

Tuesday

## THE ONE WHO KEEPS ME GOING

Trouble shows up in our lives for many reasons. Some problems we bring on ourselves because of our poor choices and our self-willed behaviour. Other problems 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 and ask for forgiveness and deliverance where necessary, and in response 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 the writer recounts things that have gone wrong or troubles that the people are facing. He reminds God that they are His chosen people whom He loves. He uses the picture of transplanting a plant into new ground and building a protective wall around it, but then seeing the wall broken down and harm 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 evil one will try to use our troubles to have us turn our backs on God. He will either say we don't deserve the problems so God must not care, or he'll tell us we've wrecked things by our own poor choices and God will not help us fix the mess we have 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.

***Give us new life. We will worship you. Lord God who rules over all, make us new again. May you be pleased with us. Then we will be saved.*** (Psalm 80:18b-19 NIRV)

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

Wednesday

## DO GOOD TO THOSE WHO HATE YOU – REALLY?

***Love your enemies. Do good to those who hate you. Ask God to bless the people who ask for bad things to happen to you. Pray for the people who are mean to you. If you do this, you will have a great reward.*** (Luke 6:27b-28 ERV)

It takes great courage and endurance to love someone who is a hard-to-love person with character defects that irritate us. It seems almost impossible to love them when their shortcomings have injured us and perhaps continue to inflict harm on us. We don't want to be co-dependent and allow those who harm us to continue to do so. Neither do we want to be people who are filled with resentment and hate because we know that is poison for us. So, how are we to respond today to what Jesus is saying?

It is true in every situation, if we seek God first, the rest will fall into place. God loved us even when we were full of sin. He sorted who we were from what we did. He never condoned our bad behaviour. He simply showed us grace and invited us to accept His love. God sent Jesus into the world to pay the penalty for our sins so that our relationship with Him could be restored. He then waited for us to realize the error of our ways and repent and turn to Him.

We are wise when we create healthy boundaries with people who have harmed us, but we must also deal with our own heart towards them. We must forgive them, receive healing, and develop a sincere desire for something good to happen in their lives. As we seek God for a right response, He may suggest ways for us to be kind and to bless the person in some tangible way. Remember hatred stirs up strife but love will cover a multitude of sins.

*Prayer: Loving God, while I was still Your enemy, You invited me to come to You and receive Your love and forgiveness. Thank You for Your written Word and for teaching me Your way of forgiveness through the life and death of Jesus on my behalf. Please fill my heart with Your love so I may find a way to bless others as You have truly blessed me. Amen*

Thursday

## STAYING CONNECTED

Trying to stay connected and maintain a close and healthy relationship with anyone is impossible in active addiction. Only our substance of choice had our full attention. In recovery, God invites us to choose for the plan He has for us to live in a loving relationship with Him and with others. Jesus prayed about this long ago, echoing what God's heart was for all of us from the beginning of creation:

***I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me.*** (John 17:21 NLT)

Staying connected means coming close to another person and allowing ourselves to become involved in their lives. We do not hide. We joyfully communicate our thoughts and feelings to someone with whom we feel accepted and safe and find ways to get to know that person. We want to be known and to share our lives with others.

Jesus left heaven to come to earth so we would know the depth of God's love for us. As we read God's Word we will get to know God's gracious heart towards us and learn His ways for a good life when we obey what He says works and avoid what He says will harm us.

***I can do nothing alone. I judge only the way I am told. And my judgment is right, because I am not trying to please myself. I want only to please the one who sent me.*** (John 5:30 ERV)

Are we willing to live connected to God today? What would it take for us to only do those things that were on God's heart for us to do? The truth is, we have no life outside of this connection to God through Jesus. This step-by-step, moment-by-moment, connection with God is the only way we will overcome our addiction and maintain sobriety.

*Prayer: Heavenly Father, Please heal my heart and help me to respond to Your kind invitation to live close to You each day and follow Your ways in all I say and do. Amen*

Friday

## AVOIDING EVIL

Most of us would agree that evil is the opposite of good. It may also be helpful to think of evil as the absence of good. We live in a mixed-up world where people mix good and evil for their own purposes, and it is hard to know what really is evil and what is good. That is why it is so valuable to have God's Word in the Bible to help us sort out what is truly evil, and then choose to do good.

