

Recovering a Life of Relationship

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

We may have questions about the future, wondering how this new life of ours is going to work out. What about God's will for our life? Will he really lead us? God does promise to lead us as we rely on him completely. He can guide us perfectly, for He knows all our needs, and has infinite wisdom, power, and riches to give us the best life possible. God deserves our trust.

Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do and he will direct your paths. (Pr. 3:5,6)

We come as individuals through whom God wants to build relationship with Himself and then with others. In our addictions, our primary relationship was with the object of our obsession – our bottle, our drug, our habit. Life without the kind of relationships God means for us is life that is overwhelmingly lonely and burdensome. Part of healthy living is healthy relationships with God and then others. Trust in God is foundational for trust between people. We have a choice each day to live with faithfulness and integrity in our work relationships, our friendships, and our families as we continually filter our perspective about the relationship according to God's voice. Are we asking God for His guidance and His direction in how we relate to others and the decisions we make? Are we willing to offer forgiveness and live in peace with the other person when God walks us through a challenge to the relationship?

Your word is a lamp for my feet and a light for my path. (Ps. 119:105)

And God has actually given us his Spirit (not the world's spirit) so we can know the wonderful things God has freely given us. (1 Cor. 2:12)

Many of us have lived most of our life in fear and insecurity and have seldom taken the opportunity to get to know who we are and what resources God has given us to share with our community. God longs to introduce us to ourselves and show us all He has freely

given us. God invites us to relationship with Him so we can take healthy risks to build healing and supportive relationships with others, in love. God wants us to utilize the gifts of personality and talent He's given us to help others. As we reach out and work to support others, we'll find ourselves and the unique giftings of our life more and more. In this way we will come to know who we are.

If you need wisdom—if you want to know what God wants you to do—ask him, and he will gladly tell you. He will not resent your asking. But when you ask him, be sure that you really expect him to answer, for a doubtful mind is as unsettled as a wave of the sea that is driven and tossed by the wind. People like that should not expect to receive anything from the Lord. (Jas 1:5-7)

As we grow, we need the continued care and guidance of God to meet each person and situation and respect their uniqueness. We may lack faith to receive God's guidance we're afraid of making mistakes. We may be afraid that we don't have a right to ask for help – that we have to figure it out on our own. Our faith may also be weak because of all the broken promises we've experienced with others. Why would God be there to help me? All of these things can discourage us and keep us in isolation rather than in healthy relationship with God, ourselves, and others. God says we don't have because we don't ask. God invites us to believe in His goodness and his wonderful provision for our every need. We can pray with assurance for God's help and guidance in building a new life of relationship filled with love and care.

Questions for Reflection and Discussion

1. Why is life alone unmanageable?
2. How do we go about building healthy relationship with God, ourselves, and others?
3. What keeps us from healthy relating to others?
4. What tools does God give us to help us build this new life?