Life With God In Recovery

WALKING A NEW WAY TOGETHER



Partners in Hope Recovery Society is a Christian community outreach organization offering hope, support, and healing through Jesus Christ to victims of harmful circumstances and dependencies, as they reclaim the gift of their life.



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Book 4

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

Partners in Hope LIFE WITH GOD IN RECOVERY MEETING

THE WELCOME: We are a Christian 12-Step Recovery Group. We practice the 12 Steps of Alcoholics Anonymous and welcome individuals seeking healing and recovery from a variety of destructive and addictive lifestyles. The only requirement for membership is a desire to love and be loved regardless of one's current condition in life.

We choose to affirm God, the Creator, as our higher power. We believe He has revealed Himself to us through His Son Jesus Christ, who said, "If you hold to my teaching, you are really my disciples. Then you will know the truth and the truth will set you free. I am the way, the truth, and the life."

We share through stories, discussion, singing and prayer, the experience, strength and hope we have found in relationship with God and with each other. We seek to gain strength from one another in order to carry this message of hope to others who suffer. We gratefully acknowledge God's presence and

SOME AREAS OF ADDICTION AND DEPENDENCY

SUBSTAN CE ADDICTIO NS: Alcohol Caffeine Injected or smoked substances such as: Crack, Crystal Meth, Heroin Marijuana Prescriptio n Medication s Sugar Tobacco	BEHAVIOUR ADDICTIONS : Anger/Rage/B ullying Cutting Cutting Crime Eating Disorders: Bulimia, Anorexia, Binging, Obesity Gambling Hoarding Sex/Pornogra phy Verbal Abuse: Gossip, Lying, Accusing Blaming, Condemning Violence (physical, verbal, cyber)	
SOFT ADDICTIO NS:	RELATIONSH IP ADDICTIONS	
Digital Use: (Time or Content) TV/Phone/Tablet; video games, Social Networking; Cyber-bullying; Online shopping; Gambling, Pornography Exercise	: Abusive Relationships: Includes: Intimidation, Isolation, Domination, Blaming, Humiliation, Withholding, Forcing acts against one's will	

12 STEPS AND BIBLE PRINCIPLES

7 , 			
1.	We admitted that we were powerless over our dependencies that our life had become unmanageable.	1.	I know nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. (Romans 7:18)
2.	We came to believe that a Power greater than ourselves could restore us to sanity.	2.	For it is God who works in you to will and to act according to His good purpose. (Philippians 2:13)
3.	We made a decision to turn our will and our life over to the care of God as we understood Him.	3.	Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – which is your spiritual worship. (Romans 12:1)
4.	We made a searching and fearless moral inventory of ourselves.	4.	Let us examine our ways and test them, and let us return to the Lord. (Lamentations 3:40)
5.	We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.	5.	Therefore, confess your sins to each other and pray for each other so that you may be healed. (James 5:16)
6.	We were entirely ready to have God remove all these defects of character.	6.	Humble yourselves before the Lord, and He will lift you up. (James 4:10)
7.	We humbly asked Him to remove our shortcomings.	7.	If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)

LIFE AFFIRMATIONS:

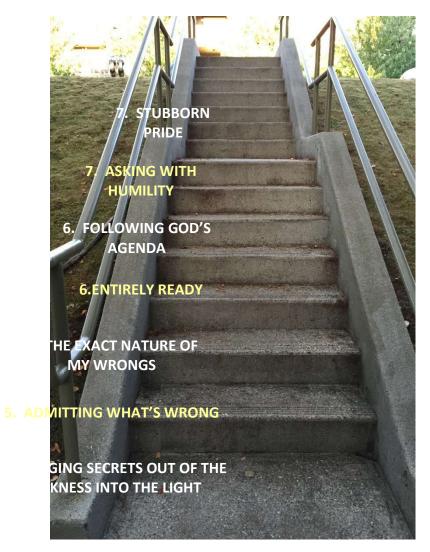
- 1. I am loved by God, always. I am loved without condition.
- 2. My life is of great beauty and infinite value. God has a plan for my life that is meaningful, purposeful and joyful. There is a work for me to do today that will bless others and give me deep satisfaction.
- 3. God is always with me. I need never face my problems alone. Together with God, any difficulty can be worked out and overcome.

