

**LIFE WITH GOD IN RECOVERY**

# **Daily Meditations**



**JANUARY 2026**



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as they reclaim the gift of their life.*

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**VOLUME 11, NUMBER 01**

## JANUARY 1 - HAPPY NEW YEAR

Happy New Year! The start of a new year is when many people have a desire to change their lifestyle. Some of us make New Years Resolutions to achieve our goal of a better life. We make commitments to personal ideals and projects and to abandon unhealthy habits. The only problem with attempting change through New Years resolutions is that success is based on self-will. Statistics tell us that after just 9 days there is a 75% failure rate in keeping New Years resolutions.

If we think the statistics on New Years resolutions are bad news, what about the statistic that tells us that 100% of people fail to live life according to God's righteous laws? As we look at statistics like these, what hope can we have for a new year that is different from the past?

***For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord. He forgives all my sins and heals all my diseases. He***

***redeems me from death and crowns me with love and tender mercies. He fills my life with good things.*** (Romans 6:23, Psalm 103:3-5a NLT)

We've just celebrated the birth of Jesus Christ, the one who came to heal the broken-hearted and set free those who are in bondage to sin. Jesus announced the year of God's grace to all who believe in Him. God wants to take away our spirit of despair and give us a new heart of thankful praise throughout the year. As we trust God and follow His principles, God says we will receive what we ask for, because we are keeping his commandments and doing what pleases him.

This is the first day of a new year and we are longing for a new beginning. If we choose to wholeheartedly surrender our will and our life into God's care, the Holy Spirit will come to live in our hearts and we can be confident that what God has begun He will complete and this will be our best year yet.

*Prayer: Loving God, on this New Year's Day I choose to surrender my will and my life to Your care. Forgive me for the wrongs I have done. Heal me from all that is broken and painful in my heart. Help me to live one day at a time in Your peace and blessing. Amen*



JANUARY 2 - HAPPY NEW YEAR--  
REALLY???

Happy New Year! Really? Some of us may have woken up this morning to the fact that our lives are unmanageable and that we are powerless over our addictive behaviour. We may have been seeking happiness in a dysfunctional lifestyle and have caused ourselves and others a lot of pain by our behaviour. We also could be facing the consequences of overspending, overeating, or unfortunate words or actions said and done at gatherings during the holiday season. As we begin this second day of this new year, the future doesn't look all that happy and hopeful.

Despite all that, God continues to offer us the opportunity to turn over a new page and begin again. As we give our will and our life over to His care, one day at a time, one moment at a time, God promises to heal us and give us a life that is truly satisfying.

***The Lord says, “I will rescue those who love me. I will protect those who trust in my name. When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation.” (Psalm 91:14-16 NLT)***

Are we making room for God in our hearts today? We don't know what this year will bring, but God does. God knows the difficult moments we will encounter and the temptations we will face. He promises to guide us safely through every circumstance. Our part? Pay attention to what God says and practice His principles in all our affairs.

***My child, pay attention to what I say. Listen carefully to my words. Don't***

***lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body. (Proverbs 4:20-22 NLT)***

***Prayer: Dear God, I admit that without You my life is unmanageable. Please give me the wisdom and strength to leave my destructive, addictive behaviour behind and bless me with a new life. I believe that Your strength will help me overcome my weaknesses. Amen***



## **JANUARY 3 - BUILDING UP OUR SELF-ESTEEM**

Low self-esteem is a negative sense of one's worth or ability to cope or do well in life. There's plenty of literature that links substance abuse with low self-esteem. The truth is substance abuse doesn't solve this problem but only adds to it in a very major way. What does God, the one who made us and who planned a meaningful and satisfying life for us, have to say about our self-worth?



***God created human beings in his own image. In the image of God he created them; male and female he created them. You are precious to me. You are honored, and I love you. "For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope." For I can do everything through Christ, who gives me strength. (Genesis 1:27, Isaiah 43:4b, Jeremiah 29:11, Philippians 4:13 NLT)***

The devil loves to tell us lies when we don't feel good about ourselves, our circumstances, or our future. He tells us we're defective and we need something to make us fit in, be accepted, or help us feel better. God's view is different and His perspective of us is the ONLY correct one. We all have strengths and weaknesses. We don't need to fear our weaknesses or try to hide them just because they are different from someone else's. God's promise is that when we feel weak, His power will strengthen us.

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

In difficult times it's good to change our mindset and lift our spirit by rejecting negative thinking, forgiving ourselves, helping others when possible, and focusing on what we can do rather than on what we can't do. It's even more important to keep things simple by remembering that our value isn't based on our successes or failures or on the opinions of others or even our own feelings. We are who God says we are. We have a wonderful future because God says we do, and God will help us. We can get through whatever difficulty we may face because God promises to make a way where there seems to be no way.

***Prayer: Loving God, help me to live today in the joy of being the person You created me to be, trusting that You are with me and providing everything I need to live in the comfort of Your***

*love and the honour of being Your precious child.  
Amen*



## JANUARY 4 - DESPERATE MEASURES IN DESPERATE TIMES

If we seek God, He will have good plans for us, even in desperate times. Our part is to listen attentively for God's direction and then act in faith and obedience to what He says.

In the Bible we read the story of a man named Elijah. (*1 Kings 17*) Though Elijah was obedient in doing what God said an evil King was out to get him, so Elijah had to move to another place. There was drought in the land and God saw Elijah's predicament. As unlikely as it may seem, God provides for Elijah through an extremely poor woman who was facing starvation. When Elijah asks the poor woman for food, she tells him she only has a bit of flour and oil which she is going to use to make one last meal for herself and her son. In that

desperate moment God gives instructions that seem ridiculous, but which ultimately save the woman, her son, and Elijah.

***But Elijah said to her, “Don’t be afraid! Go ahead and do just what you’ve said, but make a little bread for me first. Then use what’s left to prepare a meal for yourself and your son. For this is what the Lord, the God of Israel, says: There will always be flour and olive oil left in your containers until the time when the Lord sends rain and the crops grow again!” So she did as Elijah said, and she and Elijah and her family continued to eat for many days. There was always enough flour and olive oil left in the containers, just as the Lord had promised through Elijah. (1 Kings 17:8-16 NLT)***

As individuals desiring to leave addiction behind, we often find ourselves in circumstances which are desperate and there seems to be no way forward. As we act in faith and obey God, one desperate circumstance at a time, we will find that God will do

all He promises, and we will experience His provision just as the widow, her son, and Elijah did.

