

LIFE WITH GOD IN RECOVERY

# Daily Meditations



OCTOBER 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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# LIFE WITH GOD IN RECOVERY

## Daily Meditations

OCTOBER 2021

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### ACKNOWLEDGEMENTS

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**VOLUME 06, NUMBER 10**

FRIDAY, OCTOBER 1, 2021

## HOPING TOGETHER

There is an account in the Bible of ten men who were lepers. They were from different areas of the country and normally would not have associated with one another because of cultural prejudice. Somehow, they must have heard of Jesus healing a leper and that gave them hope that Jesus might also heal them. They gathered at a place where they thought they would see Jesus passing by on his way to Jerusalem.

***Lord, you hear the desires of those who are hurting. You cheer them up and give them hope. You listen to their cries.*** (Psalm 10:17 NIRV)

Often in our addictive lifestyle we gathered with people who were in the same position as we were. We lost all hope of recovering from the dependency that kept us in bondage, so we chose an existence with those who were just like us. Maybe at some point we heard about someone who had given their will and life over to the care of God and managed to turn their life around, and it gave us hope that perhaps we could do the same. If we have hope, perhaps it is time to get to a place where we can meet with Jesus.

***I love those who love me; And those who diligently seek me will find me.*** (Proverbs 8:17 NASB)

In the account of what happened to the lepers, Jesus did not immediately heal them, He told them to go show themselves to the priests. On the way they were cleansed of the disease but only one of the ten returned to give thanks and praise to God for the healing. This one man, in returning to glorify God for his healing, received complete wholeness. The others, who were likely excited by their healing, continued on their way to the priests for confirmation of their healing.

***Jesus said, "Were not ten healed? Where are the nine? Can none be found to come back and give glory to God except this outsider?" Then he said to him, "Get up. On your way. Your faith has healed and saved you."*** (John 17:17-19 MSG)

***Prayer: Lord Jesus, I praise and thank You for giving me hope to live a sober life. I now ask You to cleanse, heal and restore me to wholeness in body, mind, and spirit. Amen***

***If we have hope, perhaps it is time to get to a place where we can meet with Jesus.***

SATURDAY, OCTOBER 2, 2021

## JUST FOR TODAY – LEARNING TO LET GO

*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.*

Holding on to anger and pain doesn't fix anything. Burying a grudge deep within and putting layers of blame on top of the hurt doesn't bring healing. Whether the irritation or the wound is recent or something we've held for a long time, perhaps today is the day to finally let go, so we can be joyful, optimistic and grateful.

***For everything there is a season ... A time to search and a time to quit searching. A time to keep and a time to throw away.*** (Ecclesiastes 3:1a, 6 NLT)

Our shame about things done in the past is often the greatest barrier to living joyfully today. Jesus paid with His life so we could have eternal life and freedom from guilt and shame through forgiveness of our sins. The devil seeks to keep us hiding in the darkness of unforgiveness so we will feel like damaged goods. It's time to let the past go into the cleansing river of God's unlimited forgiveness.

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

Admittedly, life isn't perfect and we may face circumstances and challenges that seem bigger than we can handle. Thankfully we can let our feelings of worry and fear point us to our need for God's help, which will surely be available when we ask for it. As many others have done in the past, let's get rid of everything that slows us down and causes us to fall. Let's notice the gifts we have in this day and let the rest go.

***We have all these great people around us as examples. Their lives tell us what faith means. So we, too, should run the race that is before us and never quit. We should remove from our lives anything that would slow us down and the sin that so often makes us fall.*** (Hebrews 12:1 ERV)

***Prayer: Heavenly Father, You know me, and You know all about my circumstances and the state of my heart. I bring it all before You and choose to let it go into Your cleansing river of forgiveness, so that I may have joy and peace in my life today and forevermore. Amen***

***It's time to let the past go into the cleansing river of God's unlimited forgiveness.***

SUNDAY, OCTOBER 3, 2021

## SUNDAY PSALM – LOOK UP AND LEARN

***Praise the Lord. Praise the Lord from the heavens. Praise him in the heavens above. Praise him, all his angels. Praise him, all his angels in heaven. Praise him, sun and moon. Praise him, all you shining stars. Praise him, you highest heavens. Praise him, you waters above the skies. Let all of them praise the name of the Lord, because at his command they were created. He established them for ever and ever. He gave them laws they will always have to obey.***  
(Psalm 148: 1-6 NIRV)

The person who wrote this Psalm was so amazed by all that he saw in the heavens above that he called out for everything to praise the Lord. Why should the heavens praise the Lord? The Psalmist says because they were created at God’s command and are established forever. Another incredible thing is that God gave them laws to follow which they will always obey. The earth orbits the sun, and the moon reflects the light of the sun. The stars light up the heavens.

The Bible indicates that there are three heavens and God resides in the highest one from where He rules over the heavens and the earth. Humans reside on earth surrounded by the atmospheric heaven. When humans send rockets and probes into space they move around in the stellar heaven. The elements in the heavens obey God’s laws and therefore we humans, animals, and fish are able to survive in the earth’s atmosphere.

***I know a man in Christ who was taken up to the third heaven. This happened 14 years ago. I don’t know if the man was in his body or out of his body, but God knows.*** (2 Corinthians 12:2 ERV)

God in His wisdom gave us a book containing His laws for life. It is called the Bible. He also put within humankind a moral code to live by. Can’t we assume that if we obey God’s laws our lives will be much better than if we try to manage things on our own? Who knows best, the creator or the created?

***Prayer: Loving God, You really are an amazing creator. Help me to be obedient to Your laws and live life to the full as You intended. Amen***

***Can’t we assume that if we obey God’s laws our lives will be much better than if we try to manage things on our own?***

MONDAY, OCTOBER 4, 2021

## SINCERITY

A sincere person is one who is honest, who doesn’t create false impressions, and who doesn’t operate with selfish motives. What you see is what you get. They do the right thing for the right reasons. They don’t have a hidden agenda.

***My words come from an upright heart; my lips sincerely speak what I know.***  
(Job 33:3 NIV)

The meaning of the word sincere comes from the ancient practice of pottery making. If rocks were not sifted out of the clay, pots would have defects and deceitful potters would fill the small holes with wax. Later, when the buyer heated the pot, the wax would melt, and the pot would leak. Good potters, whose clay was sifted, would write on their pots “sine cera” – without wax. Are we as genuine on the inside as we try to portray on the outside? God wants us to know who we are in relationship with Him and then live that out with truth and grace in our human relationships.

***Are we as genuine on the inside as we try to portray on the outside?***

***The goal of this command is love, which comes from a pure heart and a good conscience and a sincere faith.*** (1 Timothy 1:5 NIV)

We need to say what we mean and mean what we say without lies, or exaggeration, or evasiveness. We need to be honest about what we think or feel – expressing ourselves with respect and politeness for sure – but not thinking one thing and intentionally saying something else. To be sincere is to “walk the walk not just talk the talk.”