SERENITY PRAYER:

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time; 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; so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen.

DISCUSSION TOPICS

WALKING A NEW WAY TOGETHER STEP 5-7



continue to feel uncomfortable with having God's exposing light shine on others. We want to keep these dark areas hidden from those around us. Because we are unwilling to reveal these secrets, the guilt and shame in our past is left to fester and cause harm in our recovery.

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 13:12 NLT)

We struggle to come into the light because we're unwilling to surrender all of ourselves to God and allow His healing presence to restore us to new life. Light and darkness do not exist together. God wants us to be completely separated from the things of darkness. The longer we cooperate with darkness, the more we will hide from the light. Darkness causes us to reject, or not even recognize, hope and help when it comes our way. To the extent that we are willing to surrender ourselves to the light of Christ, we will be strengthened and directed by Him to live in new and healthy ways.

Jesus answered and said to him, "If anyone loves Me, he will keep

put it under a bed. Instead, they put it on a stand. Then those who come in can see its light. What is hidden will be seen. And what is out of sight will be brought into the open and made known. (Luke 8:16-17 NIRV)

Regardless of the reason for our kept secrets, we know there is discomfort inside us. We know what has been done to us. We also know what we have done. and we project how we would feel if someone found out. We need to ask ourselves. "What is the one area of disobedience and darkness that keeps me from experiencing the light of God's love, joy and peace?" God has given us a clear description of what works to produce a good life and what causes harm. We need to determine if we are hiding things that are contrary to what God says is good.

When talking about those who refuse to trust Him with their whole life, Jesus said, *Here is the judgment. Light has come into the world, but people loved darkness instead of light. They loved darkness because what they did was evil. "Everyone who does evil things hates the light. They will not come into the light. They are afraid that what they*

Christ we have forgiveness and healing for every offense committed against us or by us. Jesus wants to safely guide us to the path that gives us joy and satisfaction. He wants to give us a life that is better than anything we could ask for or even imagine.

But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin. (1 John 1:7 NLT)

God knows more about us than we know about ourselves. He has all sorts of things that He wants to share with us when we are able to receive from Him. He wants to reveal to us those treasures stored up for us simply because He loves us.

"No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him." But it was to us that God revealed these things by his Spirit. For his Spirit searches out everything and shows us God's deep secrets. (1 Corinthians 2:9-10 NLT)

There is an edgy life of keeping dark secrets that God calls us away from. There is also an

Questions for Reflection and Discussion

- Why is this step part of the recovery journey? Is it really necessary?
- 2. What kinds of secrets do I hide?
- 3. How do those secrets continue to harass and hurt me?
- 4. Why do I continue to hold secrets?
- 5. What rationalizations do I tell myself in order to continue keeping secrets?
- What is the one area of disobedience and darkness that holds me back and keeps me from experiencing the light of God's love, joy and peace?"
- What steps can I take to allow God's light to shine into the dark areas of my heart?

ADMITTING WHAT'S WRONG

STEP 5 – We admitted to		
God, to ourselves, and to		
another human being the		
exact nature of our wrongs.		

Sorting out what went wrong in our lives and getting it written down in Step Four was already a challenging and painful process. Why did the founders of AA follow up that work with this challenging exercise of taking all that information and admitting it to God, to ourselves, and to someone else? Is it really necessary to confess to God if we are willing to tell ourselves the truth? Once we've told God, why must we admit these details to someone else?

ADMITTING TO GOD: Life on God's terms is simply that – life on God's terms. This is the new way of living we want when we come into recovery, and this step helps us recognize how far from truth and reality we have lived. God says we are created for relationship with Him and wrong doing is actually sin against His

truth that His blood paid for our sins and they are forgiven. We can claim this truth with confidence when we know we've confessed our sins to God and received His forgiveness.

