

Tuesday

THE ONE WHO KEEPS ME GOING

Trouble shows up in our lives for several reasons. Some problems we bring upon ourselves because of our choices and our self-willed behaviour. Other troubles may come from outside sources. The good news is that regardless of the source of the trouble, there is a solution. We can bring our troubles to God, ask for forgiveness where necessary, request deliverance and help from the trouble, and expect that God will make us new again.

God, make us new again. May you be pleased with us. Then we will be saved. (Psalm 80:3 NIRV)

Several times in Psalm 80, as the writer recounts things that have gone wrong and troubles that people are facing, he reminds God that they are God's chosen people whom He loves. He uses the picture of a person transferring a plant into new ground and building a protective wall around it. But after some time, he sees the wall has been broken down and harm and destruction done to the plant.

God who rules over all, return to us! Look down from heaven and see us! Watch over your vine. Guard the root you have planted with your powerful right hand. Take care of the branch you have raised up for yourself. (Psalm 80:14-15 NIRV)

The devil will try to use our troubles to have us turn our backs on God. He will say we do not deserve the problems we face so God must not care about us, or he will tell us we have wrecked things by our own poor choices and God will not fix the mess we've created. Regardless of the source of the trouble, God is the answer to all our problems and His solutions are available to us when we turn to Him, repent and seek His forgiveness, and turn our will and life, including our problems, over to His care.

Prayer: Loving God, I come to You once again with all that is going on in my life and world. I bring all my troubles to You and ask for Your wisdom and guidance to resolve the issues so that I can go forward with You into the joyful life You have planned for me. Amen

Wednesday

CREATIVITY

While "The Night Watch," a masterpiece by the painter Rembrandt, was being restored, and the public was invited to view the procedure and give feedback on the restoration process. All of us in recovery are like the people depicted in that painting we have been stained by the world around us. Each one of us requires individual attention as we are being restored to the person God created us to be.

Know that the Lord is God. He made us, and we belong to him. We are his people. We are the sheep belonging to his flock. (Psalm 100:3 NIRV)

The person we were created to be got taken over by the person we became in our addictive lifestyle. God gave each of us creative ability, but it got lost behind the protectionist screen we put up. God has a purpose for each of us on this earth and we can expect that the purpose will show itself during the recovery process.

The Lord has given them special skills as engravers, designers, embroiderers in blue, purple, and scarlet thread on fine linen cloth, and weavers. They excel as craftsmen and as designers. (Exodus 35:35 NLT)

The public who viewed the restoration of the painting were invited to give input on its progress. In our recovery we have people around us who are willing to share their experience, strength and hope with us. Being creative is a God given ability because each of us is made in God's image. God's desire is that we discover His original plan for our lives and allow Him to fully restore the person He created us to be.

The Lord will work out his plans for my life — for your faithful love, O Lord, endures forever. Don't abandon me, for you made me. (Psalm 138:8 NLT)

Prayer: Heavenly Father, When I look around, I am amazed by the work of Your hands. Please restore me to be the person You created me to be, so that I might take my rightful place in Your creative plan. Amen

Thursday

THE SLAVERY OF ADDICTION

Anyone who has lived in addiction knows that their one focus was on the thing they sought after to satisfy their cravings. We were in bondage and slaves to our desires. Even though we did as we wanted, when we wanted, life was painful. The thing we once pursued to give us pleasure, ultimately dominated us.

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. (Galatians 5:1 NIV)

In our despair we admitted that we were powerless over our dependency and began to look around for freedom from the ugliness of daily life. We came to believe that there must be a power greater than ourselves that could restore us to sanity. Jesus said He was sent to earth for that very reason.

The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor. (Luke 4:18-19 NIV)

When a person is free, they can come and go as they please. A slave must be obedient to his or her master, otherwise the slave lives in fear of what the master might do to them. In the same way, persons living in addiction are bound by the desperation of what they are craving. Thankfully, Jesus came to set slaves free.

If we turn away from whatever is holding us in captivity, and surrender our lives including our cravings to God, we will have hope and freedom today. All power in heaven and earth has been given to Jesus. He is the One who purchased our freedom from every shackle that would seek to keep us in bondage.