*Prayer: Heavenly Father, Help me to trust you in times of frustration and need. Help me to keep doing the next right thing and patiently wait for You to act on my behalf.  
Amen*



## JANUARY 5 - GROWING UP

When we accept Jesus' death as payment for the sins we have committed, we are freed from the punishment of sin and are given a fresh start. Thankfully God did not stop there. By raising Jesus from the dead, God demonstrated He is the Higher Power on whom we can rely to help us successfully live in this refreshing new way.

***Praise be to the God and Father of our Lord Jesus Christ. God has great mercy, and because of his mercy he gave us a***

***new life. This new life brings us a living hope through Jesus Christ's resurrection from death. (1 Peter 1:3 ERV)***

When we begin this journey with God in recovery, we are like someone who has been injured and needs to learn how to walk again. We may feel uneasy and unsteady. In the past we allowed feelings to control the direction our lives took. Now we are growing in our faith that God's ways are good and are seeking His guidance before we act.

We have begun to understand how our behaviour impacts others as well as ourselves and are becoming more mature in how we respond to others. If we continue to steadily walk along this path and listen for God's guidance, we will grow in perseverance and learn to cope with whatever lies ahead.

***You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and***

***well-developed, not deficient in any way.*** (James 1:3b-4 MSG)

God has the power to shape our lives according to His good purpose. Let's get rid of our old way of doing things. Let's grow and mature in the new life we have been given.

***We take our lead from Christ, who is the source of everything we do. He keeps us in step with each other. His very breath and blood flow through us, nourishing us so that we will grow up healthy in God, robust in love.***  
(Ephesians 4:16 MSG)

***Prayer: Lord Jesus, Thank You for giving me new life. You have the power to shape my life according to Your good purpose. Help me to let go of my old way of doing things and grow healthy and mature in the new life in which You are directing me. Amen***



JANUARY 6 - PRIORITIES IN  
SUCCESSFUL RECOVERY

To be “relapse proof” we must be fully surrendered to a life that prioritizes God’s will in all we think, say, and do. When we receive Jesus as Lord and Saviour and turn away from our sin, the Holy Spirit comes to live within us. He will guide us in the way of truth and give us the power to carry out the will of God for our lives.

***So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. (Romans 12:1-2 MSG)***



We all desire a lasting recovery.  
Priority One for a successful life with God in recovery is to make an unwavering decision to live as God affirms in the ordinary events of each day and resolve to stay away from those practices that God condemns. This is the best possible plan for avoiding relapse.

On our own we can't win this battle with temptation. However, with God, everything is possible. Have we invited God to help us? Are we intentionally and persistently bringing to God the hidden world of our thoughts, desires, and reactions as well as what's going on in our visible world? Are we fully surrendered to God, choosing to prioritize His will for our lives and holding nothing back? When we follow God's ways, we can confidently leave all the consequences of our actions with Him.

*Prayer: Heavenly Father, Change me from the inside out and bring out the best in me each day. Help me to intentionally follow Your principles in*

*all I say and do. Thank You for Your presence  
ever with me. Amen*



## JANUARY 7 - FINDING HOPE IN A DARK PLACE

Recovery begins when we come to our senses and affirm that we are powerless over alcohol or some other substance or habit, and our lives have become unmanageable. It is a profound moment, not of hopelessness but of letting go and turning our focus somewhere new for solutions to our life's problems.

***Foolish people say in their hearts,  
“There is no God.” They do all kinds of  
horrible and evil things. No one does  
anything good. The Lord looks down  
from heaven on all people. He wants  
to see if there are any who  
understand. He wants to see if there  
are any who trust in God. All of them  
have turned away. They have all  
become evil. No one does anything***

***good, no one at all.*** (Psalm 14:1-3  
NIRV)

We did horrible things to ourselves and others as we sank further and further into the pit of our destructive lifestyle. We lost sight of a way to change and lost contact with our emotions, until we didn't even care. We often think that our powerlessness and the unmanageability of our lives is the dark and disconnected place we arrived at through our addiction. Actually, it is not. That is a result not a cause. The real root cause is the fact that we either didn't know or didn't dare to reach out and trust that there was a God who made us, who loves us, and who is longing to care for us in a way that makes life possible and meaningful. We thought and lived as if there was no God. We now have lots of proof that it truly is the foolish people who say in their hearts "There is no God."

We give thanks to God that even though we gave up on Him, He did not give up on us. God kept calling out to

us and inviting us to a life that was always meant to be – a life dependent on His goodness and love so we could achieve the good things He had planned for us. May we choose to seek God today. As we are so often reminded, “*God could and would if He were sought.*”

*Prayer: Heavenly Father, Forgive me for the chaos and suffering I have caused by living as though You did not exist. I affirm today that You are God. You created me in love, and You will show me a way to live well. I am not sure how it all works but the wreck of my life, and the witness of others who say that You made a difference in their lives, and the truth of Your Words I read in the Bible, have convinced me that I really do need You. Help me to know You more. Today, I turn my will and my life over to Your care. Amen*



## JANUARY 8 - ANTICIPATION

Our anticipation of events is positive when we expect something good is about to happen such as, going out to a show, taking a holiday trip, or doing

something we really like to do. At other times our anticipation of what is about to happen brings fear and anxiety. It may be a situation where we have done wrong and are expecting punishment, or just the ongoing chaos of life in a dysfunctional lifestyle. Our emotions go up and down according to the outcome we are anticipating. In recovery, how can we live at peace in the middle of the ups and downs of life?

***Anxiety in the heart of man causes depression, But a good word makes it glad.*** (Proverbs 12:25 NKJV)

When we are in trouble God invites us to call on Him. In the Bible we read of people who were anticipating trouble from their enemies and how God answered their petitions and prayers. We learn from these stories that God cares for His people. If we have given our will and life over to the care of God, can we expect that He will help us in our time of need? Yes, we certainly can!

***Your way is perfect, Lord, and your word is correct. You are a shield for those who run to you for help. (2 Samuel 22:31 CEV)***

Our outlook on life has a major impact on how we succeed in living life to the full. If we view God as our Heavenly Father who knows what is best for us, then we will foresee goodness and mercy in every day of our lives. If we hold to this viewpoint, we will truly soar like an eagle and get a larger view of life with God in recovery.

***Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. (John 14:27 NKJV)***

***Prayer: Heavenly Father, Your word gives me hope that I can trust You to work all things together for my good. Help me to anticipate Your good in every situation I encounter. Amen***



## JANUARY 9 - COPING STRATEGIES

When we turned our will and life over to the care of God we started a journey to live life without the aid of our former dependency. We are not alone on this journey. God is always with us.