For us to live before God and others with sincerity of heart, we need to practice being honest in all our affairs and not merely seek to gain advantage for ourselves. When we are impressed with something that has been done right, we should give a compliment with sincerity. When we have done something wrong, we should take responsibility and apologize with sincere regret and a willingness to make things right. With God’s help, we can live as a person of sincerity today.

***Our conscience testifies that we have conducted ourselves in the world, and especially in our relations with you, with integrity and godly sincerity. We have done so, relying not on worldly wisdom but on God’s grace.*** (2 Corinthians 1:12 NIV)

***Prayer: Heavenly Father, Please work in me so that any character defects that would keep me from being sincere are brought to light and removed. Amen***

TUESDAY, OCTOBER 5, 2021

## OVERLY RESPONSIBLE

As we go forward in recovery we have come to realize that we are accountable for our actions, for the behaviour that has impacted our relationships, and for the problems we created while in bondage to our addiction. It has not been easy for us to identify and take responsibility for these things, but as we have done so, it has been liberating and life changing.

For some of us it's been a balancing act between taking responsibility for our part and being overly responsible for the actions of others that was beyond our control. While we may have had a part to play in making life difficult for others, their choices remain their responsibility. It is up to each person to identify their own issues and take any necessary action to resolve them. It is not our job to sort others out and fix their problems.

***The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring.*** (Isaiah 58:11 NLT)

It is important that we care and support others, assisting them when help is truly needed. We do a disservice to others when we continually do things for them that, with instruction, they could do for themselves. By being overly responsible we get in God's way because God uses all the circumstances of a person's life to draw them to Himself.

***People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy. A person without self-control is like a city with broken-down walls.*** (Proverbs 28:13, 25:28 NLT)

Boundaries help us live respectfully and safely in our relationships. When we define and maintain personal boundaries, they contribute to our peace. When we get a clearer picture of what it takes to live in healthy ways, God will be honoured by having first place in all our decision making and actions.

***Prayer: Heavenly Father, Help me to identify and live within healthy boundaries. I want to be supportive of others but avoid causing harm by getting in the way of Your work in their lives. Please help me to be both caring and wise each day. Amen***

***We do a disservice to others when we continually do things for them that, with instruction, they could do for themselves.***

WEDNESDAY, OCTOBER 6, 2021

## STEP SEVEN - COMING HUMBLY FOR GOD'S HELP

What does it mean to humbly ask God to remove our shortcomings? If we truly have come to that place where we want God to remove our shortcomings, then we will have given some thought to what they actually are. We will be mindful of the negative effect they have had on our lives and strongly desire to have them removed.

***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)

***When we think of our character shortcomings is there a sense of regret, or do we attempt to justify what we have done and perhaps continue to do?***

When we think of our character shortcomings is there a sense of regret, or do we attempt to justify what we have done and perhaps continue to do? To humbly ask God to remove our shortcomings reveals that we have become aware of how far we have strayed from the ways of God, and from being the person He created us to be. We are humbled by the price Jesus paid to set us free from our sin and make us right with God. We know that only by the power of the Holy Spirit living in us will we be able to live the purposeful life we have been given. We are truly humbled by the fact that God has promised to provide everything we need to live a life devoted to Him.

We will strengthen the new foundation we have laid in recovery by our daily admission that, without God we can do nothing. Obedience to God's word is the tried and true way to have victory over self-absorption. God does not want us to focus on our faults. He wants us to focus on getting to know His will for our lives as revealed in the Bible, and then put that knowledge into action.

***Prayer: Heavenly Father, I recognize the shortcomings in my character and humbly ask You to remove them. I receive Your forgiveness for my sins and look to You for rest for my soul. I surrender my fear and worries to You. I ask You to change my thinking and believing until I am totally secure in your love and goodness. I choose to embrace life on your terms. Amen***

THURSDAY, OCTOBER 7, 2021

## BUILDING CONFIDENCE FOR SUCCESSFUL RECOVERY

Moving forward in identifying character defects and allowing God to help us develop our true character is no easy process. Few of us are confident in our ability to succeed. We have too many examples of our trying and failing and if we are totally honest, we wonder if we will be able to maintain our sobriety at this time. Many of us slipped into addiction to cover up our lack of confidence and low self-esteem. It is no easy task to look ourselves in the mirror once again and believe that we can be something other than what we have become.

In His kindness, God affirms repeatedly in the Bible that there is a way forward for us and that He will be with us every step of the way supplying all that we need.

***The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you. (Psalm 32:8 NLT)***

God knows us better than we know ourselves. God knows that on our own we will fail but as we surrender our will and life to His care He will show us a new way. God will support us in each step we take and as we experience success our confidence will grow.

***This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. 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. (1 John 5:14, Hebrews 4:16 NIV)***

We are not aware of what we really need. Our understanding is too clouded by our pain and the destructive patterns of our life in addiction. God has never lost sight of the truth of who we are and what we need in order to succeed. If we remain close to God and let Him guide us on the pathway to peace, we can be confident of finding and living the wonderful life God has for us

***Prayer: Heavenly Father, I cannot do life on my own. We both know that. Help me to trust Your view of me and who You say I am. Help me to listen carefully to the voice of Your Spirit as He gives me urgings in my spirit and teaches me how to apply Your Word to my actions and circumstances. Give me the courage and humility to return to You again and again for help in my time of need. Amen***

***God will support us each step of the way and as we experience success, our confidence will grow.***

FRIDAY, OCTOBER 8, 2021

## MATURITY IN OUR RELATIONSHIPS

A lot of us would admit that we acted immaturely in our former relationships, and that we used and abused others so that we could get what we wanted when we wanted it. We have confessed and made amends to those we have harmed and now we need to think about how we can change our behaviour so that some of our former relationships can be restored and our new relationships can start off on a healthy foundation. The Bible is the best source for finding the information we need to renew our minds and change our behaviour.

***My friends, stop thinking like children. Think like mature people and be as innocent as tiny babies. (1 Corinthians 14:20 CEV)***

***My friends, stop thinking like children. Think like mature people and be as innocent as tiny babies.***

***1 Corinthians 14:20  
CEV***

Some of us have heard of the "Golden Rule" which is the principle of treating others as we would like others to treat us. In 1 Corinthians 13 in the Bible we are told that loving others is the most important thing and therefore we should not dishonour another person, or be self-seeking, or be rude, or easily angered while dealing with others. Our manner should not be proudful, envious, or boastful. We would like others to be like this when we are with them, so we should determine that our behaviour will also always reflect our love for them.

***How can a young person keep their life pure? By living according to your word. Help me understand how your rules direct me to live. (Psalm 119:9, 27a NIRV)***

Jesus tells us to love one another as He has loved us, so how can we show love and respect to another? We are patient and kind in our attitude; we forgive easily and do not keep a record of another's wrongdoing; we protect others and avoid causing them harm; we tell the truth; we encourage and build others up; we are supportive. As we mature in our ways of caring for others, we will be blessed by God and will be a blessing to others.

