

Tuesday

STAYING GROUNDED

Of all the four seasons of the year, spring seems to describe our new life in recovery the best. The temperatures warm up. We hear birds begin to sing again. There are more hours of daylight. Flowers begin to bloom. The bears come out of hibernation, and we feel a similar desire to get outside and enjoy the freshness and the hope of the beginning of a new season.

After long periods of time in the cold and darkness of our addiction it is refreshing to witness the light of hope within us and allow our hearts to thaw a bit. We welcome both the return of life-giving actions and the newness of safer daily practices and healthy relationships.

Perhaps Jesus was seeing spring around Him when He said the following words:

Look at the birds: they do not plant seeds, gather a harvest and put it in barns; yet your Father in heaven takes care of them! Aren't you worth much more than birds? And why worry about clothes? Look how the wild flowers grow: they do not work or make clothes for themselves. (Matthew 6:26, 28 GNT)

Together with the hope and growth of a new season we often worry about our future and the vulnerability we feel in moving forward. God knows how frail we are inside, and He encourages us to simply stay focused on Him and do the work of recovery He's called us to do. He promises He will take care of all the rest. Just like a farmer prepares the fields, puts the seed in the ground and then leaves it to grow, so we can trust that if we ground ourselves in God's will, He will take care of the rest.

But more than anything else, put God's work first and do what he wants. Then the other things will be yours as well. Don't worry about tomorrow. It will take care of itself. You have enough to worry about today. (Matthew 6:33-34 CEV)

Prayer: Heavenly Father, I want to believe in You for this new day and new life You have given me. Help me to remain grounded in You today and simply get to know Your will and do it. Help me to let go of worry about the future. You will make all things right as I surrender to Your will, so that I will be reasonably happy in this life and supremely happy with You forever in the next. Amen

Wednesday

JUST FOR TODAY

Just for today I will seek to serve others with kindness, doing what is right, and walking humbly with God.

For years what we considered a normal life was actually a self-centered dysfunctional existence. Now, in recovery, we are seeking to live in a way that contributes to a healthy environment for both us and those we come into contact with. God simply and clearly outlines what is required to embrace this new life.

O people, the Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God. (Micah 6:8 NLT)

God invites us to a gentle and humble way of life that gives us peace and fills us with joy. First, we must ensure that we are in right relationship with God, seeking the knowledge of His will for us and the power to carry it out. Then we need to consider others and be kind to them. If someone is struggling, we should be gentle and humble as we seek to help them get back on the right path. We need to support the desire in the spirit of a person to carry out their new life choices even while their flesh is weak. We need to warn others against harmful behaviour in a way that will bring them to safety. We need to encourage people to seek after more goodness than they are currently experiencing.

Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. (Galatians 6:1 NLT)

Humility will help us remember how dark our world in addiction became and how far God stooped down to rescue us. We need to remind ourselves that without God's unfailing love and care we could easily relapse. When we appreciate the tenderness and grace that we have received from God, we will then be willing to offer forgiveness and encouragement to others. As God forgave us for the wrongs we did, we now choose to forgive our family and friends for the wrongs they did to us. As God has blessed us, we now choose to bless others with whom we have contact.

Prayer: Heavenly Father, Help me to live with gentleness and grace and offer forgiveness and encouragement to those who have harmed me. As You have loved and cared for me, please help me to love and care for others. Amen

Thursday

DOING ALL WE CAN TO HAVE FAITH

Few people are more aware of their need for God's help to restore them to sanity than recovering addicts. We know how unmanageable our lives have been and how powerless we were to stop the chaos. What a relief it was to turn to God who was willing to receive and restore us.

Do all you can to add to your life these things: to your faith add goodness; to your goodness add knowledge. (2 Peter 1:5b ERV)

There is a 'God part' and an 'our part' to this new life. God sent Jesus into the world to die for our sins so that we might be free from the penalty of sin, which is death. Our part is to humbly repent of our wrongs and receive forgiveness plus the new life God is offering us. God has established principles for living a life that is good, pleasing and perfect. Our part is to obey these principles. When we fail, we ask God to forgive us and help us change our ways.

It is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him. Faith comes from hearing the message. And the message that is heard is the message about Christ. (Hebrews 11:6 NLT, Romans 10:17 NIRV)

Our part in the recovery process is to get to know God's character and have faith in His ways. How do we do that? We take time, at least daily, to learn what God is saying through His Word in the Bible. There are many printed devotionals, apps, audio podcasts, teachings on YouTube and elsewhere that will help us understand the Scriptures. God's message is as close to us as opening up the Bible plus our phone or tablet.

At the heart of all our practices is faith:-faith in God that He is good; faith in God's direction for our lives; faith in God's principles as the best for us to follow; faith in God's power to help us take the next right step and do the next right thing; faith to put what we learn into practice.

