

Friday

"KEEP COMING BACK--IT WORKS IF YOU WORK IT"

At the end of many recovery meetings we say the words, "Keep coming back. It works if you work it." While it is important to do our part, we are thankful that our recovery has hope because God works on our behalf. Our Higher Power has plans for us that will enable us to have a good and satisfying life.

No one has ever seen or heard anything like this, never so much as imagined anything quite like it—what God has arranged for those who love him. (1 Corinthians 2:9 MSG)

God meets us where we are at and promises to take us forward into a good life. One hindrance to this is—we think we know what the good life is. We sort out some of our past wreckage and begin to form an idea of what the good life looks like. The truth is, our vision is based on our own beliefs and knowledge. To envision the reality of what God is weaving into our lives, we need to know God and His faithful ways.

Trust in the Lord and do good. Then you will live safely in the land and prosper. Take delight in the Lord, and he will give you your heart's desires. (Psalm 37:3-4 NLT)

The first step in working a successful recovery plan is to give our will and life over to God's care and acknowledge the fact that He is at work and bringing about a future with hope for us.

Prayer: Loving God, Help me to give up my own agenda and receive with thankfulness the life You have planned for me. I trust Your unfailing love to sustain me as I allow You to guide and direct me in my life with You in recovery. Amen

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Weekend

VICTIM MENTALITY

In recovery, as well as in addiction, one can have a victim mentality. A person with a victim mentality tells their life story with the intent of having people feel sorry for them. Through a person's sympathy they try to manipulate that person. Victims refuse to take responsibility for their behaviour because they believe someone else is to blame for things that have gone wrong.

Many are the victims she has brought down; her slain are a mighty throng. Her house is a highway to the grave, leading down to the chambers of death. (Proverbs 7:26-27 NIV)

God never intended for us to carry our own burdens or to manipulate others to carry them for us. No human person is equipped to handle either the emotional and physical abuse of their own sin, or that of another. God saw the trouble that sin brought on all humankind and He had a plan to deal with it. Because of God's great love for us, Jesus willingly came to fulfill God's plan of redemption.

Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed. (Isaiah 53:4-5 ERV)

There is no need for any of us to be either a victim or a saviour. If we are operating with a victim mentality or are trying to be a saviour, we need to allow Jesus to heal us and bring us peace.

Prayer: Heavenly Father, I want to draw near to You for You alone can break the chains of bondage to sin that so easily entangle me. I want to receive all that You offer me through Jesus. Please set me free so I can run the race You have set before me. Amen

LIFE WITH GOD IN RECOVERY DAILY MEDITATIONS



Week 10

Monday

INHERITING THE PROMISES OF GOD

When we accept Jesus as our Lord and Saviour, we become God's children and inherit all the promises God has made as recorded in the Bible. These promises are given so that we might be transformed into God's likeness by believing them and standing firm on them.

He has also given us his very great and valuable promises. He did it so you could share in his nature. You can share in it because you've escaped from the evil in the world. This evil is caused by sinful desires. (2 Peter 1:4)

If we were told we had inherited money through the will of a deceased person we would get a copy of the will and read it and then claim what has been given us. To claim the promises of God we need to know how we obtain our inheritance as recorded in the Bible. Then as we meet God's criteria, we can claim every promise.

...Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. (Acts 2:38)

If we meet the criteria in the paragraph above, we receive two precious promises: our sins are forgiven, and we receive the gift of the Holy Spirit. These promises make a whole new way of life possible for us.

Through prayer and reading His Word we improve our conscious contact with God and grow in our knowledge of who God is, and the inheritance we have been given.

Prayer: Gracious God, Thank you for making a way for me to escape the evil of this world caused by my sinful desires. I want to get to know You and enjoy the inheritance I have received through believing in Your beloved son. Amen

HELP FOR THE HELPLESS

When we come to God, admit that we are helpless to live life on our own and have choose to surrender our will and life into His care, we are born again to a new life. God cares for us more than we care for ourselves, and He knows the way to abundant life and will empower us to get there safely. With God's help life will be better than we ever imagined or even thought possible.