However, we need to prepare ourselves for the battle that is to come. We are foolish 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, so we need to prepare our strategy. By His death, Jesus redeemed us from our sin. By His

resurrection Jesus won the victory over death. This is the truth we are to stand on when the enemy seeks to drag us back into bondage to our dependencies. 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 Holy 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.

***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 strengthen me to do the next right thing. Amen*



## JANUARY 10 - OPTIMISM FUELED BY LOVE

We can dare to be optimistic about life and our recovery because God's unconditional love will strengthen and build us up. We can confidently rely on His goodness and mercy each day. The supply of God's love for us will never run out because, God *is* love.

***Three things will last forever—faith, hope, and love—and the greatest of these is love. (1 Corinthians 13:13 NLT)***

“Love covers a multitude of sins” is another truth we can be sure of. Our bold claims about being confident to face the day often cover our feelings of

vulnerability. Fortunately, God's love for us is unfailing. No matter how many errors in judgment we may make, even though God may have to gently discipline us, He will never cease to love us.

***The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. The Lord is good to those who depend on him, to those who search for him. (Lamentations 3:22-23, 25 NLT)***

God's love is available to us when we call on His name. God will strengthen us when we feel weak. God will work for good in every situation in our lives. We can be confident of God's love and care for us as we go forward in our life in recovery. We can be optimistic because God is with us and God is for us.

***Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the***

***power of Christ can work through me.  
So let us come boldly to the throne of  
our gracious God. There we will  
receive his mercy, and we will find  
grace to help us when we need it most.***  
(2 Corinthians 12:9, Hebrews 4:16 NLT)

***Prayer: Gracious God, Thank You that Your love  
for me is unfailing, even when I am feeling weak.  
Thank You that your mercy is available to me  
each day. Once again, I turn my will and my life  
over to Your care. Amen***



## JANUARY 11 - CONTENTMENT

In recovery circles, some of us know what it is like to live in plenty and others of us have experienced what it is like to live in poverty. Contentment in life does not come from having all that we need but from a deep satisfaction within. If we know that we are loved and cared for and someone has our back, that can give us a sense of peace and security in any situation we may find ourselves.

***Fear of the Lord leads to life, bringing security and protection from harm.***

(Proverbs 19:23 NLT)

Without Jesus as our Saviour and Lord, we will never experience contentment. Some of us have sought satisfaction in money, in our substance of choice, and in human relationships. We made false gods of these things by focusing our minds and all our efforts on having them. They may have satisfied us for a time but eventually they failed to fulfill the deep longing within our heart. There is only one thing that will fill the emptiness in each one of us and that is, God in us.

***But those who still reject me are like the restless sea, which is never still but continually churns up mud and dirt. There is no peace for the wicked,” says my God.*** (Isaiah 57:20-21 NLT)

God has prepared a way for us to enjoy contentment in life. Jesus paid the price for our sins to be forgiven. We can be free from the power of sin by

accepting this gift from God. All things are possible to those who believe in God. When we walk in His ways, we will know peace in the deepest place of our soul. The contentment that God gives is priceless and cannot be bought with silver or gold.

***Yet true godliness with contentment is itself great wealth. After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. (1 Timothy 6:6-7 NLT)***

***Prayer: Heavenly Father, I confess I have wandered far from You. Today, I humbly ask You to come into my heart and help me follow You in all my ways. My desire is to experience Your peace that passes all understanding. Amen***



## JANUARY 12 - FACING TRUTH

When some of us became aware that our lives were on a dark downward pathway, we chose to admit that we

were powerless over our dependency and our lives were unmanageable. In despair, we called out to God for help, and He heard, and rescued us.

***In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears. (Psalm 18:6 ESV)***

Initially we were glad that God heard us and answered our cry for help. We certainly wanted recovery but unfortunately one of the greatest obstacles to life with God in recovery is our own mindset. We allow ourselves to dwell on thought patterns that are not in keeping with a life submitted to God. We dwell on how a lesser amount of our dependency might work or we entertain thoughts of staying in touch with friends who are still using. We need to seriously consider where these thoughts are coming from and pray for God's guidance in how we might counter these lies with truth. We also need to find a trusted sponsor or pastor

with whom we can seriously discuss this type of thinking.

***Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.*** (Proverbs 13: 20 ESV)

We need to accept that we are vulnerable to the desires of our flesh. The body, from which we are withholding our former dependency, is demanding what it needs to be at peace. To stand firm against its cravings, we need to relentlessly hold on to the Power who is greater than ourselves and keep saying “NO” until our body gets the message and begins to settle down. Because Satan knows our form, he will fight to keep us in bondage. Therefore, we need to ask the Lord to increase our strength and give us the protection we need to carry on.

***Stay alert, be in prayer, so you don't enter the danger zone without even knowing it. Don't be naive. Part of you is eager, ready for anything in God; but another part is as lazy as an old***

***dog sleeping by the fire.*** (Mark 14:38  
MSG)

*Prayer: Heavenly Father, Please help me  
experience the strength of Your Power to save me  
from the deception of Satan, from sin, and from  
myself. Amen*



## JANUARY 13 - WHAT DETERMINES MY VALUE?

Low self-esteem. No self-worth. This is the experience of many who suffer in addictive lifestyles. Negative thoughts about ourselves and our ability to do well in life lead to obsessive thoughts. We make a simple mistake, and we feel like we are a complete failure. When others disagree with what we are saying, we are unable to cope. We feel no matter how hard we try, we can't measure up. What are we left with? A general feeling of hopelessness that God never intended us to have.



***God created human beings in his own image. In the image of God he created them; male and female he created them. Then God looked over all he had made, and he saw that it was very good! (Genesis 1:27, 31 NLT)***

Whenever we question our self-worth we need to challenge our thinking against what God says in the Bible. Where we received negative messages from others which resulted in us feeling worthless or unimportant we need to challenge our thoughts with the truth that God does not make junk. God looked at the humans He created, including us, and said they were very good. Our self-worth should be based on what God says rather than on what we have determined or what others say.

***For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. (Psalm 139:13-14 NIV)***

God's knowledge of us is evident in the things He has prepared for us to do. God's promise to bring His wonderful purpose for our lives to fulfillment is assured when we turn our will and our lives over to His care and live in recovery one day at a time.