My dear children, I am writing this to you so that you will not sin. But if anyone does sin, we have an advocate who pleads our case before the Father. He is Jesus Christ, the one who is truly righteous. He himself is the sacrifice that atones for our sins—and not only our sins but the sins of all the world. (1 John 2:1-2 NLT)

Living as though we don't need God makes us sick and ultimately destroys us. Jesus wants to heal us from the inside out so we need never be sick again. We, however, have our own ideas about why we are in the condition that we are in. We would do well to ask Jesus to speak to us about the real nature of our problem. Often He will go deeper into our soul and reveal what we need to bring into the light. Coming before God in humility and honesty about what's really gone wrong in our lives will

they will receive mercy. (Proverbs 28:13 NLT)

ADMITTING TO OTHERS: Most of us would declare that without a fearless admission of our defects to another human being we could not stay sober. It seems plain that the grace of God will not enter to expel our destructive obsessions until we are willing to try this. (Twelve Steps and Twelve Traditions, p. 56)

When we confess the exact nature of our wrongs, the reason for the terrible isolation we've lived with for most of our lives will be exposed. Many of us went down destructive paths because we felt we didn't belong, and we weren't understood or cared about. We thought our substance of choice helped us to fit in, but in fact, it simply led us down paths where we neither understood nor cared about ourselves or anyone else. Step Five helps us break down the barriers that have stood against acceptance, forgiveness, and understanding. None of us is perfect. We have much to offer one another if we will

sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ. (Ephesians 4:32, Galatians 6:1-2 NLT)

Until we actually sit down and talk aloud about what we have so long hidden, our willingness to clean house is still largely theoretical. When we are honest with another person, it confirms that we have been honest with ourselves and with God. (Twelve Steps and Twelve Traditions p 60)

More acceptance, more realism, more humility, more openness to learn and grow in new ways, these are just some of the benefits of admitting to God, to ourselves, and to another human being the exact nature of our wrongs.

Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the Lord has cleared of guilt, whose lives

Heavenly Fath into relationshi sinning agains You and for the me and help m

destructive and addictive behaviour is rooted in the breakdown of that relationship. That's the exact nature of all our wrongs.

For I acknowledge my transgressions, And my sin is always before me. Against You, You only, have I sinned, And done this evil in Your sight—That You may be found just when You speak, And blameless when You judge. (Psalm 51:3-4 NKJV)

From the time Adam and Eve chose to disobey God's instructions, humans have shaped their lives and sorted their problems based on their own understanding. Our unwillingness to live in trust and surrender to the only all-knowing God is the foundation of all our wrong doing. Only God, who is wise and mighty, knows what is good for us. He has a plan for each of our lives that will give us hope and a bright future. Today, in whatever circumstances we find ourselves, whether good or full of troubles and injustice, God knows how

Many are saying of me, "God will not deliver him." But you, Lord, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain. (Psalm 3:2-4 NIV)

The exact nature of our wrongs is rooted in the lie that our problems are caused by what is around us rather than what is within It's time that we us. admitted to God, to ourselves, and to another human being that our way of dealing with problems did not solve them. Doing things our way actually creates greater problems for everyone. It's time to admit that we cannot do life on our own and that we need to seek God's ways. God's direction has to be our first choice every time, rather than our "choice of last resort." We need to admit that we don't have all the answers. We need to learn from God's word and listen to the promptings of the Holy Spirit. We need to listen to the advice of mentors and others who have walked with God for a time. With God's help 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. (1 John 1:8-9 NLT).

When we choose to live in truth, we find internal peace. We have accepted God's forgiveness for all our wrongs and know that He has promised, "No matter how deep the stain of your sins, I can remove it. I can make you as clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you as white as wool." (Isaiah 1:18 NLT) Having admitted the exact nature of our wrongs and accepted complete forgiveness from God brings us to the place where we are free indeed. Because of Jesus there is no record of wrongs against us. No condemnation! We need not fear the future. Why? Because God is always with us, we need never face our problems alone. Together, with God, any difficulty can be worked out and overcome. Our lives have been transformed and our

"I am the way, the truth, and the life. No one can come to the Father except through me." (John 14:6 NLT) Heavenly Father,