"Call on me in the day of trouble; I will deliver you, and you shall glorify me." (Psalms 50:15 NRSV)

In the Bible we are told there are two powers active in our world, the devil who is seeking to keep us in bondage to evil desires and God who wants to give us freedom and fullness of life.

Jesus said, ***"The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full."*** (John 10:10 NIV)

We are powerless against the forces of evil on our own. However, with the power of God in us, we can overcome any power that would seek to work against us. The first step in living the life that Jesus died to give us is to admit that we are helpless on our own, and our lives have become unmanageable. Secondly, we invite Jesus to rule and reign in our hearts. The third step is making a resolute decision that we will follow God's principles, as taught in the Scriptures, in all our affairs.

On our own we are powerless. However, when we wholeheartedly surrender our lives to God, His great Power will achieve awesome works in us and through us.

"Father, Heavenly Father, I admit I am powerless to live life on my own. I give up trying to meet my own needs. I give up covering pain and confusion with substances and destructive habits and relationships. Fill me with Your Holy Spirit so that I might have the desire to follow Your principles in all my affairs. Please empower me to do those things You have planned for me to do so that I may live my life to the full. Amen"

RECOGNIZING SELFISHNESS

To stop using our substance of choice is a great beginning in recovery but God knows that unless we deal with the underlying root of our habits and addictive practices, we will remain doomed for failure. That's why selfishness is listed with drunkenness and other traits as the outcome of following the desires of our sinful nature.

When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. (Galatians 5:19-20 NLT)

Selfishness runs deep in all of us. It expresses itself in our way of relating to both God and others. We chase after what pleases us, regardless of what God says or how our selfish behaviour impacts others. The Bible suggests we do an inventory of ourselves and deal with the primary cause of our selfish shortcomings.

An unfriendly person pursues selfish ends and against all sound judgment starts quarrels. For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind. (Proverbs 18:1 NIV, James 3:16 NLT)

How do we overcome selfishness? We ask God to forgive us for our self-centered ways and submit our will and our life to His care. When we wholeheartedly surrender our life to God, He promises freedom from the bondage of preoccupation with self and our own affairs.

Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. (Romans 7:24-25a)

"Father, Lord Jesus, I am so thankful that You gave Your life to set me free from the deep-rooted self-absorption in my heart. I choose to leave selfishness behind and ask You to strengthen me as I move forward in my life with You in recovery. Amen"

THE GOOD LIFE

In recovery, we quickly realize how much better life can be than we first thought. As healing takes place and God's Presence fills our hearts with peace and joy, we realize our life with God is very precious and better than anything we have ever experienced.

Do good to your servant according to your word, Lord. Teach me knowledge and good judgment, for I trust your commands. Before I was afflicted I went astray, but now I obey your word. You are good, and what you do is good; teach me your decrees. Though the arrogant have smeared me with lies, I keep your precepts with all my heart. Their hearts are callous and unfeeling, but I delight in your law. It was good for me to be afflicted so that I might learn your decrees. (Psalms 119:65-71 NIV)

In addition we lived self-centered lives and our hearts were callous and unfeeling. In recovery we are learning that security in life requires boundaries and limits to be established. Though we sometimes struggle with God's way of disciplined choices, we believe that as we continue to surrender to His ways, we will experience the overflowing goodness of God.

He forgives your sins—every one. He heals your diseases—every one. He redeems you from hell—saves your life! He crowns you with love and mercy—a paradise crown. He wraps you in goodness—beauty eternal. He renews your youth—you're always young in his presence. God makes everything come out right; he puts victims back on their feet. (Psalms 103:3-6 MSG)

Today is another opportunity to think about the goodness of God in sending Jesus into the world to die for our sins so that we might have eternal life.

"Father, Heavenly Father, You are a tender loving God who has demonstrated how much You care for Your people. Please strengthen my resolve to follow You in all my ways. Amen"