

Friday

CONFRONTING SELF-PITY

One of our natural responses to pressure and challenge is to indulge in self-pity. Things aren't going our way, in our time. A misunderstanding occurs and maybe harsh words are spoken. Someone else seems to be having it easier than us. In these, and many other situations, we are quick to feel sorry for ourselves and sink into the mud of "poor me."

The question is not, "How do we avoid feeling self-pity?" because all of us will have these feelings at times. What would be more helpful is to ask ourselves, "What can I do to overcome self-pity and quickly get back on track?"

Don't think of yourself more highly than you should. Be reasonable when you think about yourself. Keep in mind the faith God has given to each of you. (Romans 12:3b NIRV)

When self-pity arises our first response should be to bring ourselves to God and let Him comfort and care for us. Then, in the security of God's love, we can sort out if this is misunderstanding that needs to be respectfully talked about, or a problem that we need God and others to help us deal with.

My God will use his glorious riches to give you everything you need. He will do this through Christ Jesus. The Lord defends his people; he is kind to his servants. (Philippians 4:19, Psalm 135:14 ERV)

Self-pity is never helpful. We need to seek God to defend us. Our part is to stand in the truth and not get dragged down by the discouraging lies that foster self-pity. We are assured that when we seek God and surrender to His will, He will make all things right.

Prayer: Heavenly Father, When I face a problem or hear criticism help me to take a broader view of the situation and not allow myself to fall into self-pity. Help me to stand on the truth of who You say I am and seek a solution which will bring peace and joy to my heart. Amen

Weekend

THE TRIGGER TO OUR RATIONALIZING

Rationalizing endorses the internal belief that we are victims of circumstances beyond our control. We have lived for so long not taking responsibility for our actions and being unwilling to work through our problems that it seems overwhelming for us to come to terms with our part in the circumstances we are faced with today.

And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work. For God is working in you, giving you the desire and the power to do what pleases him. For I can do everything through Christ, who gives me strength. (2 Corinthians 9:8; Philippians 2:13; 4:13 NLT)

The trigger to our rationalization may be a bitter root of unforgiveness against someone who harmed. However, Continuing to choose our way through rationalizing, rather than God's way of forgiving, will have a damaging effect on our recovery.

We need to ask the God who loves us unconditionally to show us the root cause of those behaviours that continue to damage our lives. As we seek God in all our ways, we can be sure He will give us the power and guidance to make good choices that will set us free from our bondage to the past.

Prayer: Heavenly Father, Please help me to forgive those hurtful things that set me on a wrong course in life. Today I choose to surrender my will and life over to Your care. I trust You to give me the desire and the power to do what pleases You. Amen

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Monday

Week 42

LIFE WITH GOD IN
RECOVERY
DAILY MEDITATIONS



LIFESTYLE OF GRATITUDE

Many of us have stories of how God saved us from what seemed like certain death, and for some of us that happened more than once! What kind of response should we have in the face of such kindness and faithful love?

I love the Lord because he hears my voice and my prayer for mercy. Because he bends down to listen, I will pray as long as I have breath! How kind the Lord is! How good he is! So merciful, this God of ours! What can I offer the Lord for all he has done for me? I will keep my promises to the Lord in the presence of all his people. I will offer you a sacrifice of thanksgiving and call on the name of the Lord. (Psalm 116:1-2, 5, 12, 14, 17 NLT)

The writer of this Psalm suggests that we pray, keep our promises to the Lord, and offer thanks. In practical terms we are encouraged to find a way to face problems with God rather than running from them or trying to cover them up with destructive habits. God was there in our darkest hour, and He is with us now. God heard us in the back alley, the prison cell, or wherever we were when we called out to Him, and He continues to hear us now and will act on our behalf. Sometimes we just need to be patient until God's solution is clearly seen, but it will surely come at just the right time.

A lifestyle of thanksgiving is built on memories of God's faithful love. Let's make a memory today!

Prayer: Loving God, Thank You for the security You have brought to my life and for all that You have done for me. No matter what I face today, help me to remember that You are with me and that I can be certain of Your unfailing love and care. Amen

Tuesday

DOING A GOOD JOB

There's nothing more satisfying than finishing a job and having someone say, "What a good job you've done!" When someone performs well, whether it be in a trade or the arts, appreciating what they have done will bring them joy.