***“For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope”. (Jeremiah 29:11 NLT)***

***Prayer: Heavenly Father, I am awed by Your knowledge of me, and the purpose You have for my life. Please help me believe and continually proclaim that I am a cherished and valued child of God. Amen***



## JANUARY 14 - THE GOLDEN RULE

In the middle of Jesus teaching about how to treat our enemies he inserts one of the most famous principles of

human interaction called The Golden Rule.

***Do for others what you want them to do for you. (Luke 6:31 ERV)***

This principle was written centuries before and was contained in the Jewish scriptures which Jesus and others heard from week to week in their worship services. Jesus is requoting it because it is important for us to know and practice.

As we share and support friends and loved ones, we often do for them those things we would like them to do for us. Jesus says in that context there is no real challenge because it is easy to love and care for those who love and care for us.

***“If you love only those who love you, should you get any special praise for doing that? No, even sinners love those who love them! If you do good only to those who do good to you, should you get any special praise for***

***doing that? No, even sinners do that!***  
(Luke 6:32-33 ERV)

What makes this saying of Jesus challenging is that we are to behave this way with people who don't love us or treat us well.

***Love your enemies. Do good to those who hate you. Ask God to bless the people who ask for bad things to happen to you. Pray for the people who are mean to you.*** (Luke 6:27b-28 ERV)

We have all been hurt and disappointed in the past. We have also hurt and disappointed others. Jesus wants all of us to move forward, find healing, and live well. He knows that holding grudges and failing to make amends is a recipe for bitterness and disaster of the heart. What is God's way for us to have successful recovery today? When someone irritates us or we reflect on a person we are avoiding, God says: ***"Love...do good...ask God to bless...and pray."***

So, who is the person on my  
'challenging person list' to whom I can  
apply the Golden Rule today?

*Prayer: God help me! It's so hard to bless and  
do good to people who have harmed me. Please  
work in my heart and give me the courage and  
strength to bless others and live the Golden Rule  
from a heart of thanksgiving for all You have  
done for me. Amen*



## JANUARY 15 - PLANNING AHEAD

Planning gives us peace in our hearts knowing that we have reviewed the specifics of how to get to where we are going and what we need to get there. For instance, when we plan a hike, we decide the place we want to visit and determine whether the terrain is suitable for our physical fitness. We want to ensure we are wearing the right footwear and clothes for the journey and have informed someone where we are going. It is also wise when we are travelling to a place for the first time to consult with a person

who has been that way before and has some knowledge of what we can expect on the journey ahead.

***Plans fail without good advice. But they succeed when there are many advisers.*** (Proverbs 15:22 NIRV)

When we are travelling on the road to recovery we also need to make plans for those things that will get us to our destination. We need to be spiritually fit to navigate the road ahead. We need to seek advice on how to avoid the pitfalls of temptation. It is also helpful to have a sponsor who knows the road ahead and can advise us on any hazards we may encounter.

***Let us act as we should, like people living in the daytime. Have nothing to do with wild parties, and don't get drunk. Don't take part in sexual sins or evil conduct. Don't fight with each other or be jealous of anyone. Instead, put on the Lord Jesus Christ as if he were your clothing. Don't think about how to satisfy sinful desires.*** (Romans 13:13-14 NIRV)

It is wise to plan ahead and determine what we will do when we are challenged on our journey. Sinful desires and overwhelming obsessions may war against our mind and our body, but if we seek Jesus' help, He will give us wisdom on how to safely stay the course.

***But because Jesus lives forever, his priesthood lasts forever. Therefore he is able, once and forever, to save those who come to God through him. He lives forever to intercede with God on their behalf. (Hebrews 7:24-25 NLT)***

***Prayer: Lord Jesus, I know my flesh is weak therefore, I ask You to help me plan for victory when I am sorely tempted to give up. Amen***



JANUARY 16 - DON'T GIVE UP –  
PERSEVERE

When troubles arise in our lives we often feel helpless to cope with them.

Instead of facing them head on we prefer to avoid them. We hide from them, pretending they don't exist. However, troubles usually do not go away quietly and can drive us into isolation and relapse to more harmful dependencies.

Instead of hiding from our problems we need to seriously think about doing something to solve them. We can seek out someone to talk to who is willing to understand us, pray with us, and help us. God often reveals the answer to us when we take time to listen to what He has to say. As one song writer wrote, *"Is there trouble anywhere? We should never be discouraged. Take it to the Lord in prayer."*

***This is God's Message, the God who made earth, made it livable and lasting, known everywhere as God: '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 33:2-3 MSG)***



When we ask for His help God hears us and intervenes in troubling situations on our behalf. We need to be truthful when we bring our troubles before God, admitting any part we had in the event. As we seek His forgiveness for our part, He will give us the wisdom to do the next right thing, whatever the circumstances.

***God is our refuge and strength, always ready to help in times of trouble. Call for help when you're in trouble—I'll help you, and you'll honor me.***

(Psalm 46:1,

50:15 MSG)

Most problems develop over time. Discovering and applying solutions to problems also takes time. We will need to persevere as we work to do things God's way in all our affairs. As we watch God work all things together for our good, we will be forever grateful that we sought Him and were willing to do what He said.

***Prayer: Gracious God, I am grateful that You never give up on me. Help me to persevere and fearlessly face what is challenging me today.***

*Thank You for working all things together for my good and Your glory. Amen*



## JANUARY 17 - MY LIFE IS UNMANAGEABLE

Why would we continue to live life in our own way when it obviously isn't pleasing, not even to us? Someone has defined insanity as doing the same thing over and over again and expecting a different result. Another saying is equally true, "If nothing changes, nothing changes." When we are willing to admit that our life is unmanageable and we are powerless to change, then we know that we need to seek help. If we call on God, He will hear our prayer and rescue us.

On our own we tried to meet our desires with short-term solutions and ended up with more significant levels of need. We thrashed around in our distractions and failed to come close to knowing what a purposeful and pleasing

life looked like. The Bible paints a clear picture of the powerlessness of people trying to live their lives without God.

***My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water. (Jeremiah 2:13 NIV)***

We were created for relationship with the God of infinite knowledge, power, and love. We were meant to continually draw breath and life from our Creator. We became a mess when we did not have the infilling of the power of God's Holy Spirit. To live well in relationship with God and others, we need to fill up on what our Creator intended, not on what we determine might work.