Thank You for your unfailing love for me. Please reveal to me the exact nature of my wrongs. I may conjure up what I think is the exact nature of my wrongs but you are the God of truth and I want to know the truth so that I can bring all my wrongs before you and be set free. I admit to trying to lean on my own understanding and going my own way. Please forgive me and help me to follow faithfully the plan you have for my life. Thank You that I never again have to face my problems alone. Thank You that You never leave or forsake me. I am forever grateful. AMEN

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impressed with your own wisdom. Instead, fear the Lord and turn away from evil. Then you will have healing for your body and strength for your bones. (Proverbs 3:1-2, 7-8 NLT)

Having God deal with our defects can be frightening. These character defects are often developed through many years of struggling to survive. No matter how bad life gets, we tend to feel at home with what's familiar to us. We may stay trapped in destructive life patterns because we fear change. But, if we wait for the fear to go away before we take courageous steps, we'll never make significant progress in recovery. Recovery is a long-God will term process. remove our defects in a way that empowers us to handle the changes. As this happens, we will gradually be able to move into a new life, and experience victory one step at a time.

We can learn from the story in the Bible of God's people facing enemies as they were about to enter the life God had promised them. Their leader, Moses, described the

trusting that God is working it all together for good in His plan for our lives.

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. (Philippians 1:6).

Are we ready to speak the truth at all times to God, to ourselves and to others? One of the first places many people stumble in recovery is maintaining honesty about what is actually going on in their head and heart and continuing to confess that to God, to ourselves, and to another human being. We have a previous lifetime of denial and deception that wasn't only about our addictive behaviour. For many of us it started with our unwillingness or our inability to acknowledge fear, sadness, pain, or frustration and deal with it. To live well in recovery, we must allow God to help us acknowledge these issues in our daily life and help us to deal with them in new ways.

Search me, O God, and know my heart; test me and know

establish a new lifestyle of integrity, kindness, and respect. It seems an impossible task, a standard that we are unable to attain. On our own it is! But God is able and willing to help us complete the task if we will turn to Him and give Him permission to work in our attitudes and reactions.

Teach me your ways, O LORD, that I may live according to your truth! Grant me purity of heart, so that I may honor you. For God is working in you, giving you the desire and the power to do what pleases him. (Psalm 14:2-3, Philippians 2:13 NLT)

Our life in recovery is assured if we live this step on a daily basis. Character defects will slip away one at a time as we surrender ourselves to God. Each time we notice one of them in operation, we can invite God to live powerfully in us so we can think and behave in new ways. It takes patience to learn how to walk with God and to continually choose for His way until it becomes our default way of life. Each time we choose to have God remove an expression of a character defect in us rather

deeds – they haunt me day and night. Against you, and you alone, have I sinned; I have done what is evil in your sight ... Create in me a clean heart, O God. Renew a right spirit within me." (Psalm 51:2-4, 10 NLT)

God, help me to get entirely ready to have you remove all my defects of character.

Questions for Reflection and Discussion

- 1. What scares me about having God remove my defects of character?
- 2. What does being "entirely ready" mean to me?
- Which defects am I not entirely ready to have removed? Why am I still attached to them?
- 4. What can I do to become "entirely ready" to have God remove them?
- 5. How do I think my life will be different as these defects are removed?
- What am I doing today to address my defects? What will I start doing?

FOLLOWING GOD'S AGENDA

STEP 6 – We were entirely ready to have God remove all these defects of character.

Surrendering to God is the goal of Step 6, with a desire that God remove patterns of sin and woundedness from our lives. We experience freedom and fulfillment in life only when God's desires become our desires, God's way becomes our way, and God's word becomes our action.

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

Jesus knew the tragic results of individuals choosing selfcentered lives. Jesus taught and demonstrated that the key to a life that is truly

works; and c) who gets to be in charge of the process of change.

