

# LIFE WITH GOD IN RECOVERY DAILY MEDITATIONS



Week 32

Monday

## REJOICING IN OUR MAKER

In many Psalms from the Bible, we are invited to “Praise the Lord.” Because of our background, praising the Lord may be something we are not familiar with. However, today’s Psalm is inviting us to do just that.

***Praise the Lord. Sing to the Lord a new song, his praise in the assembly of his faithful people. Let them praise his name with dancing and make music to him with timbrel and harp. For the Lord takes delight in his people; he crowns the humble with victory. Let his faithful people rejoice in this honor and sing for joy on their beds.*** (Psalm 149:1, 3-5 NIV)

For various reasons we may not have been happy with the God who made us or were even aware that He existed or cared about us. The good news is that ***“the Lord takes delight in his people.”*** When we put our trust in the unfailing love of God, we become His precious children, and He rejoices over us.

God planned the time and place of each person’s birth, and He created us for a purpose. God’s plan for us has never changed and being in a recovery program is a great time to find out what that plan is. As we choose to daily turn our will and life over to God’s care, we will experience His goodness and mercy filling each day. Our sanity will be restored, and we will sing songs of joy on our beds at night rejoicing in all that God has done for us.

***Prayer: Heavenly Father, Please give me the gift of Joy that I may praise You from the depths of my being, even with music and dancing. I want to know You more and experience Your delight in me and in the praise that I bring You. Amen***

Tuesday

## HAS GOD FORGOTTEN TO BE MERCIFUL?

Often, we wonder if God is listening to our prayers when traumatic situations arise, and we are trying to navigate our way through them. We have brought the situation to God in prayer and have been waiting for Him to act out of His great mercy and give us the answer we require. When we begin to think God is not listening to us, we wonder if He is angry about something we have done and perhaps is withholding the solution to our situation.

***Has God forgotten to be merciful? Has he in anger withheld his compassion?” Then I thought, “To this I will appeal: the years when the Most High stretched out his right hand. I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds.” Your ways, God, are holy. What god is as great as our God?*** (Psalm 77: 9-13 NIV)

Giving our will and life over to the care of God means that we allow God to determine what is good for us, believing that He works all things according to His will for us. If something we prayed for happened as soon as we prayed, we might get puffed up by believing we are the ones directing God when and how to provide for our need. God is a wise Father and He has a good plan for our lives and is working everything according to His plan.

If we read the Bible and get acquainted with how God works, we will learn that God honours and acts on behalf of those who have faith in what He says. God always operates in His perfect way at just the right time.

Faith in God requires that we trust what God says and wait for Him to act.

***Prayer: Heavenly Father, You alone are the God who will honour Your Word. Give me the wisdom not to rely on my own understanding but fully trust You and practice Your principles in all my affairs. Amen***

Wednesday

## DISCRETION

When someone shares their life story with us, we are not always the best judge of what needs to be held in confidence or what can be disclosed. Things that are shared in confidence need to be kept close to our hearts and only shared with our Heavenly Father as we pray for the person who shared with us. Some things are required to be disclosed to the appropriate authorities, particularly if a person’s life is in danger. When a friend shares their character defects with us, though they may not have specifically stated that they are sharing in confidence, we should use our discretion and keep that information to ourselves, leaving it up to our friend to disclose their shortcomings with whom they choose to.

***Discretion is a life-giving fountain to those who possess it, but discipline is wasted on fools. From a wise mind comes wise speech; the words of the wise are persuasive.*** (Proverbs 16:22-23 ERV)

We have not always behaved wisely with what we shared about others. Often, we threw discretion to the wind so we could feed our own pride as “someone in the know.” We need to ask ourselves what our motivation is when we share things that we ought not to. We need to think about the consequences of our actions and the harm we may cause. To be kind to our neighbour, we need to be discreet in the way we speak about others.