***What did your people of long ago find wrong with me? Why did they wander so far away from me? They worshiped worthless statues of gods. Then they themselves became worthless. Has a nation ever changed its gods? Actually, they are not even gods at all.***

***But my people have traded away their glorious God. They have traded me for worthless statues of gods. (Jeremiah 2:5, 11 NIRV)***

***Prayer: Lord God, Forgive me for choosing harmful relationships, substances and other things to try to fulfill my needs. I admit my choices resulted in an unmanageable existence. Today, I choose to turn my will and life over to Your care for Your breath alone gives me life. Amen***



## **JANUARY 18 - KNOWING FREEDOM AND A NEW HAPPINESS**

In the Big Book of Alcoholics Anonymous there is a section on making amends and sorting things out with our families. In this section we find a paragraph naming twelve promises we will celebrate “*before we are half-way through.*” The first of these promises is, “*We are going to know a new freedom and a new happiness.*” Are these empty words for just a select few or the experience of just some old-

timers of AA? Is there a chance it can be a reality for me?

***Christ has set us free to enjoy our freedom. So remain strong in the faith. Don't let the chains of slavery hold you again.*** (Galatians 5:1 NIRV)

Living in sobriety is hard work after living in a self-centered addictive lifestyle. Working the steps, particularly making amends to those we have harmed and being careful to do so in a way that would not injure them or others, takes courage and care which we are just beginning to develop. We will experience the freedom that gives us hope when we believe God's promise to free us from our bondage.

Memories from our past do not need to hold us down. Fear of what others might say or do no longer needs to squeeze us into a mold that is something other than our true self. God now lives in us so we can share the good news of how He has changed us and is ready to do that for anyone who chooses to come to Him. God will give

us words to share that will comfort those who are sad and those who are caught in their own resentment and fear, even if the fear and bitterness is the result of their own bad behaviour.

***The Spirit of the Lord God is on me. The Lord has chosen me to tell good news to the poor and to comfort those who are sad. He sent me to tell the captives and prisoners that they have been set free. (Isaiah 61:1 ERV)***

God is working in all of us today. Our responsibility is to trust God, do our part, and then relax and enjoy the freedom and happiness we have been given.

***Heavenly Father, Thank you for my sobriety and for freedom to live in a new way of peace and blessing towards others. Help me to stay strong, trusting You to work in my life and in the lives of those I have harmed. In Your love and care may we all find freedom and happiness. Amen***



## JANUARY 19 - HITTING BOTTOM

Hitting bottom is the place we reach in our addiction where we finally admit that we have a problem and that we can't solve it on our own. We come to realize that we are powerless and that our lives have become unmanageable.

For too long we thought everyone else had a problem, or even that we had problems, but they weren't as bad as those of others. However, there comes that point where we can no longer hide from the facts. We realize that we are at a low place and can't see any way out. We know we are unable to carry on with the way things are.

Fortunately, at that point, God is waiting for us to come to Him, and He is willing to do for us what we cannot do for ourselves.

***I waited patiently for the Lord to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and***

***steadied me as I walked along.*** (Psalm 40:1-2 NLT)

God not only works on our behalf but also strengthens us and teaches us valuable lessons from the things we have experienced. It's in our lowest moments that we have an opportunity to see how kind and good God really is and that He will give us everything we need to get well one day at a time as we choose to trust Him rather than ourselves.

If we will give Him the opportunity to rebuild our lives God promises to give us a new foundation, a solid place to stand. Today is another chance to stand on this solid foundation rather than falling through the floor again and hitting a new bottom.

***Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken.*** (Psalm 62:1-2 NIV)



*Heavenly Father, Thank you that when I hit bottom You were there ready to embrace me and help me build a new life. It is because of Your unfailing love for me that I can stand strong on a firm foundation. You are my rock and my security. I choose to follow Your ways in all my affairs. Please help me! Amen*



## JANUARY 20 - SHARING WITH HUMILITY AND GRACE

Our pride often keeps us from asking to have our needs met. Perhaps we grew up in a family where we were consistently ignored or disappointed and our personal needs were seldom met. Some of us may have reacted by becoming self-sufficient. We determined we would never ask anyone for help again. However, our plan opposed God's plan for successful living, and our drift into an addictive and destructive lifestyle affirms that.

***My grace is all you need. My power works best in weakness.*** (2 Corinthians 12:9 NLT)

On our own we are powerless to live life well. When we ask God for help He will strengthen and empower us to make good choices and accomplish things we never thought possible. As we continue to meditate on God's word and follow His principles, life will begin to change. God tells us that those who seek Him will find Him for He is not far from any one of us.

***"I say to you: 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)

One of the countless ways we honour God's lifegiving plan is to give others an opportunity to bless us. We will honour someone today if we ask for and receive their advice in solving a problem we need help with. Others may also need the gift of our time and assistance.

When we live in healthy relationships we are able to give and receive the gifts of wisdom and kindness. This is the life that God invites us to and is described in the Bible with these words: ***Share each other's burdens, and in this way obey the law of Christ.*** (Galatians 6:2 NLT)

*Prayer: Heavenly Father, Thank You for always being available when I seek Your help. As I live in Your care today, help me to be considerate and gracious in how I receive and offer help. Amen*



## JANUARY 21 - PRAYER

Some people who have no relationship with God will pray when they are in trouble or when they really need help in a time of great distress. Does God hear their prayer? Yes, He does. Will He answer their prayer? Yes, He will. How God answers that prayer is up to God for He knows each person's heart and knows what is best for each of us. God is much more generous than any

human being and He alone knows the end from the beginning. However, when we have given our will and life over to the care of God, we are assured that His eyes always watch over us and His ears are open to all our prayers.

***The Lord watches over everyone who obeys him, and he listens to their prayers. But he opposes everyone who does evil. Ask me, and I will tell you things that you don't know and can't find out. (1 Peter 3:12; Jeremiah 33:3 CEV)***

We who have accepted Jesus as our Saviour are God's beloved children. Like any good parent, God is aware of His children's needs. The closer we get to our Heavenly Father the more He will speak with us. God's desire is that we grow in wisdom by reading and obeying His word. He gives us His Holy Spirit to help us understand the principles of His Word. He also empowers us to love and care for others as He loves and cares for us.

***But I tell you to love your enemies and pray for anyone who mistreats you. Then you will be acting like your Father in heaven. He makes the sun rise on both good and bad people. And he sends rain for the ones who do right and for the ones who do wrong.***  
(Matthew 5:44-45 CEV)

God cares about His creation and each of us is benefitting from His goodness in the world today. Can anyone imagine living in a place without God in it?