Show me someone who does a good job, and I will show you someone who is better than most and worthy of the company of kings. (Proverbs 22:29 GNT)

As we walk with God and follow His will for our lives, He promises to give us everything we need for our journey. It doesn't matter if the task is something that is done behind the scenes, and hardly gets noticed by anyone, or something that gains the attention of many. If we do our best in every situation, God is pleased, and we experience the satisfaction of a job well done.

Work hard so you can present yourself to God and receive his approval. Be a good worker, one who does not need to be ashamed and who correctly explains the word of truth. (2 Timothy 2:15 NLT)

In job training, if we work hard, learn from the experience of others, and just keep practicing our trade, we may find we develop more talent and a wider knowledge of what works and what doesn't. The challenge for most of us is to be willing to develop our talents and to keep working hard. We don't need to have the same talent as someone else but with what we have been given, we simply need to do our best.

Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else. (Galatians 6:4 NLT)

Prayer: Heavenly Father, Please help me to give each job responsibility and task the best effort that I can, trusting that when I do, You will help me do a good job. Amen

Wednesday

SURRENDER TO YOUR WILL

As we begin to follow God's principles in all affairs, we may have questions about the future and how God is going to work everything together for good. God has infinite power to help us leave behind those things we are in bondage to, and which hinder our relationship with Him and our life's purpose. Our part is to trust God and persevere through the obstacles we may encounter on our new path.

Commit your life to the Lord. Here is what he will do if you trust in him. He will make the reward for your godly life shine like the dawn. He will make the proof of your honest life shine like the sun at noon. (Psalm 37:5-6 NIRV)

Will God make all things right if we surrender to Him? Are we willing to trust God with our future? Asking questions like these is part of our decision making. To trust God, we need to know Him and know that He is trustworthy. Reading the Bible will give us knowledge of the character of God and how He acts on behalf of those who trust in Him. If we have decided to trust Him, are we fully committed to obeying the guidance that God gives us through His Word and in answer to our prayers?

God is not a man; he will not lie. God is not a human being; his decisions will not change. If he says he will do something, then he will do it. If he makes a promise, then he will do what he promised. (Numbers 23:19 ERV)

Getting to know the richness of God's love for us will help us trust Him and surrender to His will. Jesus knew of the love our Heavenly Father has for us and because of this great love He was willing to come to earth to be our substitute and die for our sins. Jesus did not come to judge us but to save us. Are we willing to trust and surrender our will to this God of infinite love and mercy?

Prayer: Heavenly Father, I want to improve my conscious contact with You and get to know You and Your will for my life. Help me to bring my thoughts and actions into obedience to Your Word and to rely on You for the power to change. Amen

Thursday

CONTINUING TO HOLD A GRUDGE

Unresolved grudges from offences committed against us in childhood usually show up in adulthood as deeply rooted bitterness. Some of us have carried the grief of these offenses for decades and have tried to relieve the pain and hopelessness we feel with addictive substances or co-dependent relationships. By not dealing with our grudges, over the years we have added to our pain.

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 ongoing pain from buried grudges. For some of us who have been victimized, forgiveness is unthinkable. The pain of the offence remains and forgiveness rips at our sense of justice. We want the offender to suffer for what they inflicted on us. However, until we forgive the offender, the offence he or she committed against us will continue to harm us. The occurrence will fester with resentment in our souls, and the link between us and the perpetrator we despise will remain.

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. (Colossians 3:13 NLT)

Jesus died for every wrong done to us or done by us. Why not choose to forgive others their sins as God has forgiven ours? We can't change other people, but we can ask God for the courage to change ourselves. Hanging on to a bitter grudge and seeking revenge only sickens our soul and results in damage to those we are close to.

Prayer: Heavenly Father, Please help me to forgive others as You have forgiven me. I bring all grudges and bitterness that I hold against others to You and ask You to free me from the bondage I have molded for myself. Please heal and restore those dark damaged places within me and help me to walk in the light and peace of Your presence ever with me. Amen