His amazing grace.

So, the next time the committee in our head tries to speak, we get to hold our head high and turn off the noise by saying, "Because of God's great love for me, I've been made alive in Christ. I'm washed clean. I'm a brand new person. That old me is gone and this new me is the beloved son/daughter of God."

Prayer: Lord Jesus, I am so grateful to live in Your love today and to hold my head high remembering that my old self is DEAD. I am a new person because of Your finished work on my behalf. Please help me live my new life in the joy of Your salvation. Amen

***It is by grace
you have been
saved, through
faith—and this
is not from
yourselves, it is
the gift of God***

Ephesians 2:8 NIV

TUESDAY, NOVEMBER 30, 2021

DON'T GIVE UP – HARD WORK PAYS OFF IN THE END

Growing and being renewed day by day is part of our physical, emotional, and spiritual life. God has provided help for us in the Bible, including principles we can learn that will strengthen us to move forward, and give us hope for the future.

Do all you can to add to your life these things: to your faith add goodness; to your goodness add knowledge; to your knowledge add self-control; to your self-control add patience; to your patience add devotion to God; to your devotion add kindness toward your brothers and sisters in Christ, and to this kindness add love. (2 Peter 1:5-8 ERV)

The old saying, "Rome wasn't built in a day" is a principle that correctly applies to us in our recovery. One wound at a time, we are healed. We learn the lessons we need to learn one day at a time and, while we wish we could run miles ahead we may be plodding along on any given day. When it comes to the above list of ways we are meant to grow, there is a lifetime of lessons to be learned. God encourages us to add to what we practiced yesterday and invites us to focus on the part of the journey we are learning about today. We should not give up if we fail to practice everything we have learned, and we should not slow down and be lazy because we've already learnt some things.

It's encouraging that God tells us to, "***Do all you can...***" God knows us and knows what we are capable of doing in a day. His expectations are not unrealistic. We may feel stretched, but God will never expect more of us than what we can handle. God will always be near to us and will strengthen us as we grow in our love for Him and for others.

We must keep wanting what God wants even while we struggle to learn and grow in God's ways. God knows how to get us to the finish line.

God began a good work in you. And I am sure that he will carry it on until it is completed. That will be on the day Christ Jesus returns. (Philippians 1:6 NIRV)

Prayer: Loving God, Thank You for guiding me each day on my path to new life and for strengthening me to add qualities of life that are pleasing to You. Amen

***So let's not get
tired of doing
what is good.
At just the
right time we
will reap a
harvest of
blessing if we
don't give up***

Galatians 6:9 NLT

NOTES

How To Enjoy New Life With God In Recovery

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

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

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

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

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

SOME AREAS OF ADDICTION AND DEPENDENCY

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

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

PRAYER FOR HEALING AND RESTORATION

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

JUST FOR TODAY

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

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

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

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

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

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

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

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

***For we are God's masterpiece. He has created us anew in Christ Jesus,
so we can do the good things he planned for us long ago. Ephesians 2:10 NLT***