***Prayer: Heavenly Father, Thank You for being aware of all my needs and for making help and guidance available to me every moment of every day. Forgive me for the times I have not bothered to consult with You or have failed to surrender my will and my life to Your care. Today, I choose to surrender my will to You. Please help me walk in Your ways and obey You in all my affairs. Amen***



JANUARY 22 - GIVING GOD A  
CHANCE

How do we come to believe that a power greater than ourselves could restore us to sanity? Perhaps we've sat in recovery meetings and heard others share about their journey of coming to believe and we related to some part of their story but wonder how our life might fully relate to it all. In a world where people believe many things – including some who believe there is no god – how do I know there is a power greater than myself? How do I know that God has any interest in restoring me to sanity or even more important, has the ability to do so?

Our questions are valid and welcome. We're not the first to ask them and we won't be the last. Jesus Christ made bold claims about being God and about coming to earth to take the punishment for our sin and brokenness by dying on the cross. People who hung around with Jesus felt hope stirring in them that He was the one they had waited for centuries to see, but some had doubts. On a dark day when one of those people wondered if he had gotten it right, he sent some of his friends to Jesus to ask for confirmation of what he believed.

***“Are you the one we should be looking for? Or must we wait for someone else?” Jesus answered, “Go and tell John what you have heard and seen. The blind are now able to see, and the lame can walk. People with leprosy are being healed, and the deaf can hear. The dead are raised to life, and the poor are hearing the good news. God will bless everyone who doesn’t reject me because of what I do.” (Matthew 11:3-6 CEV)***

How do we come to believe? We give God a chance to help us understand things we have been struggling with. We ask for and receive strength from God to take steps we never could before. We open our hearts to experience healing where pain used to overwhelm us. Our belief in God is strengthened as we give God a chance to work in our lives and then watch how He does.

***I praise you, Lord, for being my guide. Even in the darkest night, your teachings fill my mind. I will always look to you, as you stand beside me and***

***protect me from fear.*** (Psalm 16:7-8  
CEV)

***Prayer: Loving God, Give me ears to hear and a mind to understand Your word, and through obedience, see the reality of it in my life. Help me to believe who You say You are, and that You have the power to restore me to sanity. Thank You for giving me hope. Amen***



## JANUARY 23 - MORALS AND VALUES

Is there really a God? Is there really a higher power to whom I can turn over my will and my life and receive in return a life worth living? In our addiction, we lived as though there was no God and we could do whatever we wanted, whenever we wanted. That didn't work too well for us! Trying to find life and recovery without God doesn't work well either. Why not?

Life without God means there are no morals and values—that is, no difference between right and wrong. In



our world where lying and cheating seem commonplace, this might seem convenient. However, if there are no morals and values then we cannot condemn any activity that a human chooses to do. That would include acts such as terrorism or child abuse. All of us, and especially those who are victims, know differently. Written into our souls from a power that transcends time and culture, are moral laws given by God.

***There is a way that appears to be right, but in the end it leads to death.***  
(Proverbs 14:12 NIV)

Humans were created by God to live a moral life in relationship with Him and with one another, and deep within our souls, we know it. We know when something we say or do is right or wrong. Fortunately, the God who gave us moral principles for life also provides help for us when we fail to live up to them – as we inevitably will.

***If we claim we have no sin, we are only fooling ourselves and not living in the***

***truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts. (1 John 1:8-10 NLT)***

Is there really a God? Our sense of what is right and wrong points in the direction that there is.

***Prayer: Heavenly Father, Help me to trust You and live a meaningful life based on Your moral principles. Amen***



## JANUARY 24 - LIVING IN LOVE AND GRACE

Living in a loving, caring relationship with God and others is God's plan for all of humankind. If our desire is to live in a more loving way towards others, we need to know that we ourselves are loved.

***Everyone who loves, knows God.  
Anyone who does not love does not  
know God, because God is love. This is  
how God showed his love to us: He  
sent his only Son into the world to give  
us life through him. (1 John 4:8-9 ERV)***

Our behaviour often reflects what we believe about God. When we don't get what we want, we believe God doesn't care for us. When we don't feel loved, we believe we're not good enough to be loved by God or anyone else.

Operating on beliefs like these drives us to seek love in harmful relationships, practices and ultimately substances. Whatever we substitute for God's best is a counterfeit and sooner or later we will come to know it doesn't satisfy.

***Why spend money on what is not  
bread, and your labor on what does  
not satisfy? Listen, listen to me, and  
eat what is good, and you will delight  
in the richest of fare. (Isaiah 55:2 NLT)***

How do we prevent relapse into addictive behaviour that leads to a destructive lifestyle and finally live in

love and grace? We choose to believe the truth that God loves and cares for us and has given us unique gifts and talents. We reject negative thoughts and focus instead on God's generosity. As we meditate on God's Word as recorded in the Bible, our faith will grow. God will arm us with strength and keep our way secure.

***Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come. (2 Corinthians 1:21-22 NIV)***

***Prayer: Heavenly Father, I confess my weakness is not keeping my eyes fixed on You. Please work in me so I have both the desire and the power to do what pleases You. Amen***



## JANUARY 25 - SELF-CENTEREDNESS

A character defect that most of us have is self-centeredness. Sometimes we

are not aware of it, but it is evident in how we behave and in what we say. A lot of our communication with others is about ourselves and what we think or do. We often brag about how we outwitted someone to get what we wanted. We boast about our activities. It seems we just want others to know how clever we really are. Some of us are so concerned about promoting ourselves that we seldom stop to think of how we are relating to others.

***In whatever you do, don't let selfishness or pride be your guide. Be humble, and honor others more than yourselves. Don't be interested only in your own life, but care about the lives of others too.*** (Philippians 2:3-4 ERV)

Impatience with a person or an event is another way we show our self-centeredness. We often get upset when the check-out person at the store is too slow; the doctor has too many patients; someone forces their way ahead of us in a line-up; our counsellor doesn't seem to understand, or we think they are not listening.

Complaining because our expectations are not met is evidence of our self-centered attitude. How often do we stop and think about the well-being of the other person in the situations we complain about?

***An unfriendly person pursues selfish ends and against all sound judgment starts quarrels. (Proverbs 18:1 NIV)***

In our new life with God in recovery we are learning new ways of thinking and behaving. When we take daily inventory, perhaps we need to inventory around how we helped someone in need, prayed for a person who was showing signs of stress, or noticed a person in a lineup that needed to be attended to before us. God calls us to love our neighbour as ourselves. Our neighbours shouldn't suffer because all our love is centered on ourselves.

