

LIFE WITH GOD IN
RECOVERY
DAILY MEDITATIONS



Week 34

Monday

LOW SELF-ESTEEM

Many of us suffer from low self-esteem. This disorder comes directly from the enemy of our souls. The enemy wants to discourage us, so he keeps our focus on things that cause us anxiety.

Be good to me while I am alive. Do this so that I may obey your word. Open my eyes so that I can see the wonderful truths in your law. (Psalm 119:17-18 NIRV)

When we feel that no one cares about us we often talk ourselves into harmful situations. We see our future without seeing God in it. We look for love in all the wrong places. We allow our minds to conjure up scenarios that are not real, and we tend to see others as the cause of our problems. We drift into low self-esteem, obsessed by our own limitations and the limitations of others. This is a time to turn to God, our Higher Power, who has limitless power to help us in our time of need.

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! (1 John 3:1 NIV)

Living in the truth of God's love and care for us and acknowledging that we are His precious children is the sure cure for low self-esteem.

Prayer: Loving Father, Forgive me for not looking to You to provide for my needs. You have promised that I will not lack any good thing. Help me to keep my eyes fixed on You so I can know and experience the wonderful truth of Your Word. Amen

Tuesday

TAKING, AS JESUS DID,
THIS SINFUL WORLD AS IT IS

The process of recovery is a time to find peace while also accepting life as it is. Life isn't always fair. It isn't always predictable or controllable. When we become willing to face the hurts we have experienced and consider our reaction to them, then we come closer to changing our thought patterns and response to troubling situations. Jesus came into this sinful world, not to judge it for what it was, but to put it right.

God didn't go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again. (John 3:17 MSG)

We can't change the fact that our world is imperfect, but we can choose our attitude. There are many injustices in life. Good people suffer sickness and all sorts of problems. Wicked people prosper from unrighteous acts and appear to have met their own earthly needs. Jesus took this sinful world as it was and suffered and died to give new life to its inhabitants. God graciously says that whoever believes in Jesus will not perish but have everlasting life, and that includes those who are currently His enemies.

Are we willing to accept this world as it is and do what God has called us to do to make it a better place for us and for our community? Today, let's focus on ways to change those things we can.

When anyone is in Christ, it is a whole new world. The old things are gone; suddenly, everything is new! (2 Corinthians 5:17 ERV)

Prayer: Loving God, Help me to take this sinful world as it is, not as I would have it. Give me the courage and wisdom to accept the things I cannot change and, with Your help, change the things I can. Amen

Wednesday

REASONS FOR OPTIMISM

When we come to know God, the Higher Power who will restore us to sanity, our whole being is turned from darkness to light. In the past we wandered through life in an out-of-control state and now we are hoping for a better future. Now we are eager to get rid of our old thought patterns and habits and are ready to be renewed in our minds. What we once thought we could never live without, we are determined, with God's help, to leave behind because we have found something better. Can we dare to be optimistic that we will succeed?

Follow God's example in everything you do just as a much loved child imitates his father. Be full of love for others, following the example of Christ who loved you and gave himself to God as a sacrifice to take away your sins. (Ephesians 5:1-2a TLB)

We need to remain close to our Heavenly Father and allow Him to teach us how to walk in our new-found freedom. As we choose to obey the principles of His Word as recorded in the Bible, we can dare to be optimistic about our new life because, through the Power of His Holy Spirit, God will guide and direct us in the way we are to go.

Our Heavenly Father is watching over us, ready to help us persevere through each situation that arises.

I always remember that the Lord is with me. He is here, close by my side, so nothing can defeat me. So my heart and soul will be very happy. Even my body will live in safety. (Psalm 16:8-9 ERV)

Prayer: Heavenly Father, Thank You for always being there to watch over and strengthen me and for holding me steady so that I can be optimistic about my future. Amen

Thursday

DELIBERATE SINS

When we first give our will and life over to the care of God, we often have a blind spot to our wrongdoing. We have lived and relied on our own understanding for so long that it has now become a way of life that we find no fault with. Our lifestyle may even be acceptable to society in general. However, when our behaviour goes against the teachings of the Bible, we need to become willing to change our ways.