***Good people are honest and fair in all they do, but those who are evil lie and cannot be trusted. Evil people use their words to hurt others, but the words from good people can save others from danger. The wicked are trapped by their foolish words, but good people escape from such trouble.*** (Proverbs 12:5-6, 13 ERV)

God says that when we lie, we are acting in an evil way. The same is true when we speak angry, mean, and hurtful words to another. We need to regularly consult with God to sort out what is foolish and what is helpful, or we will find ourselves trapped in trouble we create.

In the Bible, God gives us many examples of good and evil behaviour. He does this so we can learn how to be safe. Our task is to learn from these examples and put God's proven ways into practice at all times.

***People who work for evil make trouble, but those who plan for peace bring happiness. The Lord will keep good people safe, but evil people will have many troubles.*** (Proverb 12:20-21 ERV)

Knowing the difference between good and evil and making a choice for good is not always easy or convenient but, if we ask Him, God will help us to make the right choice.

***Prayer: Heavenly Father, Help me to avoid doing evil things by practicing what You say is right and good. Give me the willingness to pursue good and turn away from evil. I acknowledge Your Presence ever with me and Your guidance in all I do. My desire is to avoid evil and help others so that all of us can live peacefully together. Amen***

Weekend

## CHARACTER DEFECT – LYING

The Bible makes it clear that God detests lying. Most of the time we spent in addiction we did not speak the truth. At times we also lied by being silent in some situations and thereby gave a false impression of the truth. There are various reasons why we lied, some of which are:- to get what we wanted; to protect ourselves; to protect others; to get out of trouble. There is a slogan that says, "We are most like the devil when we lie."

***Do not steal. Do not tell lies. Do not cheat one another. The Lord detests lying lips, but he delights in those who tell the truth.*** (Leviticus 19:11; Proverbs 12:22 NLT)

It is sad when someone is a compulsive liar. People around them know they cannot be relied on to tell the truth.

***An honest witness tells the truth; a false witness tells lies. Truthful words stand the test of time, but lies are soon exposed.*** (Proverbs 12:17, 19 NLT)

Our lives will be transformed if we are willing to bring all the events of our past into the light of God's forgiveness and healing grace. Covering up certain incidents is being untruthful and puts us back into the darkness where we are subject to relapse. Why not reveal those things that have the power to oppress us and receive forgiveness and healing? We can then build a new life on the foundation of the truth of God's word.

***Prayer: Loving God, I have fallen short in so many ways, please help me to build my life on the truth of Your Word. Amen***

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## LIFE WITH GOD IN RECOVERY DAILY MEDITATIONS



Week 43

Monday

### LEARNING FROM OUR MISTAKES

We all make mistakes but it's what we do after the mistake has been made that is the measure of who we are as a person. It is no surprise to God that we make mistakes. His plan for us is not to sit in a corner because we fear making a mistake. God desires that we limit our mistakes by seeking to know and do His will in all our affairs and when we stumble, admit the mistake and learn from it. God promises us honour when we resolve to take this route.

***If you refuse to learn from your mistakes, you will be poor, and no one will respect you. If you listen when you are criticized, you will be honored.*** (Proverbs 13:18 ERV)

Someone composed a simple plan for dealing with mistakes that had these five actions:- Own it. Apologize. Accept the consequences. Learn from it. Let it go.

***Don't quit your job simply because the boss is angry with you. If you remain calm and helpful, you can correct even great mistakes.*** (Ecclesiastes 10:4 ERV)

God made a way for us to deal with our mistakes. Jesus died that we might be forgiven for our sins and His blood cleanses us from all past wrongdoing.

***But if we confess our sins, God will forgive us. We can trust God to do this. He always does what is right. He will make us clean from all the wrong things we have done.*** (1 John 1:9 ERV)

***Prayer: Heavenly Father, Please help me to seek Your will in all that I do and to work hard and make as few errors as possible. When I do make a mistake, give me the courage to admit it and deal with it quickly, and then let it go. Amen***