***Lord, you will show that I was right to trust you. Lord, your faithful love continues forever. You have done so much for us, so don't stop now. (Psalm 138:8 NIRV)***

***Prayer: Heavenly Father, As I improve my conscious contact with You, help me to understand Your Word and live according to Your ways in all my relationships. Amen***

SATURDAY, OCTOBER 9, 2021

## COPING STRATEGIES

When we turned our will and life over to the care of God, we started a life journey to live sober. We are not alone on this journey for God is always with us. However, we need to prepare ourselves for the battle that is to come. We are naive if we think the one who Jesus said wants to steal, kill and destroy us will just retreat and forget about us. The truth is Satan will do everything within his power to bring us back into bondage.

***God sent Christ to be our sacrifice. Christ offered his life's blood, so that by faith in him we could come to God. We are people of flesh and blood. That is why Jesus became one of us. He died to destroy the devil, who had power over death.*** (Romans 3:25a; Hebrews 2:14 CEV)

No army would go into battle without a strategy against the enemy. Similarly, we need to prepare a strategy for battle against our adversary. By His death, Jesus redeemed us from the power of sin. By His resurrection Jesus was victorious over him who had the power over evil and death. This is the truth we are to stand on when the enemy attempts to drag us back into bondage. Satan's strategy is always to twist the word of God and have us doubt its truth. We will have victory if we are willing to arm ourselves, as Jesus did, with the Sword of the Spirit, which is the Word of God.

***Put on the helmet of salvation. And take the sword of the Holy Spirit. The sword is God's word.*** (Ephesians 6:17 NIRV)

Satan makes our addiction appealing and we need to prepare for that. The battle for our souls is in our minds and the helmet of salvation protects our minds. When temptation comes, we need to call out to the Lord for help and then decisively stand firm on His word that Jesus sets us free.

***Lord, there isn't anyone like you. You help the weak against the strong. Lord our God, help us. We trust in you.*** (2 Chronicles 14:11b NIRV)

***Prayer: Heavenly Father, When temptation comes, help me to stand firm on the truth of Your word and continue to do the next right thing. Amen***

***When  
temptation  
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out to the  
Lord for help  
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SUNDAY, OCTOBER 10, 2021

## WHO CAN PAY THE PRICE?

While in addiction we often considered life, even our own, as pretty cheap. We are reminded today that our lives are precious to God. The life of God's beloved son was also precious to Him and yet He allowed Jesus to come to earth to pay the price for our sin so we could live in relationship with Him forever.

***No one can pay for the life of anyone else. No one can give God what that would cost. The price for a life is very high. No payment is ever enough. No one can pay enough to live forever and not rot in the grave. But God will save me from the place of the dead. He will certainly take me to himself.*** (Psalm 49:7-9, 15 NIRV)

***Our lives are  
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could live in  
relationship  
with Him  
forever.***

Our lives may have become unmanageable, but they are never worthless. God is willing to remove the burden of sin that we carry. That sin is killing us. Jesus paid the price for our sin. Jesus made a way. Jesus did what no earthly person could do, He lived a perfect life and became a perfect sacrifice for the sins of the whole world.

The Christmas story reminds us that Jesus was born as a baby. The virgin Mary was his mother, impregnated by the power of God's Holy Spirit, and God was His eternal Father. In a remarkable way, Jesus never stopped being one with His Heavenly Father. By coming to earth Jesus demonstrated God's love for each of us. He lived a perfect life. He died on a cross to pay the penalty for sin that was not His own. Jesus died to pay the price for our sin. He did not remain dead but was made alive again, proving the power of God over death, which is the penalty for sin. Jesus died for the eternal salvation of all who choose to obey God. That is how precious each of us are to God.

***When you sin, the pay you get is death, but God gives you the gift of eternal life. That's because of what Christ Jesus our Lord has done. You were set free from an empty way of life ... You know that you were not bought with things that can pass away, like silver or gold. Instead, you were bought with the priceless blood of Christ.*** (Romans 6:23, 1 Peter 1:18-19a NIRV)

***Prayer: Heavenly Father, Forgive me for the mess I've made of things. Thank you for Jesus who paid the price for my sin and reconciled me to You. Today I put my trust in You and turn my will and life over to Your care. Please guide me in the way I should go. Amen***

MONDAY, OCTOBER 11, 2021

## THANKSGIVING DAY

Being grateful for the people around us and the things we have contributed to living a contented life in recovery. Acknowledging small blessings reduces stress and increases joy. No one has a perfect life with everything they want, but all of us have much to be grateful for. Thanksgiving is a great time to step back and notice the things that are truly important.

***Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*** (1 Thessalonians 5:18 NLT)

This Thanksgiving holiday celebration may be stressful for some of us because our relationship with family and loved ones remains challenging. However, we can still give thanks for our friends that are around us in recovery and know that with God's help things will get better. Perhaps there is someone in our family that we could contact and let know that we are thankful for the family's patience with us as we struggled to do life. We can also pray and look forward with hope that family relationships will be restored.

***May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*** (Romans 15:13 NIV)

As we daily turn our will and life over to God's care, His unfailing love and forgiveness will encourage and strengthen us for the journey ahead. The road to recovery is one of experiencing the relentless love of God for us and being thankful that He lifted us out of the pit of sin and brought us into the light of His presence. We will set ourselves up for darkness, and confusion, and eventually relapse, if we abandon the practice of humbly thanking God for all He has done for us.

***Give thanks to the Lord, for he is good; his love endures forever. Yes, they knew God, but they wouldn't worship him as God or even give him thanks. And they began to think up foolish ideas of what God was like. As a result, their minds became dark and confused.*** (1 Chronicles 16:34, NIV; Romans 1:21 NLT)

***Prayer: Gracious God, Thank You for the opportunities that lie ahead as I surrender my will and life to Your care. Thank You also for my life, for hope, for family, and for friends. Amen***

***Being grateful for the people around us and the things we have contributed to living a contented life in recovery.***

TUESDAY, OCTOBER 12, 2021

## ACCEPTING HARSHIP AS A WAY TO PEACE

When we pray the full version of the Serenity Prayer, what are we asking God to do for us? "... *accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is not as I would have it, trusting that You will make all things right if I surrender to Your will...*"

Many of us came into recovery because the hardships of life in addiction became more than we were able to cope with. Getting sober and cleaning up took care of some of the problems but other painful issues we had buried suddenly became front and center in our thoughts and emotions. Health and money problems, education and employment issues, and relationship breakdowns are all issues that are painful to deal with, especially by those of us who chose to bury the related events in the haze of our addictive dependency.