Prayer: Heavenly Father, You are always with me and willing to provide what I need for a successful day. Help me to trust Your Presence ever with me, Your Power to change me, and Your Wisdom to guide me. Amen

Friday

GOOD FRIDAY:
GOD'S GOOD PLAN IN GOD'S GOOD TIME

We often give up on God before His plan for us takes effect. Jesus' death on Good Friday came before His resurrection on Easter Sunday. Things looked hopeless for Jesus' followers during the time between those two events, but God was still in charge. Satan might have thought he had victory when Jesus died but God had a plan, and He had the power to carry it out.

For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. (Isaiah 55:8 NIV)

Before God created the world, He knew that despite their good intentions humans would sin and need a Saviour. God's plan was that His son Jesus would enter the world and shed His precious blood on the cross to pay the debt (death) for the sins of all humans. Jesus was beaten and mocked because of the anger, jealousy, and evil that humans exhibited against Him. However, Jesus lived a sinless life as a human and was therefore able to sacrificially offer Himself as payment for the accumulated debt of the sin of the whole world, including yours and mine.

No one takes my life from me. I give it up willingly! I have the power to give it up and the power to receive it back again, just as my Father commanded me to do. (John 10:18 CEV)

God's plan went into place and was worked out at just the right time. The cross of Jesus reminds us that God's ways are different from our ways and while God's timing might differ from what we desire, God's timing is always perfect.

At just the right time Christ died for ungodly people. He died for us when we had no power of our own. (Romans 5:6 NIRV)

Prayer: Heavenly Father, Thank You for giving me new life through the death and resurrection of Jesus. I am forever humbled by Jesus' obedience to death, even death on a cross. Help me to live each day in obedience to Your Word, Your ways, and Your timing, trusting that you will make all things right if I surrender to Your will. Thank You for working all things together for good in my life. May all I do and say glorify Your Holy Name. Amen

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Weekend

EASTER SUNDAY – THE HIGHEST POWER

All of humankind's sin, from the beginning to the end of time, was laid on Jesus, and not even the weight of that could hold him down. Jesus' resurrection from the dead demonstrates that no evil or pain can overcome the Power of God for those who believe in Jesus.

I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms. (Ephesians 1:19-20 NLT)

No matter how broken our lives seem to us, not even the weight of that can keep us down when we are in Christ. The same power that raised Jesus from the dead is in us who completely surrender our will and our lives to God.

But you, dear friends, carefully build yourselves up in this most holy faith by praying in the Holy Spirit, staying right at the center of God's love, keeping your arms open and outstretched, ready for the mercy of our Master, Jesus Christ. This is the unending life, the real life! (Jude 20-21 MSG)

What seems impossible for us to believe becomes possible when we invite God into any situation. Things that seem beyond all we could hope for or imagine will happen. God's power is much stronger than anything we have ever encountered. God's love and care is much more compassionate than anything we have ever experienced. When Jesus comes into our lives, He brings power and solutions and hope for a new way of life. He fills us with His Holy Spirit. As we acknowledge that Jesus is alive within us with power to meet every need and solve every problem, all doubt about our ability to deal with problems will flee and we will move forward in our life in recovery.

He saved us because of his mercy, and not because of any good things that we have done. God washed us by the power of the Holy Spirit. He gave us new birth and a fresh beginning. (Titus 3:5)

Prayer: Heavenly Father, You are God and You have the power to bring about change and healing in each life that is given over to You, including mine. Fill me with the mighty power of Your Holy Spirit so I can walk confidently in this new life You have given me. Amen

LIFE WITH GOD
IN RECOVERY
DAILY MEDITATIONS



Week 14

Monday

OUR VULNERABILITY TO EMPTINESS

We will feel vulnerable at various times in early recovery. We've stepped away from our familiar life. Even though our lifestyle was destructive to our well-being, it was the life we knew. Now we are experiencing a sense of unsettledness brought on by our major life change. At times like these God makes astounding promises to us.

By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him ... he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires. (2 Peter 1:3-4 NLT)

Some of us may say, "That's a lovely promise but how do we activate the switch that unlocks these resources for us?" Fortunately, it's not a complicated process.

- 1) We may not know how to overcome all that is wrong, but today we can choose a new way to live. God promises to give us more understanding as we go. ***The fear of the Lord is true wisdom; to forsake evil is real understanding.*** (Job 28:28 NLT)
- 2) We become more and more stable as we read about God's plans and promises in the Bible, and then choose to behave accordingly. ***All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.*** (2 Timothy 3:16)
- 3) We persist and practice "speaking truth to ourselves" rather than simply reacting to how we are feeling. ***We reject all shameful deeds and underhanded methods. We don't try to trick anyone or distort the word of God. We tell the truth before God, and all who are honest know this.*** (2 Corinthians 4:2 NLT)

Prayer: Heavenly Father, Help me to daily persevere in putting Your principles into practice. I trust You for peace of mind and heart as I quiet my rebellious thoughts and choose for the peace and contentment that comes from doing what is right and good. Amen