***Who may worship in your sanctuary, Lord? Who may enter your presence on your holy hill? Those who lead blameless lives and do what is right, speaking the truth from sincere hearts. Those who refuse to gossip or harm their neighbors or speak evil of their friends.*** (Psalms 15:1-3 NLT)

***Prayer: Heavenly Father, I ask You to help me have discretion in sharing what I know about others. Forgive me for the harm I may have caused through my thoughtlessness. Help me to be more like Jesus whose words give life. Amen***

## A REALISTIC VIEW OF OURSELVES

A humble life is grounded in a realistic view of ourselves. A humble person is not someone who feels inferior but someone who is thankful for the undeserved goodness of God. We believe that God cares, therefore we no longer need to hide behind either too much self-confidence or the burden of self-doubt. Our security rests in the safety of God's acceptance and unconditional love for us.

***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)

An attitude of humility allows us to accept our dependence on God and follow His direction. In humility, we listen to God's warning signals and turn away from any path, even a familiar one, that is harmful. Humility helps us to lay down every known thing that hinders our way forward. We unreservedly choose to embrace God's ways as recorded in the Bible. These actions ultimately lead us to fullness of life.

***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. Guard your heart above all else, for it determines the course of your life.*** (Proverbs 4:20-23 NLT)

God, who created us in love, invites us to come to Him for rest. Peace comes quietly when we trust God's goodness, respond to His invitation, and humbly put ourselves into His care. With confidence we can come into God's presence and, as He gently removes our defects of character, we can live as reliable people who have integrity.

***Heavenly Father, Thank you for being with me when I grieve over incidences of my past. I am thankful that I never have to face the trauma alone. Today, I humbly ask you to remove all my shortcomings and help me become a person with integrity. Amen***

## THE GIFT OF PEACE AND SERENITY

Peace and serenity are gifts to be received. They are treasures to be chosen. To make room for them in our hearts involves surrender on our part. We do not have to be right; we do not have to look good; we do not have to be understood; and everything around us doesn't have to be pleasant. When we live for God and our hearts and minds are surrendered to Him, we will have peace no matter what our circumstances are.

***Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*** (Philippians 4:6-7 NLT)

Not all circumstances change in a moment. God knows that life will feel rich sometimes and empty at other times. When we seek to follow a new and healthy way of life, we will face challenges that seem too much for us to handle. While some effort from us will be required, we can rely on God's help and encouragement throughout the process. When we choose to make right choices and do the next right thing, we can safely leave the outcome with God.

Peace and contentment are the fruit of making good choices every day.

***Prayer: Loving God, Thank You for the gift of peace I will receive as I surrender my will and life into Your care. When I am not at peace, help me to seek You and determine where I have wandered from Your ways. Please give me the strength to do the next right thing and get back to Your path of peace. Amen***

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Partners in Hope Recovery Society  
1906 – 615 Belmont Street  
New Westminster, BC V3M 6A1  
604-215-0335 [pihrecovery@gmail.com](mailto:pihrecovery@gmail.com)  
[www.partnersinhope.ca](http://www.partnersinhope.ca)



## RESOLVING STORED ANGER

Because of its damaging effects, stored anger is a problem and needs to be addressed. Following are some principles which may help in lessening the angry outbursts and lead us to healing of the root cause.

1) Rather than trying to get others to understand the reason we get angry, we need to assess what ignites the fuse and arouses the anger within us. God's word directs us, ***"For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you."*** (Romans 12:3 NIV)

2) Positive changes will occur when we practice the "PUT OFF" and "PUT ON" principle: ***"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."*** (Ephesians 4:22-24 NIV)

3) Rather than getting discouraged when things are not as you would have them, we need to stop what we are doing and seek God's help and encouragement. God can make us stand firm in Christ as we go forward in life. ***"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 NLT)

With God's help and our resolve to live in the power of God's unfailing love, the oppression of stored anger and resentment can be removed from us.

***Prayer: Heavenly Father, My desire is to get rid of the stored anger and resentment that has been buried in the dark places of my soul. Show me my heart as You see it. I ask for Your comfort and healing as I deal with each issue You reveal. Amen***