

Friday

GOD GRANT ME THE SERENITY

What comes to mind when we say or hear the word "serenity?" A smile? A longing? A regret? Serenity speaks of a sense of tranquility or inner calm. How do we find and maintain inner calm in the ups and downs of life? The serenity prayer suggests that we learn to be content with things that cannot be changed and take responsibility for change where it is possible.

For even if the mountains walk away and the hills fall to pieces, My love won't walk away from you, my covenant commitment of peace won't fall apart." The God who has compassion on you says so. (Isaiah 54:10 MSG)

Give your burdens to the LORD, and he will take care of you. The Lord gives his people strength. The Lord blesses them with peace. (Psalm 55:22, 29:11 NLT)

Recovery is a time of learning to find serenity in our healing, and blessing God while also accepting life as it is, not as we would have it. Life often isn't fair. What happened in the past cannot be changed. However, God cares for us and will use even our most difficult experiences to enrich our lives today and in the future. Our part? Surrender to God, receive healing and blessing, and live in faith that God is making all things right as we draw closer to Him.

Prayer: God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time; accepting hardship as a pathway to peace; 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; so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen

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Weekend

LIVING SOBER: WATCHING OUT FOR COMPLACENCY

As our time increases in recovery, one of the enemies we need to be aware of and guard against is becoming complacent. We think we are doing okay, so we skip doing those things that helped us get sober and find new life. We busy ourselves with earning money, and don't take time to go to church or meetings anymore. We think we have got recovery because we are feeling fine. It's when we think like this that we are most vulnerable to relapse to our substance of choice, or habit, or of sliding into other unhealthy behaviours.

They have lost all feeling for what is right. So they have given themselves over to all kinds of evil pleasures. They take part in every kind of unclean act. And they are full of greed. (Ephesians 4:19 NIRV)

Sometimes, the signal that we've become complacent, shows in an attitude. We get irritated and find ourselves reacting negatively towards others. We excuse our attitude and blame it on annoyance with those newer in recovery than ourselves. Perhaps we begin to isolate and find ourselves sleeping more or vegging out in front of a screen at a time when we usually got in touch with friends. We begin to tell ourselves that maybe we could have one drink or hang out at a bar with friends and just not drink. It's time to take an inventory and check in with someone who can speak the truth to us, whether it is convenient or not.

We need to be alert because our enemy is just waiting for an opportunity to get at us when we are vulnerable.

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. (1 Peter 5:8 NIV)

Prayer: Heavenly Father, I need You just like I needed You the first day I came into recovery. Help me to reestablish my personal relationship with You today and get back on track with prayer and meditation, seeking only to know Your will for my life and have the power to carry it out. Amen

LIFE WITH GOD IN RECOVERY DAILY MEDITATIONS



Week 8

Monday

WISDOM FOR THE JOURNEY: PROTECT YOUR EYES

Good eyesight is a great gift. With our eyes we can see and admire the beauty that God has put in our natural environment. Sight helps us see what is needed to accomplish our daily tasks. We use our eyes to read and learn, to see love in the eyes of another, to make necessary changes when we look in a mirror.

My child, remember what I say and never forget what I tell you to do. Do what I say, and you will live. Be as careful to follow my teaching as you are to protect your eyes. Keep my teaching with you all the time; write it on your heart. Treat wisdom as your sister, and insight as your closest friend. (Proverbs 7:1-4 GNT)

When we can't see clearly, we get prescription glasses. When the sun is bright, we wear sunglasses. We do our best to take good care of our eyes because our ability to see is precious.

What will we do today to welcome God's truth into our lives and allow it to give us insight for moving forward? We schedule time to read from the Bible and ask the Holy Spirit to grow a love in our hearts for God's Word. We listen and learn from the experience, strength, and hope that others share. We listen to the promptings of the Holy Spirit who gives us a clear vision of what is right or wrong. We come to God for His comfort when we feel pressured. We ask God to remove anything from our lives that is harming our ability to act on those things we are learning.

Prayer: Heavenly Father, Your Word is precious and the wisdom and insight it brings to my life is essential. Help me to pay attention to what You are teaching me and to what I see around me. As the Holy Spirit shows me, help me to apply Your principles in every event in my day. Amen

from reading Your Word. Amen
learner and faithfully put into practice the wise principles I learned
Prayer: Lord God, I humbly admit that Your wisdom is
superior to mine. Help me to be a good listener and a willing
learner and faithfully put into practice the wise principles I learned

the strength and hope for our on-going journey.
recorded in the Bible, and by practicing what we learn find
to take the time to become familiar with God's principles as
something goes wrong. However, today is an opportunity
treat a motor vehicle manual, only consulting it when
in the past we may have treated the Bible like we would

the righteousness that God desires (James 1:19 NIV)
become angry, because human anger does not produce
should be quick to listen, slow to speak and slow to
My dear brothers and sisters, take note of this: Everyone