Step 6 acknowledges that I've come to understand that in my sinful brokenness I am unable to identify right and wrong for myself. I need God's word to show that to me. Step 6 also comes alive in me when I look to God's word and wise Christian counsel, rather than my own experience to help me identify what is helpful and harmful in my character. I actually complete this step when, at anytime, anywhere, and in anything, I choose to act in God's way.

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

We have long established patterns of behaviour that challenge us as we seek to apply Step 6 in our daily living. We have certain patterns that we hang onto because they SEEM to meet important needs in our lives

Kingdom only through the narrow gate. The highway to hell is broad, and its gate is wide for the many who choose that way. But the gateway to life is very narrow and the road is difficult, and only a few ever find it. (Matthew 7:13-14 NLT)

Perfectionism is another example of a character defect that needs to go when we come to God for change in Step 6. In our past, the appearance of things being in control or safe was more important than the actual underlying This pattern of truth. seeming to be in control often shows up in our recovery as well. In spite of fact that the we acknowledge areas of healing from brokenness in the recovery process, we still afraid are to weakness. acknowledge The exposure of weakness makes us feel unsafe. Our self-image is so vulnerable that we seem unable to admit that, even though by God's grace, we are living better than we did, we still struggle. To admit the struggle is to somehow

not a one-time event. It is a journey.

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

As we agree with God that His ways are right and, time after time obey His instructions, we allow Him to remove our selfdestructive behaviour patterns and reform our will to match His will. What am I conscious of today that needs changing so I am entirely ready to have God remove all my defects of character?

6. What do I need to do on a daily basis to actually live in this new way of continued surrender to God's will?

Heavenly Father, Thank you for Your willingness to call me out of darkness and to walk with me while I welcome the knowledge of Your truth into my behaviour. I admit that only You know what works for me to have the meaningful life You created me to enjoy. I want Your priorities and Your practices to become my way of living. Continue to search my heart, God, and in your gentle loving way, point out anything that remains that needs healing and forgiving. Help me turn quickly from my own ideas that get in the road of freedom and recovery and to surrender fully to Your guidance. Thank You for caring for me as we journey together on the path to new life. Amen

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 the shortcomings in our character, is there a sense of remorse or do we justify them? To humbly ask God to remove our shortcomings shows we have become aware of how far we have strayed from being the person God created us to be. We are humbled by the gift of new life God is offering us. We know that only the power of the Holy Spirit working in us will enable us to follow this path of life.

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

As we grow with God in recovery, we lay a new foundation by admitting that without God we can do nothing. We will finally begin to experience life as

his faithful people rejoice in this honor and sing for joy on their beds. (Psalm 149:4-5 NIV)

A humble life is grounded in a realistic view of ourselves. We feel secure in the safety of God's acceptance and unconditional love. We believe that God cares, therefore we no longer need to hide behind either too much self-confidence or the burden of self-doubt. A humble person is not someone who feels inferior but someone who is overwhelmed by the undeserved goodness of To be "humble in God. heart" means that we accept both the awesome uniqueness of our experience and the limited nature of our knowledge.

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. (Matthew 11:29 NIV)

An attitude of humility allows us to accept our dependence on God and encouragement from one another. Humility helps us

condemnation, to help us re-attach to our shame. Genuine remorse may rise up and cause us to feel unworthy of God's wonderful grace. We may even struggle with selfhatred against who we once were. It is the humble person who opens the door God's to forgiveness, healing, and rebuilding every time the need for it is evident.

Investigate my life, O God, find out everything about me; Cross-examine and test me, get a clear picture of what I'm about; See for yourself whether I've done anything wrong— then guide me on the road to eternal life. (Psalm 139:23-24 MSG)

Humility is not gained by seeking it directly. Rather, humility comes quietly to those who, over and over again, draw close to the Lord, trust His goodness, and express that in obedient behaviour. The God of time and eternity, who created us in love, comes close to us every day and invites us to rest close to His heart. There with Him we can

Questions for Reflection

- 1) What does it mean to humbly ask God to remove our shortcomings?
- 2) When we think of the shortcomings in our character, is there a sense of remorse or do we justify them?
- 3) In the moment where we realize we've stumbled again, how do we get beyond the embarrassment or shame of our defects of character so we can welcome God to remove them?
- A humble life is grounded in a realistic view of ourselves. How do I attain such a perspective?
- 5) What keeps us from humbly surrendering ourselves, including our shortcomings, to God?
- 6) How do I notice the role of the accuser as I work this step and how do I resist hearing his negative talk?
- 7) How am I practicing this relationship of "coming close to God"?