***God will give us all we need to face hardship, rather than run away from it.***

***But the Lord is faithful, and he will strengthen you and protect you from the evil one. He [God] gives strength to the weary and increases the power of the weak.*** (2 Thessalonians 3:3; Isaiah 40:29 NIV)

Jesus faced hardship in his life on earth. He was persecuted by the evil and sin that brought Him to earth to die on the cross. However, Jesus overcame death and rose to life again. Jesus' resurrection changes everything because we can now have the amazing power of God's Holy Spirit living in us, strengthening us to be overcomers as we courageously face painful challenges.

As we face the adversities of worry, irritation, stress or anger, together with the God who cares for us, we will find that He is faithful in all His ways to uphold and help us. God gives us all that we need to get through the hardships we encounter, and what a joy it is to experience the peace that awaits us on the other side.

***You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*** (1 John 4:4, Philippians 4:6-7 NIV)

***Prayer: Heavenly Father, I'm through running. I put my trust in You to give me the strength I need to stand firm and face whatever comes my way. Amen***

WEDNESDAY, OCTOBER 13, 2021

## PRIDE

Our pride often keeps us from asking for what we need. We may have grown up in a family where we were consistently ignored or disappointed. Perhaps our needs were seldom met. Some of us reacted by becoming self-sufficient and determined that we would never ask anyone for help. Jesus, who knows we will not succeed on our own, tells us to not just ask, but to keep on asking for help. Only the work of God's Holy Spirit in us will enable us to become healthy people.

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

Pride born out of hurt shows up when we refuse to acknowledge our need for help. Sooner or later the independent road we are choosing will take us back to active addiction. Are we willing to humbly admit that there is another way – a better way – to deal with the brokenness inside us? This way begins with giving our will and life over to the care of God.

***Pride leads to disgrace, but with humility comes wisdom. Pride leads to conflict; those who take advice are wise. Human pride will be humbled, and human arrogance will be brought down. Only the Lord will be exalted on that day of judgment.*** (Proverbs 11:2, 13:10, Isaiah 2:17 NLT)

The challenge for us is giving up our prideful effort to be self-sufficient. We really don't know what is best for us. God alone has the solutions to living life to the full. These principles are recorded in the Bible. We must be persistent and ask repeatedly for help until all the tangled threads of our problems are sorted. God's promise to us is that everyone who turns from their independent ways and seeks healing and freedom through Jesus' finished work on the cross will find it.

***Prayer: Heavenly Father, Forgive me for being prideful and for thinking I could live a joyful life in recovery without You, and without those who counsel and mentor me. Thank You for pursuing me with Your unfailing love. I surrender my will and life to You and choose to follow Your directions in all my affairs. Amen***

***Only the  
work of  
God's Holy  
Spirit in us  
will enable  
us to  
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people.***

THURSDAY, OCTOBER 14, 2021

## COMMON SENSE WISDOM

Common sense and wisdom are learned in many ways. We are encouraged to pursue habits that draw wisdom into our daily living and interactions with others.

***Wise people always think before they do anything, but fools show how stupid they are by what they do. If you refuse to learn from your mistakes, you will be poor, and no one will respect you. If you listen when you are criticized, you will be honored. Be friends with those who are wise, and you will become wise. Choose fools to be your friends, and you will have trouble.*** (Proverbs 13:16, 18, 20 ERV)

Think before you act or speak. Most of us have heard that advice from the time we were small. When we feel pressured, it is easy to neglect it, but it remains a wise practice to develop.

***Common  
sense  
and  
wisdom  
are  
learned  
in many  
ways.***

We all make mistakes but are we willing to learn from those mistakes? Shame and embarrassment keep some of us from being able to admit and confront our mistakes. John Newton said, "We serve a gracious Master who knows how to overrule even our mistakes to His glory and our own advantage." The sooner we realize that we are all learning and growing and some of our most important lessons are attached to our greatest failures, the sooner we will humbly accept that God is working for good in all things – including our mistakes.

***So turn away from your sins. Turn to God. Then your sins will be wiped away. The time will come when the Lord will make everything new.*** (Acts 3:19 NIRV)

Criticism is hard to swallow but we are told that we will become wise if we listen and learn when we are criticized. We are within our right to check with a trusted sponsor or guide to sort out what is real and what might be someone else's baggage. However, we can all learn from another's perspective on our actions.

Our choice of companions and the people we listen to for wisdom and guidance are also important. We are told to love everyone and serve others, but we are advised to wisely select our friends, those we share our heart with.

One simple practice at a time, we can walk in common sense wisdom today.

***Prayer: God, I want to be wise, but I know I have much to learn. Help me to see and humbly receive the lessons that You are teaching me today. Amen***

FRIDAY, OCTOBER 15, 2021

## BECOMING A COMPLETE ADULT

The encouragement to “grow-up” and do things for ourselves is evident from the time we are born. Some of us were slower than others to learn new ways, but most of us discovered how to cope with life in the environment we grew up in. Sadly, as children, many of us never heard of, or met this God who created a place within us to know Him. One of the things that helps make us complete as adults is getting to know the God who created us and loves us with unfailing love.

***Don't let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking and from the spiritual powers of this world, rather than from Christ. For in Christ lives all the fullness of God in a human body. So you also are complete through your union with Christ, who is the head over every ruler and authority.*** (Colossians 2:8-10 NLT)

If the principles contained in the Scriptures were not taught and demonstrated in our early life, what did we do with those things that distressed and harmed us? We did not know of the God of all comfort, so the hurts, together with the bitterness and rage, intensified inside us. As we tried to cope with life and the pain of our past, we looked for ways to medicate the pain. Jesus wants us to be made whole and gives us the following invitation:

***“Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends.*** (Revelation 3:20 NLT)

Jesus paid the price for our healing and restoration to wholeness. He also paid the price for the sin of that parent or acquaintance who neglected us or was abusive towards us. Let's get free today from everything that hinders us and allow Jesus to work together everything in our life for our good and His glory.

***The Lord will work out his plans for my life – for your faithful love, O Lord, endures forever. Don't abandon me, for you made me.*** (Psalm 138:8 NLT)

*Prayer: Lord Jesus, I confess my life is a mess. I turn all my burdens over to You and ask You to give me the desire and power to do what pleases You. Amen*

***One of the things that helps make us complete as adults is getting to know the God who created us and loves us with unfailing love***

SATURDAY, OCTOBER 16, 2021

## SELF-SUPPORTING – PERSONALLY AND IN THE GROUP

When we have spent some time in recovery from active addiction, one of the amazing transformations we experience is that we have learned to become more self-supporting. Instead of always expecting someone to rescue us with a hand-out, we learn how to not only pay our own way but also to contribute to the needs of others.

***May the favor of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands.*** (Psalm 90:17 NIV)

Our recovery is our responsibility, not something that we expect someone else to do for us. As we recover, we learn how to work hard and little by little we see the fruit of our labour. Working hard and providing for ourselves and our families is both the will of God and the provision of God.

