

Friday

STRAIGHTEN UP AND FLY RIGHT

The saying "Straighten Up and Fly Right" has been around since Nat King Cole wrote and recorded a song with this title many years ago. At various times in our life, and certainly when we come into recovery, we need to get serious, get focused on healthy things, and start behaving in new ways. People tell us we need to get our lives in order but if we stubbornly refuse to do so, we are on a fast track to trouble and heartbreak.

God had people write down everything we need to know to live well, including how to correct our course when we are going wrong. That is why we need to read the Scriptures and apply what we read to our words, our attitude, and our behaviour.

God has breathed life into all Scripture. It is useful for teaching us what is true. It is useful for correcting our mistakes. It is useful for making our lives whole again. It is useful for training us to do what is right. (2 Timothy 3:16 NIRV)

Some of us may not have been given this teaching or, in our arrogance and rebellion, ignored what we learned and went our own way. Now would be a good time to develop a humble heart, seek correction, and straighten up and fly right.

Prayer: Heavenly Father, Forgive me for my stubborn rebellious ways. Help me to welcome input from Your Word each day and to quickly put Your principles into practice. Amen

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Weekend

BEING CONFIDENT IN WHO GOD SAYS WE ARE

God has given gifts to everyone; no one has been left out. The gifts He gives are not solely for our benefit but are also for the good of others. We are created to serve God and bring joy and blessing to others. God promises to help us do that. Are you and I willing to step forward, confident in who God says we are? Are we willing to follow His ways and the perfect plan He has for our lives?

Just as our bodies have many parts and each part has a special function, so it is with Christ's body. We are many parts of one body, and we all belong to each other. In his grace, God has given us different gifts for doing certain things well. (Romans 12:4-6a NLT)

The first step in developing self-confidence is acknowledging that God is our creator and that each one of us is individually made with special qualities. As members of the human family, we are extraordinarily gifted because we are made in the image of an awesome God, uniquely equipped with the potential to fulfill the amazing plan He has for us.

Lord ... You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. (Psalm 139:13-14 NLT)

Am I willing to affirm what God says about me and seek His strength to live confidently in the truth that, with God in charge, I can successfully complete the work I have been given to do?

Prayer: Heavenly Father, Help me to faithfully walk with You as I learn from both my successes and my mistakes. Please increase my faith in You and my ability to make a success of my life as I use the gifts You have given me for good in all I say and do. Amen

LIFE WITH GOD IN RECOVERY DAILY MEDITATIONS



Monday

TRUSTING THAT YOU WILL MAKE ALL THINGS RIGHT

Who can we trust? Who's reliable? Who tells the truth? Who has the strength and the ability to carry out the things they promise us? These are the questions we wrestle with in our recovery after leaving addiction where there was no truth or dependability in us, or in those around us.

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. (Proverbs 3:5-6 NIV)

God has a plan for our lives. He wants to give us hope and a future. Our own plans haven't done much for us in the past so we may be unsure how to proceed from here. God promises to show us the way forward. Everything will not instantly be how we would like it to be, but God assures us that we will be enriched by His goodness each step of the journey. Perhaps it's time to surrender to God's will and trust in His promise to give us hope and a future.

Trust in the Lord and do good. Then you will live safely in the land and prosper. Take delight in the Lord, and he will give you your heart's desires. (Psalm 37:3-4 NLT)

Prayer: Loving God, Help me to trust You each step of the way forward in my life with You in recovery. Thank you for filling me with hope for my future. Amen

Tuesday

STEP ONE – I CAN'T DO IT ALONE

We come into recovery because we recognize we are powerless over addictive substances, people, or things that we have become dependent on to try to deal with life. Where we are at is not life-giving. We no longer can cope with life on our own.

We admit the truth about where we are at, and turn to God for mercy and grace. God assures us that if we choose to trust Him, He will rescue us and help us do what we cannot do for ourselves. In fact, Jesus said He came to seek and save people exactly like us, in circumstances just like ours.

The Son of Man came to seek and save those who are lost. I have come to call not those who think they are righteous, but those who know they are sinners. (Luke 19:10; Matthew 9:13 NLT)

We are not suffering solely because we have misused certain substances or developed destructive habits or co-dependent relationships. We are not suffering because we think we were treated as second-class human beings or because we grew up in a less than perfect environment.

We are suffering because we believed the lie that we could meet our own needs and solve our own problems in our own way. We are suffering because we believed we could live life on our own terms and denied the requirement of having an ongoing relationship with the God who created us.

God offers us a new way of life that begins by admitting, we cannot do life on our own.

Prayer: Heavenly Father, I admit defeat. I am powerless to live life on my own. Without Your guidance, my life is unmanageable. I give up trying to meet my own needs. I ask You to show me the way forward so that I may have peace of mind and heart. Please strengthen me to follow Your principles in all my affairs. Amen

Wednesday

LIVING IN UNITY

God says it is pleasant for people to live together in unity, that is, in harmony or agreement with one another. How many of us make the effort to live in unity with family, friends, people in meetings, and others?

How good and pleasant it is when God's people live together in unity! It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down on the collar of his robe. It is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows his blessing, even life forevermore. (Psalm 133:1-3 NIV)

The Bible uses the picture of a physical body to represent this unity. When we surrender our will and our lives to the care of God, He brings us together with others to become one body, the body of Christ. This body is meant to work in harmony just like a physical body.

Now you are the body of Christ, and each one of you is a part of it. (1 Corinthians 12:27 NIV)

A physical body is healthy when each part is doing what it was created to do. In the body of Christ, God's children are meant to live in harmony, and then the blessings of God will flow when each person is doing what God planned for that person to do.

Today, let's consider our part in living in unity with others and doing so with kindness and consideration.

Prayer: Loving God, Help me to live together in unity with others so that the many parts of the body of Christ function in a way that enables everyone to receive Your blessings. Amen

Thursday

LIFE IMPROVES AS WE PRACTICE SELF-CONTROL

We live in a time where the freedom to do what we want, when we want, with whomever we want, is the popular understanding of freedom and the source of a wonderful life. Why then would God call us to exercise self-control and deny ourselves the right to express our feelings in certain ways at certain times? God's desire is that everyone experiences an abundant life and He has a plan to help us do that.

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. (Jeremiah 29:11, 2 Timothy 1:7 NLT)

God knows what works and what doesn't. God calls us to have self-control, so we can experience deep and lasting joy and satisfaction in our relationship with Him and with others. Following are some areas for us to consider as we conduct an inventory of our lives related to self-control.

TEMPER: ***People with good sense restrain their anger; they earn esteem by overlooking wrongs.*** (Proverbs 19:11 NLT)

WORDS: ***Those who control their tongue will have a long life; a quick retort can ruin everything.*** (Proverbs 13:3 NLT)

USE OF TIME: ***Make the most of every opportunity for doing good in these evil days.*** (Ephesians 5:16 NLT)

HARD WORK: ***Lazy people want much but get little, but those who work hard will prosper.*** (Proverbs 13:4 NLT)

Prayer: Heavenly Father, Help me to learn Your ways and to practice self-control in every area of my life. I need Your power working in me to help me step away from my self-centered attitude and desires. Please change me from the inside out. Amen