STUBBORN PRIDE

Step Seven: We humbly asked Him to remove our shortcomings.

God will change us if we humbly ask Him to remove those things that hinder our way forward in recovery. However, we cannot expect him to work his transformation in our life as long as we are still proud and unwilling to admit that we are helpless apart from him.

You rebuke the arrogant; those who wander from your commands are cursed. (Psalm 119:21 NLT)

Our former strategy for surviving has not worked and yet we are unwilling, at times, to submit to the methods God says work. We need to give up the arrogance of neglecting God's instructions when our own desires pull us in an opposing direction. Over and over again in the Bible, God tells us that he resists the proud but draws close to those who are humble showing them His ways.

helps us believe that we do not have a problem. We justify our dysfunctional behaviour by blaming it on negative events that have impacted our lives. Pride says "I will do it MY way" regardless of the consequences.

God's word has some things to say about pride. Where there is strife, there is pride, but wisdom is found in those who take advice. A fool's mouth lashes out with pride, but the lips of the wise protect them. Pride qoes before destruction, a haughty spirit before a fall. Pride brings a person low, but the lowly in spirit gain honor. (Proverbs 13:10; 14:3; 16:18; 29:23 NIV)

When we accept the fact that we do have which shortcomings contribute to our powerlessness over our dependencies, we arrive at that place where we know we need to humbly to ask for help. God is willing to support us and guide us into the rest, healing and restoration that we need. However, we must

everyone. (Romans 12:16-17 NIV)

negatively Those who impacted our well-being continue on a may destructive path and never care about the hurt and harm of their wrongs on us. Humility enables us to both stand strong with God when hurt and injustice happen, and invite Him to show us a healthy and secure way through the difficulty. God promises to work out His good plan for our lives in a way that demonstrates His faithful love for us. If we truly want to build a safe and abundant life it is necessary to come to God with a humble heart. particularly in the challenging situations, and willingly follow the directions given in His Word.

Don't bad-mouth each other, friends. It's God's Word, his Message, his Royal Rule, that takes a beating in that kind of talk. You're supposed to be honoring the Message, not writing graffiti all over it. God is in charge of deciding human destiny. Who do you think you are to meddle in

We can't ask for God's help to remove our shortcomings just once and be done with it. We must be persistent and ask repeatedly, and receive repeatedly as the need arises, until the work of removing, whatever needs removed, is complete.

Ask and keep on asking and it shall be given you; seek and keep on seeking and you shall find; knock and keep on knocking and the door shall be opened to you. For everyone who asks and keeps on asking receives; and he who seeks and keeps on seeking finds; and to him who knocks and keeps on knocking, the door shall be opened. (Luke 11:9-10 AMP)

Heavenly Father, Thank you for your commitment to me to remove all my defects of character as I surrender my will and life into your care. Forgive me for the many times I've arrogantly taken back the agenda when I've experienced disappointment and hurt from others and tried to sort things out my own way. Forgive me for the mess I made of it all. Help me to find out and walk as the person You say I am rather than in response to the flawed accusations of others. Give me grace to keep on asking for wisdom and help until the work is complete. Help me to release others into your care and let them live their own lives. Thank you for the comfort and care you offer me again this day. I open my heart to receive all the tender healing you are pouring into me. Thank you for caring. I am forever grateful. AMEN

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come into our lives we find that He is ready and waiting. A simple prayer like the following, offered sincerely, establishes this new relationship with God that will last forever.

God, life my is unmanageable without you. You created me to live filled up 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 filled up with Your Spirit. Come into my heart and make me clean. Teach me your will. Transform my way of thinking. Strengthen me to obey all that you show me.

If you prayed that prayer sincerely from your heart, God receives you and forgives 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