

Friday

## THE GRUDGES WE CARRY

*Ripay no one evil for evil. Have regard for good things in the sight of all men.* (Romans 12:17 NKJV)

When someone has taken something away from us that is rightfully ours, or offended us in some way, we feel hurt by their actions. We want them to make amends. If amends are not made for sustained hurt, we are likely to carry a grudge against the offender.

Some of us bury the grief of unresolved offenses inside us and try to relieve our pain with addictive substances or co-dependent relationships. We are causing ourselves more grief and harm by not dealing with the wrong we have sustained.

*See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.* (Hebrews 12:15 NIV)

Forgiveness is the only way to stop the pain of a buried grudge. For some of us who have been victimized, forgiveness seems unthinkable. We want the offender to pay for the suffering they inflicted on us. But, until we forgive the offender, we are tied to them and to the past event by our unwillingness to forgive and be healed.

The Bible gives us the following advice: ...“*If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads.*” *Don’t let evil conquer you, but conquer evil by doing good.* (Romans 12:20-21 NLT)

*Prayer: Dear God, please help me to forgive others for their offenses as you have forgiven me for mine. Amen*

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Weekend

## LETTING GO OF DEFENSIVENESS

Letting go of defensiveness is one necessary adjustment we need to make if we are to experience growth and success in our life with God in recovery.

It's hard for us to admit weaknesses or mistakes. They expose our insecurity and we don't have substances to cover up this painful emotion. We may have chosen to mask our failings and now it is a real challenge to hear truth, or admit truth, when there is something negative that needs to be faced.

*Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.* (Psalm 25:5 NIV)

One of the first signs of being defensive is that we blame others or make excuses for what has taken place. God wants to help us admit the truth, then we can take the next right step.

*When I felt my feet slipping, you came with your love and kept me steady and when I was burdened with worries, you comforted me and made me feel secure.* (Psalm 94:18-19 CEV)

We can give ourselves permission to be a “work in progress” without ignoring the need to take corrective action. Our self-worth is not altered by the truth of any situation. We may need to seek help from a trusted friend or counselor to be truthful in our response to questions which aggravate our feelings of inferiority. In fact, when we come to a place of valuing ourselves as God values us, we will welcome the opportunity to make positive change rather than hiding in defensiveness.

*Prayer: Heavenly Father, I want to live in the truth of who You say I am and what You know about the situations I am facing. Help me to turn to You when I feel defensive so You can comfort and guide me in the way I should go. Amen*

## LIFE WITH GOD IN RECOVERY DAILY MEDITATIONS



Week II

Monday

## HONOURING OUR PARENTS

We may have much to learn from the generations that preceded us. Often, they have made mistakes and did not parent us well, but how does God want us to respect and learn about life through our parents?

*Pay attention to your father, and don’t neglect your mother when she grows old. Invest in truth and wisdom, discipline and good sense, and don’t part with them.* (Proverbs 23:22-23 CEV)

When the 10 Commandments were given to God's people the fifth one carried a wonderful promise. *Respect your father and your mother, and you will live a long time in the land I am giving you.* (Exodus 20:12 CEV)

Jesus demonstrated the pattern for living is giving priority to listening to, and obeying His Father. Jesus said: *For I have come down from heaven to do the will of God who sent me, not to do my own will.* (John 6:38 NLT) At Jesus' baptism God spoke these words, *This is my dearly loved Son, who brings me great joy.* (Matthew 3:17 NLT)

No human relationship is perfect. We don't have to have perfect parents to honour them as God intends. Why not make our parents proud today by following God's word and living right. If it is possible, let's make it a priority to build healthy relationships with our parents and receive the promise of God.

*Prayer: Gracious God, Thank You for being our Heavenly Father and for giving us life through our biological parents. Fill us with Your love so that we can live in a respectful way that honours You, our parents, and those around us. Amen*

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. Amen

The serenity we experience is not just something we hope for because it's God's promise to us, and all God's promises to us are life-giving truths we can "take to the bank."

Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel. (Philippians 4:6-7 CEV)

The Serenity Prayer is both a description of the process of finding contentment in this life and a tool we can use repeatedly to help us enter the peace that is God's heart for us. Saying this prayer will bring us inner peace at times when peace seems impossible.

May the God who gives hope fill you with great joy.  
May you have perfect peace as you trust in him. May  
the power of the Holy Spirit fill you with hope.  
(Romans 15:13 NIRV)

What many of us who find life with God in recovery know, is that the longer we stay sober and work on our recovery, the more we begin to experience times of calmness and peace of mind. These times are brief in the beginning, but they increase in both time and depth as we live one day at a time trusting God to do in us those things we cannot do for ourselves.

Use of the Twelve Promises of AA is: We will comprehend the word serenity and we will know

## WE WILL KNOW PEACE

Thursday

player. Learning farther, I admit that boredom is surpassing me to do those things that please you. Please help me make wise decisions in the use of my time and please help me remove it from my life.

Let's use any boredom we may feel to draw us into deeper growth in our relationship with God.

Finally, my brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things. (Philippians 4:8)

It is a fair question to ask ourselves why we are bored. We need to seek out people who can help us understand what is going on in us. Boredom is usually brought about by lack of action. When nothing changes, then nothing changes! Everything in life takes time to accomplish. Perhaps we need to focus on establishing our conscious contact with God and pray for knowledge of His will for us. Perhaps we could spend time being helpful to others while waiting for things to happen for ourselves.

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

When we first come into recovery our expectation for life free from crippling dependencies is huge. We are excited about what the future may hold and say we are willing to do whatever it takes to get our life back on track. As we settle into our daily routine, we are less enthusiastic. We feel challenged by our new schedule and have begun to focus on our old way of life. The truth is we are bored.

## BOARD

## A POSITIVE APPROACH TO FEELING

Wednesday

## RECOGNIZING JESUS

Wednesday

Pray ever, Heavenly Father, I repeat of my sin and accept Jesus,  
death on the cross as payment for my sins and the way to a  
new life with You. Today I choose to give my will and my life  
into Your care. Amen

Historical proof exists of the life of Jesus as written in the Bible. We also hear testimony at meetings of the experience, strength, and hope of the many who found sobriety and a new life by following God's principles. If we choose not to believe what Jesus has done on our behalf, the Bible says the words that God has spoken will judge us on the last day. How will we measure up when that day comes?

judge him on the last day. (John 12:48 ESV)  
words has a judge; the word that I have spoken will  
one who rejects me and does not receive my

We know that Pilate, the Roman governor, recognized that Jesus was spitefully accused of wrongdoing. Pilate said He could find no fault in Jesus, yet he gave in to public opinion and sentenced Jesus to die. What will we do with Jesus? Because of God's extravagant love for us, Jesus came into the world, not to judge us, but to pay the penalty for our sins. Do we believe that Jesus gave His life to pay the debt we owe? Are we willing to surrender our life into His care?

But the one who rules in heaven laughs at them. The Lord makes fun of them. He speaks to them in anger, and it fills them with fear. He says, "I have chosen this man to be king, and he will rule on Zion, my holy mountain." (Psalm 2:4-6 ERV)

Jesus came to earth when the nation of Israel was ruled by Rome. We know from the Bible that the Jewish leaders did not accept who Jesus was and conspired to have Him killed. With knowledge of the scriptures, the Jewish leaders should have been familiar with the events that were happening, but they saw Jesus as a threat, rather than a redeemer.