

LIFE WITH GOD IN
RECOVERY
DAILY MEDITATIONS



Week 48

Monday

TAKING THE LID OFF THE PAST

Step 5 of the 12 Step program requires that we admit to God, to ourselves, and to another human being the exact nature of our wrongs. We are asked to uncover those things we have done and those humiliating things done to us that we pushed down, so we could behave as if they had never happened. To lay bare our souls and admit what took place in our lives makes us feel extremely vulnerable.

You spread out our sins before you—our secret sins—and you see them all. (Psalm 90:8 NLT)

We may be able to hide our wrongs from others, but God sees everything. When we give our will and life over to God's care, He forgives our sins and gives us a new nature and a desire to do what is right.

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. (2 Peter 1:3 NIV)

Admitting our wrongs brings them into the light of God's presence and gives us the opportunity to grieve both over the harm we caused, and the harm caused to us.

Exposure of sin means it has no more power over us. We are free to enjoy a new life of joy and peace. The favour of God is upon us and through prayer and meditation we can improve our conscious contact with God, as we pray for knowledge of His will for our lives and the power to carry it out.

Prayer: Gracious God, Thank You for Jesus who gives me freedom from sin and heals my wounds. I claim that through Jesus I have been made whole in body, mind, and spirit. Amen

Tuesday

STUBBORN PRIDE

Pride is a very destructive character defect. It is evident in our lives when our thoughts are negative, angry, or related to feeling victimized. When we have been harmed or offended by someone, pride tells us that we know best how to deal with it. We decide to use our own ideas which are fatally flawed, and the result is that instead of solving problems, we become slaves to destructive life practices that fill our lives with increased suffering.

Where there is strife, there is pride, but wisdom is found in those who take advice. A fool's mouth lashes out with pride, but the lips of the wise protect them. Pride goes before destruction, a haughty spirit before a fall. Pride brings a person low, but the lowly in spirit gain honor. (Proverbs 13:10; 14:3; 16:18; 29:23 NIV)

Pride is destructive because it removes God's presence and God's will from any thoughts about how to deal with a situation. Pride says "I will do it MY way" regardless of the consequences.

Though the Lord is great, he cares for the humble, but he keeps his distance from the proud. (Psalm 138:6NLT)

Humility enables us to stand with God, face the hurt and injustice we have endured, and invite Him to show us a calm way forward. God promises to work out His good plan for our lives in a way that demonstrates His faithful love for us.

If we truly want to build a secure life it is necessary to come to God with a humble heart and willingly follow the directions given in His Word.

Prayer: Heavenly Father, I repent of the pride and arrogance that led me to solutions that were not in keeping with Your Word. Forgive me for the times I thought that Your principles for living in recovery were not working because I wanted healing in my way. Help me to trust and act according to Your ways and lean not on my own prideful understanding. Amen

Wednesday

PROBLEMS! PROBLEMS! PROBLEMS!

Problems! Problems! Problems! Sometimes life seems full of them. One problem seems to pile on top of another until we feel like it's all too much and we don't know what to do, or where to turn. With full knowledge of all that is going on in our lives, God tells us not to be afraid because He will be with us, and take care of us.

Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you. (Deuteronomy 31:8 NLT).

In some recovery meetings we affirm this principle: **God is always with me. I need never face my problems alone. Together with God, any difficulty can be worked out and overcome.**

God made the universe. The sun rises in the east every morning and sets in the west every evening, as God ordained. God controls the powerful ocean and protects a delicate little flower that grows up through a crack in the sidewalk. As problems arise, we can bring each one to God because He cares for us. ***Give all your worries and cares to God, for he cares about you.*** (1 Peter 5:7 NLT)

Challenging circumstances may complicate life for us. We need a new set of skills to handle the consequences of our past choices and move forward in the way God is directing us. When we are unsure about God's love and care for us, we will fall under the weight of our own fear. Fortunately, if we bring our problems to God seeking His wisdom, together with God any difficulty can be worked out and overcome.