***I am afraid that when I come, we won't be pleased with each other. I fear that some of you may be arguing or jealous or angry or selfish or***

***gossiping or insulting each other. (2  
Corinthians 12:20 CEV)***

***Prayer: Gracious God, I find it hard to take my  
eyes off my own agenda and look out for the  
interest of others. Please help me to do so. Amen***



## **JANUARY 26 - PRIDE GOES BEFORE A FALL**

When we reached the bottom in our addiction we knew we needed help to get ourselves out of our tangled mess. We came into recovery and asked Jesus and others to help us. However, once we gained a little strength, it didn't take long for that "I can do it on my own" voice to return.

***If you are proud, you will be destroyed.  
If you are proud, you will fall. Because  
he is proud, that evil person doesn't  
turn to the Lord. There is no room for  
God in any of his thoughts. (Proverbs  
16:18, Psalm 10:4 NIRV)***

In the past we believed that no one cared enough to try and understand us or meet our needs. We questioned why things would be any different in recovery. We reasoned, wouldn't it be better to just keep quiet, keep it simple, and work it out on our own? According to Jesus, NO! Independent thinking got us into addiction because independence is based on pride of self which is born out of hurt. Following our self-centered practices instead of Jesus' instructions will hold us back from seeking and receiving the wisdom and provision of God and of friends.

God's word tells us clearly that to be wise we need to learn from God and others. We're not stupid because of something we don't know, we're simply humans in need of teaching and encouragement.

***Fools think their own way is right, but the wise listen to others. If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. O people, the Lord has told you what is good, and this is what***



***he requires of you: to do what is right,  
to love mercy, and to walk humbly  
with your God.*** (Proverbs 12:15, James  
1:5, Micah 6:8 NLT)

Pride keeps us on an independent and  
isolated road that sooner or later will  
take us back to active addiction.

Humbly walking with God and asking  
for His guidance along the way is the  
sure path to a new life.

***Prayer: Heavenly Father, Help me to do what is  
right, to love mercy, and to walk humbly with  
You. Amen***



JANUARY 27 -

HALF MEASURES AVAILED US  
NOTHING

There is no satisfaction in a partially  
committed life in recovery. Fulfillment  
does not come from picking and  
choosing what we will have, and what  
we will not have. Fulfillment comes

from a God-directed life where His commandments are obeyed wholeheartedly. The consequences of disobedience are clearly outlined in the Bible. Failure to stay away from all types of harmful behaviour weakens us spiritually and makes us vulnerable to attacks that keep us from experiencing the freedom that God intends for us to have. New life comes when we willingly let go of our old ways.

The founders of AA who wrote "The Big Book" understood this when they wrote: *"Half measures availed us nothing. We stood at the turning point. We asked His (God's) protection and care with complete abandon ..... We thought we could find an easier, softer way. But we could not. 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."* (Big Book p.58)

The Bible describes this same principle this way: ***Love your neighbor as***

***yourself. Love does no wrong to others, so love fulfills the requirements of God's law. The night is almost gone; the day of salvation will soon be here. So remove your dark deeds like dirty clothes, and put on the shining armor of right living.*** (Romans 13:10, 12 NLT)

Life with God in recovery requires an individual to be thorough in both their willingness to change and in their actions. At all times, with family members and friends, in all our affairs, we must strive to obey God and consistently practice recovery principles. This includes dealing with the issues of our heart as well as our visible behaviour. Half measures lead to relapse and more suffering for ourselves and those who care for us. Let us be fearless and thorough today.

***Prayer: Heavenly Father, My desire is to make healthy choices that will result in a purposeful life. Help me to wholeheartedly live in the way that pleases you. Amen***



## JANUARY 28 - KNOWING GOD IS WHERE I AM

We read in the program material of the 12-Steps about turning our will and our life over to the care of God. We also hear individuals talk about what a difference it made to their life when they did that. The question is, what does it look like to do that?

***I keep my eyes always on the Lord. He is at my right hand. So I will always be secure. So my heart is glad. Joy is on my tongue. My body also will be secure. You will not leave me in the place of the dead. You will not let your faithful one rot away. You always show me the path of life. You will fill me with joy when I am with you. You will make me happy forever at your right hand. (Psalm 16:8-11 NIRV)***

The above words from the Bible give us some information on what will happen when we turn our minds and hearts towards God. All Scripture is inspired by

God and was written to instruct us how to live and what we can expect from God. Our part is not complicated but quite clear and the benefits are dramatic.

We are to keep our eyes on the Lord, seeking to be conscious of His ways in every situation and inviting Him to show us the way forward. We acknowledge that He is always near us, as close as our right hand. We are not to act in self-will but invite God to interact with us in all that we say and do.

Turning our will and our life over to God's care is making a choice to trust that God is good, that He will never leave us to deal with painful circumstances on our own, that He won't allow the barrage of our thoughts and feelings or our relationships to overwhelm us but will show us the path to a life of serenity. It means that we won't always understand what God is doing when the pain isn't immediately removed, or the circumstances are taking time to change. Regardless of what we can see we will persevere and do what is right and trust that God is working. We will trust that

He is taking us to a safe haven that is better than anywhere we've been before. The truth is anywhere *WITH HIM* is better than any place we could be *WITHOUT HIM*.

*Prayer: Loving God, I don't see too much of the path ahead and there are still lots of things to be sorted out. I want to walk together with You today. I want to put my will and my life into Your care. I want You to show me this path of life where I can be filled with joy and live secure in Your presence. Please help me. Amen*



## JANUARY 29 - MAKING SENSE OF LIFE AND RECOVERY

Only after a time of living in recovery with God do we realize how ridiculous we must have sounded when “we told God our plans.” How little we knew of the patience of God as we went on and on about what would fix us, what we needed in order to have a good life, and how God could make that happen for us.

***I lie in the dust; revive me by your word. I told you my plans, and you answered. Now teach me your decrees. Help me understand the meaning of your commandments, and I will meditate on your wonderful deeds. I weep with sorrow; encourage me by your word. Keep me from lying to myself; give me the privilege of knowing your instructions. I have chosen to be faithful; I have determined to live by your regulations. I cling to your laws. Lord, don't let me be put to shame! I will pursue your commands, for you expand my understanding. (Psalm 119:25-32 NLT)***

Who were we to think we had any knowledge about what would make life work? Our best plans got us to places we never want to be in again. We fell down so many times we ended up just lying in the dust without the ability to get up. Our thoughts were filled with shame and our hearts with sorrow. We lied to ourselves and others about how bad things were and to what depths we had sunk.