Prayer: Lord Jesus, Thank You for coming to earth to purchase my freedom from sin. Help me to stand firm in Your truth and no longer allow the bondage of sin to make me a slave. Amen

Friday

EVERYDAY WISDOM

Every time we pray the serenity prayer we are asking God for wisdom. What is wisdom? Why should we want it? What do we do with it once we get it? Wisdom is the ability to think and act wisely based on information, experience, and common sense.

The book of Proverbs in the Bible has 31 chapters of short sayings which express useful truths for everyday life.

Carefully guard your thoughts because they are the source of true life. Never tell lies or be deceitful in what you say. Keep looking straight ahead, without turning aside. Know where you are headed, and you will stay on solid ground. Don't make a mistake by turning to the right or the left. (Proverbs 4:23-27 CEV)

This well known poem reminds us: *Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny.* (Author Unknown)

Wanting to be wise is not enough. We need God's Holy Spirit living in us to help us recognize what wisdom looks like. When we consult with and obey the Holy Spirit in the life situations we face each day, we will gain from His wisdom and have the power to live life in a new way.

We have received God's Spirit (not the world's spirit), so we can know the wonderful things God has freely given us. We speak words given to us by the Spirit, using the Spirit's words to explain spiritual truths. But people who aren't spiritual can't receive these truths from God's Spirit. It all sounds foolish to them and they can't understand it, for only those who are spiritual can understand what the Spirit means. (1 Corinthians 2:12-14 NLT)

Prayer: Lord Jesus, come and live in me today and help me to be a wise person. Help me to understand what is right and good in every situation I face. Fill me with Your Holy Spirit and strengthen me to obey Your principles in all I say and do. Amen

Weekend

LOOK UP AND LEARN

Praise the Lord. Praise the Lord from the heavens. Praise him in the heavens above. Praise him, all his angels. Praise him, all his angels in heaven. Praise him, sun and moon. Praise him, all you shining stars. Praise him, you highest heavens. Praise him, you waters above the skies. Let all of them praise the name of the Lord, because at his command they were created. He established them for ever and ever. He gave them laws they will always have to obey. (Psalm 148: 1-6 NIRV)

The person who wrote this Psalm was so amazed by all that he saw in the heavens above that he called out for everything to praise the Lord. Why should the heavens praise the Lord? The Psalmist says because they were created at God's command and are established forever. The earth orbits the sun, and the moon reflects the light of the sun. The stars light up the heavens.

The Bible indicates that there are three heavens, and God resides in the highest heaven. When humans on earth send rockets or astronauts in capsules into space, they travel in the stellar heaven. Humans reside on earth under atmospheric heaven.

God, the creator of the heavens and the earth, in His wisdom gave us His laws for life in the Bible. He also put within each of us a moral code to live by. It makes sense that if we obey God's laws our lives will be much better than if we try to manage things on our own?

Prayer: Loving God, You really are an amazing creator. Help me to be obedient to Your laws and live life to the full as You intended. Amen

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LIFE WITH GOD IN RECOVERY DAILY MEDITATIONS



Week 40

Monday

DOING OUR BEST IN EVERY SEASON

Recovery is hard work, and finding employment to pay the bills is also a challenge. Employment training or retraining stretches us and in today's fragile economy we wonder if there will be jobs for us when we complete our training. God's Word encourages us to give ourselves whole heartedly to the work that is before us today and then we can expect that God will take care of the rest.

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. (Colossians 3:23-24 NIV)

We are all unique individuals that God has created, and we are all in quite different seasons of life. God wants to give students what they need to study well and learn. He will bless employees to be a blessing to others if they do their best in whatever job they are doing – whether it is day labour or a high-pressure job in a downtown office. Each person's job is to serve God, and we do that by also serving our employer well. Co-operating with other members of a team we might be on, or providing training and support for them, so that together we can succeed in the work assigned, is serving God and our employer well.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. (1 Peter 4:10 NIV)

Prayer: Heavenly Father, I commit my work to You asking You to bless me and my work and help me and others to make something beautiful of it all in Your time and in Your way. Amen