God says: ***"Call on me when you are in trouble, and I will rescue you, and you will give me glory."*** (Psalm 50:15 NLT)

Prayer: Loving God, Help me to see my problems in a new way – as a journey to trust You and learn Your ways, and see Your wisdom at work in my life. Give me the will and desire to follow Your ways, trusting that You are a good Father who faithfully loves and cares for me. Amen

Thursday

I WILL ADJUST MYSELF

Just for today I will adjust myself to what is and not try to adjust everything else to my desires. I will trust that God is working all things for good in my life.

When we pray the complete Serenity Prayer, we say the words: "Taking, as Jesus did, this sinful world as it is, not as I would have it, trusting that You will make all things right if I surrender to Your will." These are easy words to memorize and say with sincerity, but they are more difficult to put into practice. They ask us to demonstrate the character quality of being flexible.

We are used to having our own way and feel vulnerable when that is blocked. We are not yet comfortable in the new and strange world of recovery and "surrendering to God" is unfamiliar to us. Having the grace and patience to trust that God will work all things out is a very steep learning curve for us to embrace.

Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make it as clear as you can to all you meet that you're on their side, working with them and not against them. (Ephesians 4:2 NLT, Philippians 4:5 MSG)

To be flexible involves being open to new ideas. We need to be willing to learn new ways of looking at things and new ways of behaving in certain situations. We need to be willing to see the bigger picture of life, rather than our self-centered one.

We need to look beyond our current circumstances and be willing to trust that God is at work. He hasn't forgotten us. He's not too busy to act on our behalf. He is a good God and a good Father, and He will come through for us in a way that is life-enriching if we will just give Him a chance.

Prayer: Heavenly Father, I admit I am powerless to adjust myself to what is and not try to adjust everything else to my desires. Please work in me to adjust my attitude and my emotions, so I can trust that You are truly working all things together for good in my life. Amen

Friday

STOP LYING

During our time in addiction, we didn't give a second thought about telling lies. It was simply a way of life, a way of survival. We lied so we'd look better than we were acting. We lied to try to gain advantage. We lied because we were angry with someone and wanted to get back at them. We lied to ourselves to minimize and excuse our addictive behaviour. The truth is, whenever we try to live without God we quickly descend into a habit of telling lies.

They all fool and defraud each other; no one tells the truth. With practiced tongues they tell lies; they wear themselves out with all their sinning. For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies. (Jeremiah 9:5, John 8:44 NLT)

The life we are called to recover is shaped by choosing to tell the truth in all circumstances. Our character reflects God's character when we speak the truth. In contrast, it reflects that of the evil one when we are lying.

Towns and cities have regulations and practices to promote good sanitation. Why? They need to provide a clean environment so that their citizens can stay healthy. Similarly, God wants us to experience a rich and blessed life. Lying contaminates and destroys relationships and so life in God's world is based on His spiritual sanitation system of telling the truth.

Who may climb the mountain of the Lord? Who may stand in his holy place? Only those whose hands and hearts are pure, who do not worship idols and never tell lies. They will receive the Lord's blessing and have a right relationship with God their savior. (Psalm 24:3-5 NLT)

Prayer: Heavenly Father, Forgive me for the many times I have lied to You, to others, and to myself. Help me to always speak the truth and be transparent in all my ways. Amen

Weekend

ESCAPING GREED'S TRAP

Greed is that intense need within us that has us always "grasping for more." It is just one item on a long list of things that make us foolish before God and vulnerable to trouble in this life. Too often we are greedy for something that is leading us into captivity and our unwillingness to let it go keeps us from being free.

Adultery, greed, hate and cheating come from a person's heart too. So do desires that are not pure, and wanting what belongs to others. And so do telling lies about others and being proud and being foolish. (Mark 7:22 NIRV)

We are greedy when we want more than what we really need, whether it is power or money or toys or even everyday things like food. It's the character defect behind the feeling we give credibility to when we say, "It's never enough." We don't have to be trying to earn our second billion dollars to be greedy. Too often we are just living with a misplaced focus on how to live securely.

God promises to provide all we need so we can live well and do wonderful things.

Some people are greedy and never have enough. Good people are generous and have plenty. (Proverbs 21:26 ERV)

Prayer: Heavenly Father, Forgive me for the times I have slipped easily into greed. Help me to live life based on Your supply rather than on what I think I need. I place my trust in Your promise to supply all my needs today, and each day that lies ahead. Amen

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