***Every A.A. group ought to be fully self-supporting, declining outside contributions.***

*AA Tradition 7*

***Yet we hear that some of you are living in laziness, refusing to work, and wasting your time in gossiping. In the name of the Lord Jesus Christ we appeal to such people—we command them—to quiet down, get to work, and earn their own living.*** (1 Thessalonians 3:11-12 TLB)

We practice being self-supporting in our group life as well as in our personal recovery. We learn how to care for each other and how to “*love our neighbour as ourselves*” by putting some money in the basket when it goes around at a meeting. We express the value of this principle in what is described in the Responsibility Statement: *When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.* (1965 AA Convention Literature)

***Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God. Commit to the Lord whatever you do, and he will establish your plans.*** (2 Corinthians 3:5 NKJV; Proverbs 16:3 NIV)

It is God who gives us the skill to do a specific work. It is also God who gives us the will and the power to get to work and get the job done. We are created by God to be people who use the gifts God has given us. When we live responsibly, God will abundantly bless us.

*Prayer: Loving God, Thank You for working in me and transforming me to do the work that You have created me to do. Help me to be faithful and trusting, as well as responsible and generous, in my work environment and wherever I meet with others. Amen*

SUNDAY, OCTOBER 17, 2021

## AFFIRMED AND ACCOMPANIED BY A LOVING GOD

After years of listening to other's harsh and condemning words about us, it's wonderful to have an opportunity to experience the affirmation of God and to be reminded that as we walk with Him, He is pleased with us.

**God, have mercy on us and bless us. May you be pleased with us. Then your ways will be known on earth. All nations will see that you have the power to save. God, may the nations praise you. May all the people on earth praise you. May the nations be glad and sing for joy. You rule the people of the earth fairly. You guide the nations of the earth.** (Psalm 67:1-4 NIRV)

These verses remind us that it was God who, in his mercy, reached out and rescued us. He didn't just set us on a path and expect us to find our own way but, with great joy, He accompanies us. In an amazing turnaround of events, God now gets praise from others through the witness of our life with Him in recovery.

We invited Jesus into our lives to forgive and save us. By the power of God's Spirit we are now being transformed into His likeness. Others notice, and perhaps some ask about what happened that caused us to change. As we share our experience, strength, and hope with them, they come to know that it was God's power that made the difference in our lives.

Recovery does not bring about a perfect world but, as we navigate relationships with others and walk with God, minus hiding behind substances, God will show us what is right and what is wrong. Seeking recovery with others can be messy. Life itself is sometimes messy. But together with God, who guides and governs individuals and whole groups of people fairly and with justice, we can take the necessary steps that will help us all live together in peace.

*Prayer: Heavenly Father, It really is a pleasure to walk in the acceptance and affirmation of Your love. You have called me to belong and through Jesus, made that possible for me. At times, when it is a challenge to endure others, help me to take a moment and reach out to You for guidance and then do as You say. Help me to see myself as Your beloved child and know that You are pleased with me. Amen*

**God now  
gets praise  
from  
others  
through  
the  
witness of  
our life  
with Him  
in  
recovery.**

MONDAY, OCTOBER 18, 2021

## CHARACTER STRENGTH – BEING THOROUGH

*Rarely have we seen a person fail who has thoroughly followed our path .... With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.* (How It Works, Big Book)

One of the great indicators of success in maintaining sobriety is being thorough. Old timers in the program tell us that it was the things they failed to deal with that tripped them up. Things changed only when they were willing to come completely clean, became willing to have God remove all their defects of character, and made amends for all the trouble caused in their relationships. It didn't happen in a day but the willingness to get on with the job and stick with it until it was done – being thorough – has been key to their sobriety.

**Forgiveness  
and  
cleansing of  
our sins is  
thorough  
when we  
put our  
faith and  
trust in  
Jesus Christ.**

**Your promises have been thoroughly tested, and your servant loves them.** (Psalm 119:140 NIV)

God sets the pattern for us by being thorough in what He has done. He gave us His written word of truth in the Bible, and He gave us Jesus, the living truth. Forgiveness and cleansing of our sins is thorough when we put our faith and trust in Jesus Christ.

**He gave himself for us. By doing that, he set us free from all evil. He wanted to make us pure. He wanted us to be his very own people. He wanted us to desire to do what is good.** (Titus 2:14 NIRV)

Walking the path of life with God in recovery is clearly laid out for us in God's word, so we are "thoroughly equipped" to be people of integrity and good work.

**All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.** (2 Timothy 3:16-17 NIV)

What dark corner of our soul needs the light of God's truth today? What needs sorting out, so we can be thorough in making things right in all our affairs?

*Prayer: Gracious Father, I want to be thorough in everything I do. Help me to let go of my old ideas and fix my eyes on Your word and be intentional on following You in all my ways. Amen*

TUESDAY, OCTOBER 19, 2021

## LIFESTYLE OF GRATITUDE

There are many things about God to love but one of the most amazing is that even when we are running around in addiction and find ourselves in chaotic, life-threatening situations, if we call out to Him, God will help us.

*I love the Lord because he hears my voice and my prayer for mercy. Because he bends down to listen, I will pray as long as I have breath! How kind the Lord is! How good he is! So merciful, this God of ours! The Lord protects those of childlike faith; I was facing death, and he saved me. Let my soul be at rest again, for the Lord has been good to me. He has saved me from death, my eyes from tears, my feet from stumbling. What can I offer the Lord for all he has done for me? I will keep my promises to the Lord in the presence of all his people. I will offer you a sacrifice of thanksgiving and call on the name of the Lord.* (Psalm 116:1-2, 5-8, 12, 14, 17 NLT)

Many of us have stories of how God saved us from what seemed like certain death, and for some of us that happened more than once! What kind of response should we have in the face of such kindness and faithful love?

The writer of this Psalm suggests that we pray, keep our promises to the Lord, and offer thanks. In practical terms we are encouraged to find a way to face problems with God rather than running from them or trying to cover them up with destructive habits. God was there in our darkest hour, and He is with us now. God heard us in the back alley, the prison cell, or wherever we were when we called out to Him, and He continues to hear us now and will act on our behalf. Sometimes we need to be patient until God's solution is clearly seen, but it will surely come at just the right time.

A lifestyle of thanksgiving is built on memories of God's faithful love. Let's make a memory today.

*Prayer: Loving God, thank you for all that You have done for me and for the security You have brought to my life. No matter what I face today, help me to remember that You are with me, and that I can rest in Your unfailing love and care. Amen*

***A lifestyle of thanksgiving is built on memories of God's faithful love. Let's make a memory today.***

WEDNESDAY, OCTOBER 20, 2021

## STEP EIGHT – THE HEALING LIST

For most of us compiling a list of people we have harmed and becoming willing to make amends to them is extremely intimidating. When we think of some past events, we are not proud of the interactions that took place. This step urges us to deal with the harm we have caused rather than fretting over the situation and keeping it buried deep in our souls. Healing takes place when we strip away the excuses and look at the event in the light of God's love.