Thank God that He is willing to expand our understanding of life with His truth. He gives us trustworthy instructions that get us on the path to new life. He accompanies us on the journey and brings joy and peace as we travel together. When we get tired and weary, He refreshes and strengthens us to keep going. God helps us understand what we need to know as we need to know it, and He encourages us each step of the way.

*Prayer: Heavenly Father, thank you for your patience with me as I learn to surrender my plans in favour of Yours. Help me understand what I need to know as I need to know it. Give me ears to hear Your voice of encouragement as we journey together along the way. Amen*



## JANUARY 30 - CHARACTER DEFECT: ARROGANCE

One of the coping mechanisms many of us use when dealing with low self-esteem and the humiliation of our past failures is the mask of arrogance. We



work so hard to cover up our shame that we no longer are in touch with what is real and needs to be dealt with. We all are a mixture of strengths and weaknesses and in His love, God wants us to come to a realistic assessment of ourselves.

***Don't think that you are better than you really are. You must see yourself just as you are. Decide what you are by the faith God has given each of us.***

(Romans 12:3b ERV)

Arrogance is the steel-hard resistance supporting denial that blames and excuses ourselves as we continue to think that our problems are created by the actions of others.

***Live together in peace with each other. Don't be proud but be willing to be friends with people who are not important to others. Don't think of yourself as smarter than everyone else.*** (Romans 12:16 ERV)

Healthy recovery requires us to take responsibility for our actions and

reactions. In humility we need to see ourselves as we are. We also need the grace of God to see others' flaws and gifts and recognize that all of us are on a level playing field where we need each other and have good gifts to share with each other.

Arrogance says "I don't need anyone else. I can do this on my own." In recovery we get to lay down our ego, reject all the grandiose thinking we've been relying on that hasn't gotten us very far, admit our powerlessness over our addiction, and embrace the truth that only with God's help and the support of others, we truly can recover our lives.

***People who think they are wise when they are not are worse than fools. God is against the proud, but he is kind to the humble.*** (Proverbs 26:12, James 4:6b ERV)

***Prayer: Loving God, I want to live in truth. I lay down my masks, particularly arrogance and grandiose thinking and humbly put my trust in You to help me recognize my character defects.***

*Teach me to love others as You love me. I want to be the person You created me to be. Amen*



## JANUARY 31 - EMBARRASSMENT

As we prepare to do the steps in a recovery program, who among us enjoys doing a Step Four inventory or writing out the last 90 days of our addiction? Part of the reluctance so many of us experience when we make an appointment with someone to confess the exact nature of our wrongs, is the shame and embarrassment we feel over past events. It's not easy to admit our faults, and there is a huge stigma attached to the circumstances of our life in addiction that took many of us to prison, psych wards, or to life under a bridge etc. None of us like admitting to the mistakes we made but the sooner we do, the quicker we can learn from them and start to grow.

***Good people might fall again and again, but they always get up. It is the***

***wicked who are defeated by their troubles.*** (Proverbs 24:16 ERV)

The embarrassment of needing to ask for help is the next hurdle to overcome. It's hard to admit that life is out of control and at the same time recognize ourselves as persons of dignity and value beyond our addiction. The truth is, we were created by a loving God to do good and make a positive difference in our community. We need to own that and affirm that until it sets the foundation of who we are and why we are living and breathing. We ask for help in order to get rid of anything that keeps us from living in the dignity of being who God says we are.

***You are the one who put me together inside my mother's body, and I praise you because of the wonderful way you created me. Everything you do is marvelous! Of this, I have no doubt.***  
(Psalm 139:13-14 CEV)

Sometimes the baggage others carry results in them trying to embarrass and humiliate us in order to feel better

about themselves. We need to refuse the lies while blessing the person who is spewing them and praying for them to be healed and restored.

*Prayer: Heavenly Father, I am who You say I am, and I'm created in your image. No one is more beautiful and worthy of honour than You, so I turn from the guilt and shame of my rebellious ways and accept what You have done for me through Jesus. Help me to let the shame and embarrassment go. Help me to live in response to Your great love for me. Amen*



## ***How To Enjoy New Life With God In Recovery***

*God created us to have a wonderful life. In Love, God carefully put us together and planned when each one of us would be born. God desires that we have a loving relationship with Him and, through Jesus, has made a way for us to enter into that relationship. When we have lived life independently from God, many of us experienced a painful and confusing life. Those of us who have accepted the invitation are now experiencing, with gratitude, the daily love, care, and guidance that God promised us. Perhaps today is a good day for one of us to consider living the full, rich life God intended for us to have. Nothing in our past can keep us from this life if we truly want it and choose for it. God invites us to this relationship with Him, but we need to make the decision to accept it and give our will and life into His care.*

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

*When we repent of our sin, confess our brokenness to God, and believe that Jesus has paid the penalty for our sin, God gives us new life. When we invite God to come into our lives we find He is ready and waiting to help 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 in my life. I turn from my independent ways and surrender my life and my will to You. Thank You Jesus for dying on the cross for my sins and for being the Way for me to have new life with Your Holy Spirit living in me. Teach me to do Your will. Transform my way of thinking.***

***Strengthen me to obey You in all I say and 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 the 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.

### **SUBSTANCE ADDICTIONS:**

**Alcohol**

**Caffeine**

**Injected or smoked  
substances such as:**

Crack, Crystal Meth,  
Heroin

**Marijuana**

**Prescription Medications**

**Sugar**

**Tobacco**

### **SOFT ADDICTIONS:**

#### **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**

### **BEHAVIOUR ADDICTIONS:**

**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)



**RELATIONSHIP  
ADDICTIONS:**

**Abusive Relationships:**

Includes: Intimidation,  
Isolation,  
Domination, Blaming,  
Humiliation,  
Withholding, Forcing acts  
against  
one's will

**Approval dependency**

**Attention Seeking**

**Codependence/Rescuing  
Power/Control**

**PRAYER: FOR HEALING AND RESTORATION**

Loving God, Thank You for rescuing me from the dark power of Satan and bringing me into loving relationship with Your Son, Jesus. I ask for wisdom and understanding from Your Spirit in order to live as a person who honours You. Heal me. Make me new. Make me a strong followers of Christ. Root me deeply in Your love. I place our trust in Your power that can do far more in me than I 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***