How can I know all the sins lurking in my heart? Cleanse me from these hidden faults. Keep your servant from deliberate sins! Don't let them control me. Then I will be free of guilt and innocent of great sin. May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer. (Psalm 19:12-14 NLT)

We may find all kinds of excuses to continue our ungodly behaviour, but the Holy Spirit will consistently make us conscious of any behaviour that is not pleasing to God. Then a choice needs to be made. If we continue in deliberate sin, we will forfeit our claim to the blessings of God. If we choose to surrender to God's way, His Holy Spirit will work in us to keep us from doing wrong. Because Jesus' sacrifice on the cross paid the price for all sin, even deliberate sin, we are promised complete forgiveness when we repent.

Blessed are the pure in heart, for they will see God. Brothers and sisters let me take an example from everyday life. Just as no one can set aside or add to a human covenant that has been duly established, so it is in this case. (Matthew 5:8; Galatians 3:15 NIV)

As we turn from our stubborn ways and choose to follow God's ways, we will experience the numerous blessings God has promised us.

Prayer: Loving God, Keep me from deliberate sin. I surrender my stubborn will and choose to live according to Your will. Please give me the desire and power to honour You in all my ways. Amen

Friday

SWEET FRUIT OF PATIENCE

Aristotle, a famous philosopher, once said, "Patience is bitter, but its fruit is sweet." After many years of looking for instant results, it's challenging to do the hard work of confronting our issues while establishing a relationship with the God who has known us before we were even born. Is the result worth the effort?

But God had mercy on me so that Christ Jesus could use me as a prime example of his great patience with even the worst sinners. Then others will realize that they, too, can believe in him and receive eternal life. (1 Timothy 1:16 NLT)

God wants to help us begin a wonderful new life with Him in recovery. God was patient with us until we chose to call out to Him in our helpless state. When we were not even conscious of God He was watching to see when our hearts would turn toward Him. We need to be patient with each other until we come to unity in our faith in this amazing God who has been extremely patient with all of us.

There are no instant solutions to developing patience. Patience is the fruit of the Holy Spirit at work in our lives bringing us contentment and joy as we follow the ways of God. We will experience God's delight in us as we wholeheartedly follow Him regardless of the circumstances that may arise. For those of us who have never known anyone to appreciate and affirm us, this is truly an amazing experience.

Prayer: Heavenly Father, Help me to be patient in all my ways and in all circumstances. Thank You for being patient with me as I struggled to believe that You would help me. Amen

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Weekend

RECOVERING A LIFE OF RELATIONSHIP

God invites us to relationship with Him so we can know and set healthy boundaries in our relationships with others. God wants us to utilize the gifts and talents we have been given to help others. It's only as we reach out and serve others that we will get to know ourselves and the unique gifts and talents we have been given. This is life – the recovered life.

For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. (Galatians 5:13 NLT)

God never intended for humans to live in isolation. His plan for us has always been to live in relationship with Him and with others. Isolation may be familiar to us but with God's help, we can learn to live safely and well in our relationships with others. God wants us to be our true self and help us excel in aiding others.

Trying to figure things out on our own is seldom the most productive way of obtaining our objective. We need to let go of the fear of making mistakes or looking stupid and instead ask for another's help with the project that we are working on together. Rather than running away in hurt and anger when problems occur, God wants us to learn to communicate our feelings so that others can better understand where we are at and offer their support as necessary.

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. (James 1:5 NLT)

Prayer: Loving God, Help me to move from isolation and hiding behind walls to living in healthy supportive relationships. Please strengthen my resolve to work through any barriers that surface so that my relationship with others may grow and mature. Amen