*Dear friends, let us practice loving each other, for love comes from God and those who are loving and kind show that they are the children of God, and that they are getting to know him better. But if a person isn't loving and kind, it shows that he doesn't know God — for God is love.* (1 John 4:7-8 TLB)

***Healing takes place when we strip away the excuses and look at the event in the light of God's love.***

How can we get to that place where we can envision ourselves making amends to those we have harmed? Through Jesus, God made a way for everything that was blocking a loving relationship with Him to be removed. In the safety of His love and forgiveness, it is now our turn to take responsibility for breakdowns in relationships and do whatever we can to remove barriers that divide us from others.

*So, what if you are offering your gift at the altar and remember that someone has something against you? Leave your gift there and go make peace with that person. Then come and offer your gift.* (Matthew 5:23-24 ERV)

When we come to that place where we are willing to make amends, we need to seek help from those who have completed this step before us and ask for their wisdom in choosing the right approach. In all of this we need to remember that God is with us and will help us.

*Call to me and I will answer you. I'll tell you marvelous and wondrous things that you could never figure out on your own.* (Jeremiah 33:3 MSG)

*Prayer: Loving God, You know the people I need to make amends to, please help me be considerate and choose the right time and the right way to make peace with each person. Thank you for providing wise people I can consult with as I move forward. Help me to humbly accept and put their input into practice. Amen*

THURSDAY, OCTOBER 21, 2021

## LOVE YOUR ENEMY

Many of us got caught up in addiction because of our inability to deal with the pain and harm inflicted on us by those who did not treat us as they should have. To recover life as God intended, we need to learn how to deal with these situations and those involved. Jesus gave us instructions about how to love our enemies and to do good to those who spitefully used us.

Jesus was despised, physically abused, and rejected more than any other human being, and yet from the cross He asked His Father to forgive those who had acted unjustly towards Him. The challenge for us in our life with God in recovery is to be more like Jesus and offer forgiveness to our enemies and those who have mistreated us.

***“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect.*** (Matthew 5:43-48 NIV)

As followers of Jesus, regardless of the injustice done to us, we are instructed to love our enemies. We may be reluctant to obey this command and ask, “Why should I forgive them?” We do so because unforgiveness is like a cancer that eats away at our soul. Those who have harmed us will have to account to God for what they have done and, for our own good, it’s time for us to forgive them and turn them over to God’s righteous judgment.

***I also noticed that under the sun there is evil in the courtroom. Yes, even the courts of law are corrupt! I said to myself, “In due season God will judge everyone, both good and bad, for all their deeds.”*** (Ecclesiastes 3:16-17 NLT)

***Prayer: Heavenly Father, it is hard for me to love those who hurt me. Please work in my heart so I can forgive and release those who have harmed me to You. Amen***

***As  
followers of  
Jesus,  
regardless  
of the  
injustice  
done to us,  
we are  
instructed  
to love our  
enemies.***

FRIDAY, OCTOBER 22, 2021

## HEALED THROUGH JESUS’ NAME

Often, when we come into recovery, we have no sense of why our life problems took us down the road of addiction. What we do know is that we are now powerless over our dependency and our life is unmanageable. We know we need healing but are unable to accurately express what we need healing for. In our grief we cried out to God for understanding and relief from our troubled spirit.

***O Lord my God, I cried to you for help, and you have healed me.*** (Psalm 30:2 ESV)

Looking back, we can see our life path included relationships with people who were harmful to our well-being. Then our own poor decisions started us on the downward spiral of despair and into addiction. What is the root cause of this? The Bible tells us that we have an enemy of our soul who works hard to keep us on the path of slavery to sin. Jesus wants the eyes of all those who do not know Him to be opened so they can have full knowledge of what really keeps them in the bondage.

***I’m sending you off to open the eyes of the outsiders so they can see the difference between dark and light, and choose light, see the difference between Satan and God, and choose God. I’m sending you off to present my offer of sins forgiven, and a place in the family, inviting them into the company of those who begin real living by believing in me.*** (Acts 26:17-18 MSG)

Anyone who is tired and worn out can come to Jesus and He will heal and restore them. In His company each person receives the grace and strength needed to turn their lives around. Daily meditation on the Scriptures is also required to give understanding of the principles that will take us forward to a purposeful life that will last forever.

***Then listen to this, you and all the people of Israel! You nailed Jesus Christ of Nazareth to the cross. But God raised him from the dead. It is through Jesus’ name that this man stands healed in front of you.*** (Acts 4:10 NIRV)

***Prayer: Gracious God, Thank You for opening my eyes to see that Jesus laid down His life that I might be forgiven and restored to a place in Your family forever. Amen***

***It is  
through  
Jesus’  
name that  
this man  
stands  
healed in  
front of  
you***

Acts 4:10 NIRV

SATURDAY, OCTOBER 23, 2021

## SLOGAN – LIVE AND LET LIVE

"Live and let live" is one of those slogans that encourages us to consider if our desire for control is becoming an issue we need to deal with. The Serenity Prayer wisely encourages us to ask God to grant us the serenity to "accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference."

***Be humble under God's powerful hand. Then he will lift you up when the right time comes. Give all your worries to him, because he cares for you. Control yourselves and be careful!***  
(1 Peter 5:6-8 ERV)

We are not in control of other people, places, or things. Some of our family members struggle with addiction and our desire is that they find sobriety. Others continue to exhibit character defects that are harmful to themselves and to others. People in positions of power in our work or community will make choices that we don't like, but are powerless to change. Some people will have an inaccurate understanding of who we are and why we are choosing for the life choices we are making.

While we can hope for things to be different, we need to let go of situations that are out of our control. We need to focus our thoughts and efforts on those things God has given us to do – "praying only for the knowledge of His will for us and the power to carry it out." We need to trust God and respect the choices others make. Live and let live.

It's too easy for us to live co-dependently worrying about others, trying to rescue and fix things beyond our control, or just obsessing in our thoughts and emotions about things we don't like.

Today is another opportunity for us to live as the person God created us to be. Today is a day to relax, to be ourselves, to let go of things that aren't ours to hold, and to let God be God.

***Prayer: Loving God, I surrender my life and the circumstances around me into Your hands. Help me to stay focused on Your plan for my life and let everything else go. Amen***

***We live trusting God and respecting the choices others make.***

SUNDAY, OCTOBER 24, 2021

## SUNDAY PSALM – CRYING OUT TO GOD FOR HELP

Before we were willing to admit that we were powerless over our dependencies and our lives were unmanageable, there may have been a time when we really wanted to do good but were unable to do so. Many of us cried out to God, even though we were unsure that He existed, and asked Him for help. Did He hear us? Was He on our side? If the Lord had not been on our side, we would have remained under the power of our enemy who was seeking to destroy us.