strength, and hope we need to be successful.
God, with His infinite wisdom, can give us the experience,
to helping us have a meaningful and purposeful life? Only
that of an all-knowing God who is completely committed
weak and weary. What better help could we find than
spiritually weak when we first came into recovery. We
were running on empty, just limping along and feeling
Many of us were physically, mentally, emotionally and

in You alone. (Psalm 33:22 NLT)
let your unfailing love surround us, Lord, for our hope is
be asked to share what has brought us strength and hope.
As we move forward in our recovery, we may
what has helped others get strong and stay strong in life in
familiar with getting what we want when we want it. We
provide for our needs. However, some of us are more
tell God what we need rather than reverently asking Him
we should come humbly before Him and ask Him to
ask, we will receive, and our joy will be complete.
and have little joy in our recovery. God promises that if we
to provide for us. We then wonder why we feel pressure
familiar with getting what we want when we want it. We
spiritually weak when we first came into recovery. We
were running on empty, just limping along and feeling
Many of us were physically, mentally, emotionally and

will walk and not faint. (Isaiah 40:29-31 NIV)
and young men stumble and fall; but those who hope in
the LORD will renew their strength. They will soar on
wings like eagles; they will run and not grow weary, they
will walk and not faint. (Isaiah 40:29-31 NIV)
power of the weak. Even youths grow tired and weary,
He [God] gives strength to the weary and increases the

do what honors You in all my ways. Amen
Please help me stay close to You and give me the will and desire to
removeing them from my thoughts and interactions with others.
life, Your view of my character defects, and Your plan for my
of Your Holy Spirit who lives in me, to show me Your will for my
didn't work out. Today I come and humbly ask You, by the power
trying to tell You what to do, and for blaming You when things
Prayer: Lord God, Forgive me for trying to fix my own life, for
treating that sustains us. It's in the turning of our will and
use our own solutions, we'll quickly slide into trouble
soon as we take things back into our own hands and try to
basis, that we are safe under the protection of God. As
our life over to God, on a moment by day by day
strength that sustains us.

to consistently know and welcome His input for each
continuous invitation to God at points throughout the day
out. It's not a one-time "ask" in our morning prayers but a
for the knowledge of God's will and the power to carry it
surrender to God's will at every point, in every
circumstance, can only be attained if we have first asked
order they will follow for healing to come. A willingness to
God has the solutions to our problems and knows the
better and feel stronger.

ask, we will receive, and our joy will be complete.
and have little joy in our recovery. God promises that if we
to provide for us. We then wonder why we feel pressure
familiar with getting what we want when we want it. We
spiritually weak when we first came into recovery. We
were running on empty, just limping along and feeling
Many of us were physically, mentally, emotionally and

(Luke 11:9, John 16:24 NIV)
Ask and you will receive, and your joy will be complete.
Until now you have not asked for anything in my name.
You will find; knock and the door will be opened to you.
So I say to you: Ask and it will be given to you; seek and

to humbly ask God to make those changes in us.
strangers. We wanted change but were not always willing
behavior on ourselves, our loved ones, and even
aware of our character defects and the impact of our
powerless to change them. At many points we were
working. Our lives were unmanageable, and we were
We came into recovery because we knew life wasn't

begin in me will be perfect. Amen
remain in You and You remain in me, the good work You have
done and pain of my addiction. I am confident that, as I
Prayer: Gracious God, Thank You for bringing me out of the

use our own solutions, we'll quickly slide into trouble
soon as we take things back into our own hands and try to
basis, that we are safe under the protection of God. As
our life over to God, on a moment by day by day
strength that sustains us. It's in the turning of our will and
efforts. We need to remind ourselves that it is only God's
addiction and begin to believe we got this far by our own
share of forgetting that we are powerless over our
The sad truth is, at this point we can easily fall into the
metings, and serve. Little by little we start to look
things. We sleep and eat, read and pray. We exercise, go
have walked the path before us. We focus on simple
We are willing to learn from the experience of others who
has to be a better life than the one we have been living.
program guidelines simply because we believe that there
in the beginning of our recovery, we often comply with
better and feel stronger.

your souls. (Matt. 11:28-29 NLT)
my yoke upon you. Let me teach you, because I am
and carry heavy burdens, and I will give you rest. Take
Then Jesus said, "Come to me, all of you who are weary
and burdened, and I will give you rest. Take
help.

sensitive. Early recovery is a time to rest and allow God to
minds are easily confused, and our emotions are ultra-
strengthen their bodies. Often, we feel worn out. Our
poor eating habits and need proper nutrition to
wounds that still need healing. Others are suffering from
and emotionally strong. Some of us have diseases and
ourselves, and now we realize our need for getting healthy
ourselves. When we were in our addiction we didn't take care of

FINDING THE STRENGTH AND HOPE WE NEED

ASKING NOT TELLING

Wednesday

EXPERIENCE, STRENGTH AND HOPE

Thursday

Tuesday