***If the Lord had not been on our side, we would have been swallowed alive by our enemies***

***Psalm 124:1b-3a TLB***

***If the Lord had not been on our side (let all Israel admit it), if the Lord had not been on our side, we would have been swallowed alive by our enemies, destroyed by their anger. We would have drowned beneath the flood of these men's fury and pride. Blessed be Jehovah who has not let them devour us. We have escaped with our lives as a bird from a hunter's snare. The snare is broken and we are free! Our help is from the Lord who made heaven and earth.*** (Psalm 124:1-8 TLB)

When our life focus was driven by our own selfish desires we were unable to see the dangers that lay ahead. We sought to get the most pleasure out of life with the least pain. However, the pleasure we sought after did not fulfill its promise to keep us happy, so we needed more of whatever gave us some enjoyment. This became a downward slope that threatened our very existence. At some point we recognized the danger and cried out to God

because somewhere in the depths of our soul we knew there was a God who cared about us.

***God cares for you, so turn all your worries over to him. Be on your guard and stay awake. Your enemy, the devil, is like a roaring lion, sneaking around to find someone to attack.*** (1 Peter 5:7-8 CEV)

Today, let's reaffirm our trust in the Lord who made heaven and earth and rely on Him to lead us on the right path.

***Prayer: Loving God, Thank You for being on my side. If You are for me, I need fear no one who is against me. Please help me to focus on Your truth in every situation. Amen***

MONDAY, OCTOBER 25, 2021

## CHARACTER DEFECT – LYING

The Bible makes it clear that God detests lying. Most of the time we did not speak the truth. We also lied by being silent in some situations and thereby giving false impressions of the truth. There are various reasons why we lied, some of which are: to get what we wanted; to protect ourselves; to protect others; to get out of trouble. There is a slogan that says, “We are most like the devil when we lie.”

***Do not steal. Do not tell lies. Do not cheat one another. The Lord detests lying lips, but he delights in those who tell the truth.*** (Leviticus 19:11; Proverbs 12:22 NLT)

It is sad when someone is a compulsive liar. People around them know they cannot be relied on to tell the truth. Some of us were once like that. We tried to paint word pictures of ourselves that were glowing and got angry with others when they saw right through us. Thank God He brought us to that place where we were able to see the truth. We came to acknowledge that we were powerless over our dependencies and that our life had become unmanageable. In recovery we are encouraged to tell the truth even though it can sometimes be painful.

***An honest witness tells the truth; a false witness tells lies. Truthful words stand the test of time, but lies are soon exposed.*** (Proverbs 12:17, 19 NLT)

Our lives will be transformed if we are willing to bring all the events of our past into the light of God’s forgiveness and healing grace. Covering up certain incidents is being untruthful and puts us back into the darkness where we are subject to relapse. Why not reveal those things that have the power to oppress us and receive forgiveness and healing? We can then build a new life on the foundation of the truth of God’s word.

***And so, dear friends, while you are waiting for these things to happen, make every effort to be found living peaceful lives that are pure and blameless in his sight.*** (2 Peter 3:14 NLT)

*Prayer: Loving God, I have fallen short in so many ways, please help me build my life on the truth of Your word. Amen*

***We are most like the devil when we lie.***

TUESDAY, OCTOBER 26, 2021

## FACING GUILT

When we turn our will and our life over to God’s care and trust in the new life Jesus gives us, does that mean we should never reflect on guilty feelings? No! There is a valid source of guilt which comes when we fall back into self-will and disobey God’s commands. The Holy Spirit will warn us we are off track. We call this, being convicted of sin. We’ve done wrong and we feel guilty. This is a wake-up signal from God that we are sliding downhill into dangerous and destructive patterns. Guilt is our indicator to turn and get back on the right path.

***And when he (the Holy Spirit) comes, he will convict the world of its sin, and of God’s righteousness, and of the coming judgment.*** (John 16:8 NLT)

Satan wants us to wallow in our guilt, believing we have pushed God’s grace beyond its limit. However, restoration is the intention of the Holy Spirit’s conviction of sin and our experience of guilt. God’s desire is always to set us free, restore us, and lead us back onto the path of righteousness. We need to promptly recognize and resist condemnation and false guilt from the accuser of God’s people. Similarly, we must acknowledge genuine guilt and promptly surrender to the conviction of the Holy Spirit. Our Step 10 daily inventory is a great time to sort through these issues and get back on track with God.

***People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.*** (Proverbs 28:13 NLT)

The more quickly we confess, repent, and make amends for our wrongdoing, the more quickly the weight of guilt will be removed from our shoulders. We can then get back to living life to the full, free of all condemnation.

*Prayer: Heavenly Father, I confess that I have been falling back into self-will in my thoughts, my words, and my deeds. In Your mercy, forgive me and cleanse me from my sin. Thank You for freeing me from all condemnation and restoring me to the blessed life I have received. Amen*

***We must acknowledge genuine guilt and promptly surrender to the conviction of the Holy Spirit.***

WEDNESDAY, OCTOBER 27, 2021

## DON'T WORRY ABOUT TOMORROW

Some of the most welcome phrases in life and certainly in recovery circles are, "One day at a time" or "Just for today." These are principles that help take the weight of the past and the future off our shoulders and help us deal with life in a way that is more realistic. These sayings are ways to uphold and express the teaching of Jesus.

***So don't worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries.*** (Matthew 6:34 ERV)

The above words can be found in the most famous record of Jesus' teaching called, "The Sermon on the Mount." Jesus had just been speaking about some of the things we worry about – money, clothes, food etc. – and He encouraged His followers to believe that God cared for them and would provide for their need. Jesus used examples of birds and flowers to remind us of how much attention to detail we can expect from God.

Instead of worrying, Jesus says we should seek God and His plan for each day and then do what God says. If we do, we can trust God to take care of everything else.

***What you should want most is God's kingdom and doing what he wants you to do. Then he will give you all these other things you need.*** (Matthew 6:33 ERV)

We are not encouraged to live in denial and bury our heads in the sand. There are things we need to deal with each day and not all of them will be easy. But, if we seek Him, God will meet our needs and at the end of the day we will have further instances to share about God's faithful care and guidance.

As we learn to live one day at a time, it is essential that we come to God with a willingness and intention to surrender our will and life to His care. Because God knows best how to help us mature in our faith He may stretch us beyond our comfort zone in certain situations, but He will never give us more than we can handle.

*Prayer: Heavenly Father, Your Word tells me not to worry about my life or the things of tomorrow. Forgive me for my lack of confidence in Your ability to work everything together for my good. Please help me to deal with those things I can and make any necessary changes, and help me to leave those things I cannot change in Your care. Amen*

***Some of the most welcome phrases in life and certainly in recovery circles are, "One day at a time" or "Just for today."***

THURSDAY, OCTOBER 28, 2021

## DOING A GOOD JOB

There's nothing more satisfying than finishing a job and having someone say, "What a good job you've done!" When someone performs well, whether it is in the trades or the arts, it brings joy to more than just themselves.

***Show me someone who does a good job, and I will show you someone who is better than most and worthy of the company of kings.*** (Proverbs 22:29 GNT)

As we walk with God and follow His will for our lives, He promises to give us everything we need for our journey. It doesn't matter if the task is something that is done behind the scenes, and hardly gets noticed by anyone, or something that gains the attention of many. If we do our best in every situation, God is pleased, and we experience the satisfaction of a job well done.

***Work hard so you can present yourself to God and receive his approval. Be a good worker, one who does not need to be ashamed and who correctly explains the word of truth.*** (2 Timothy 2:15 NLT)

God has given each one of us gifts and talents that we can use to bless others and demonstrate God's love and creativity. While in training, if we work hard, learn from the experience of others, and just keep practicing our trade, we may find we develop more talent and a wider knowledge of what works

and what doesn't. The challenge for most of us is to be willing to develop our talents and to keep working hard. We don't rise to the top of our trade in the first week or month. We shouldn't expect to receive top wages at the beginning of the job but be willing to prove ourselves – our ability and our work ethic – before demanding higher wages. We don't need to have the same talent as someone else, but simply do the best with what we have been given.

***Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else.*** (Galatians 6:4 NLT)

*Prayer: Heavenly Father, Please help me to give each responsibility and task the best effort I can, trusting that when I do You will help me do a good job. Amen*

***God is able to shower all kinds of blessings on you. So in all things and at all times you will have everything you need. You will do more and more good works.***

***(2 Corinthians 9:8 NIRV)***

FRIDAY, OCTOBER 29, 2021

## SPEAKING TO GOD IN PRAYER

When we first come into recovery many of us are intimidated by the thought of speaking to God in prayer. Often, we are not even sure that there is a God who listens and responds to us. How do we get faith to believe that God really does exist and hears and answers prayers?

***You can never please God without faith, without depending on him. Anyone who wants to come to God must believe that there is a God and that he rewards those who sincerely look for him.***  
(Hebrews 11:6 TLB)

We do not find it difficult to believe the wind is real whether it is a gentle breeze or a hurricane. We cannot see the wind, but we see the effects of it as it moves. All around us we see the beauty of God's creation. Earth's plant life obeys God and grows in the appropriate season. Oceans and sky and animals exhibit His creative beauty. With this evidence, the only reason we would not believe God exists is that we have chosen by an act of our will not to.

Jesus, while on earth, often went off on His own to pray to His Heavenly Father. In this action, Jesus demonstrated that for us to live life on this earth according to the will of God, we must seek God's input continuously.

We will experience the truth that God exists when we do what He says. God invites us to give our will and life over to His care and if we do, He promises to be our Heavenly Father. We become His precious children. As we bring our problems to Him and see His response to our needs, we will find that God does exactly what He says He will do.

***And when we obey him, every path he guides us on is fragrant with his loving-kindness and his truth. Pray all the time. Ask God for anything in line with the Holy Spirit's wishes. Plead with him, reminding him of your needs, and keep praying earnestly for all Christians everywhere.*** (Psalm 25:10; Ephesians 6:18 TLB)

***Prayer: Heavenly Father, I choose by an act of my will to have faith in You. Please hear and answer my prayers as I sincerely look to You for guidance. Amen***

***Often, we are not even sure that there is a God who listens and responds to us.***

SATURDAY, OCTOBER 30, 2021

## HIDING BEHIND A MASK

Tomorrow night many children put on costumes and go door-to-door "trick-or-treating." Some of them wear masks to complete their costume. Many adults also dress in costumes at their workplace and later in the evening may attend parties where a mask is used to disguise who they really are. Everyone wants to have a good time as they pretend to be someone they are not for a few hours.

Truth is, many of us don't just don masks at Hallowe'en. Sometimes we have worn masks for so long that we forget who we really are. A mask, of course, covers the truth of who we truly are with a lie. When we live behind a mask, we are denying our true self and rejecting the person God created us to be.

***When we live behind a mask, we are denying our true self and rejecting the person God created us to be.***

***You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.*** (Psalm 139:13-14 NLT)

God created us in love with a purpose for our lives. God invites us to let our unique personality complement each of our relationships, and everything we undertake to do. This is what life with God in recovery is all about, becoming the person God created us to be and following the plan He has for our lives. When we dare to take off the mask and let our true self be known, we often experience freedom from the burden of our false persona.

The question for each of us is, do we want to tell the truth, remove the mask, and find out who we truly are, or do we want to continue telling lies and hiding behind the mask of a false persona?

***What this adds up to, then, is this: no more lies, no more pretense. Tell your neighbor the truth. In Christ's body we're all connected to each other, after all. When you lie to others, you end up lying to yourself.*** (Ephesians 4:25 MSG)

***Prayer: Heavenly Father, from this day forward I commit to letting go of everything that hinders me from becoming the person You created me to be. Help me to tell the truth in every circumstance and leave the outcome with You. Amen***

SUNDAY, OCTOBER 31, 2021

# NOTES

## THE ONE WHO KEEPS ME GOING

Trouble shows up in our lives for many reasons. Some of it we bring on ourselves because of our poor choices and our self-willed behaviour. Other troubles come from outside sources. The good news is that regardless of the source of the trouble, there is a solution. We can bring our troubles to God and ask for forgiveness and deliverance where necessary, and in response God will make us new again.

***God, make us new again. May you be pleased with us. Then we will be saved.***  
(Psalm 80:3 NIRV)

Several times in Psalm 80 the writer recounts things that have gone wrong or troubles that the people are facing. He reminds God that they are His chosen people whom He loves. He uses the picture of transplanting a plant into new ground and building a protective wall around it, but then seeing the wall broken down and harm and destruction done to the plant.

***God who rules over all, return to us! Look down from heaven and see us! Watch over your vine. Guard the root you have planted with your powerful right hand. Take care of the branch you have raised up for yourself.*** (Psalm 80:14-15 NIRV)

The devil will try to use our troubles to have us turn our backs on God. He will either say we don't deserve the problems so God must not care, or He'll tell us we've wrecked things by our own poor choices and God will not help us fix the mess we've created. Regardless of the source of the trouble, God is the answer to all our problems and His solutions are available to us when we turn to Him, repent and seek His forgiveness, and turn our will and life, including our problems, over to His care.

***Give us new life. We will worship you. Lord God who rules over all, make us new again. May you be pleased with us. Then we will be saved.*** (Psalm 80:18b-19 NIRV)

***Prayer: Loving God, I come to You once again with all that is going on in my life and world. In all my troubles and problems, I ask for Your wisdom and guidance to resolve the issues, so I can go forward with You into the joyful life You have planned for me. Amen***

***I know  
that God  
helps me.  
The Lord  
is the one  
who  
keeps me  
going.***

***Psalm 54:4  
NIRV***

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

## PRAYER FOR HEALING AND RESTORATION

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

## How To Enjoy New Life With God In Recovery

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

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

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

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

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

## **JUST FOR TODAY**

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

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

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

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

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

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

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

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

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