

NO REGRETS

The second promise found in the Big Book of AA tells us that if we diligently work the steps, "We will not regret the past nor wish to shut the door on it." This echoes what we read in the Bible about our journey in this new life with God in recovery.

I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward—to Jesus. I'm off and running, and I'm not turning back. (Philippians 3:12-14 MSG)

One of the greatest gifts we can give ourselves is accepting the fact that whatever has taken place in our past is done and cannot be changed. We can learn from it, and we can allow God to use it to bring about good, but we cannot change it. In fact, we can safely let go of the regret that we may continue to feel.

We know that in all things God works for the good of those who love him, who have been called according to his purpose. (Romans 8:28 NIV)

Because of God's unfailing love for us, we can look at our past with eyes wide open. We can process what went on in some events and, where necessary take responsibility, and then just let the rest go. Above all, we can live in gratitude to God for one more day to enjoy His blessings and to carry this message to others who suffer.

Prayer: Loving God, Thank You for opening up my future and closing my past. With Your help I will embrace everything this day brings trusting that you will guide me along a good path and use everything in my life, both the good and the bad, to bring about Your plan for my future. Amen

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Weekend

VALENTINE'S DAY –
HEARING GOD SAY, "I LOVE YOU"

Three of the most comforting, encouraging, and life-giving words in the English language are, "I love you". Spoken from a sincere heart, these three little words carry a tenderness and strength that will fill a lonely heart and bring a smile to a sad face. These are words that come from the hearts of loving parents when they see their new baby. They are whispered in the ear of someone frail as they lie on a hospital bed. They are words spoken with chocolates to a special someone, or perhaps with a "knowing gaze" shared across a room. They are words that every human longs to hear over and over again.

As we go forward in recovery God wants us to hear Him tenderly tell us, "I love you." These words bring healing and peace to our body, mind, and spirit as we absorb the truth of what is being said. We will find, as we read God's Word in the Bible, that it repeatedly tells us of God's unfailing love for us. As we pray with a quiet heart we will hear God's voice echoing in our ears, "I love you".

I pray that your love will have deep roots. I pray that it will have a strong foundation. May you have power together with all the Lord's holy people to understand Christ's love. May you know how wide and long and high and deep it is. And may you know his love, even though it can't be known completely. Then you will be filled with everything God has for you. (Ephesians 3:17-19 NIRV)

We cannot begin to find words to describe the all-encompassing and tender love that God continues to pour out on us. This Valentine's Day, let's remind ourselves that love is available to us. God is with us. Let's live in God's love today, and every day.

Prayer: Heavenly Father, Thank You for Your gracious love for me that is wide enough to embrace me wherever I go. Come and heal me in the place of my deepest wounding and disappointment. Accompany me in my brightest moments. Fill me with courage and comfort when I feel challenged. This I know for sure, You truly do love me! Amen

LIFE WITH GOD
IN RECOVERY
DAILY MEDITATIONS

Week 7

Monday

TOGETHER WE CAN

Life in addiction is life in isolation. We figure things out on our own. We seek to get what we want when we want it, regardless of the impact on others. In recovery God invites us to a new way of living which includes sharing our thoughts, our needs, our desires, and our daily lives with God and others.

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. (Ecclesiastes 4:9-10 NLT)

It's important to learn from others who have walked the recovery path before us. Since we become like the company we keep, it is important to have friends we respect and who are modeling the qualities of honesty, perseverance, and accountability. These friends, who have chosen to walk in the ways of God will challenge us to get the help we need as we move forward. When we are made aware of our shortcomings, we will need these friends for support as we adjust our attitude and behaviour towards others. They will encourage us to become a person who shares and cares about others.

Share each other's troubles and problems, and in this way obey the law of Christ. The way of foolish people seems right to them. But those who are wise listen to advice. (Galatians 6:2, NLT, Proverbs 12:15 NIRV)

Prayer: Heavenly Father, I want to embrace Your plan for my life. Help me to be accountable to Your Word and listen to the guidance and counsel of reliable friends. Help me to love others and care for them as You love and care for me. Amen

WHERE IN THE WORLD DO I BELONG

Thursday

How many of us feel like we truly belong? Much addictive and destructive behavior is rooted in loneliness. Mother Teresa said, "Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hurt than the person who has nothing to eat. We must find each other."

Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by those around us. A broken relationship with God results in broken relationships with others around us and loneliness results.

Feeling lonely is not restricted to the poor or the rich, the educated or the uneducated. God created us in His image so we could know love in relationship with Him, and with God loves us with an everlasting love. He loved us so much that He sent His son Jesus into the world to die on the cross so that the wages of sin could be paid for, and the cross so that we could accept Jesus as our Lord and relationship with Him restored. We do not have to continue to live lonely. When we know we are loved and accepted, our hearts are touched, and we begin to experience peace and the security of belonging.

Prayer: Loving God, Thank You for sending Jesus into the world so that my sins could be forgiven and my relationship with You is restored. In good times and in times of trouble, help me remember that I belong to You and You will never leave me alone. I am truly blessed to be part of Your family. Amen

for to you I entrust my life. (Psalm 143:8 NLT)

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go,

WISDOM FOR THE RECOVERY JOURNEY: DON'T TRADE ADDICTIONS

Wednesday

The wisest man of his time King Solomon compiled sayings that can be found in the book of Proverbs in the Bible. Some of these address addiction issues. We often think that addictions are limited to drugs and alcohol, but we are coming to know there are many other substances and practices which we use to cover our feelings of pain. Food also triggers memories in our own hearts of past experiences and events. Is there relief from this deep grief through war or natural disaster, or something inflicted on one person by another, these are distressing experiences which cause long lasting trauma and pain. The news may trigger war or natural disaster, or something inflicted on another, these are distressing experiences and events around the world. Whether it's the devastation of a community through a natural disaster, or something inflicted on one person by another, these are distressing experiences and events around the world.

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Listen to me, my children! Be wise and have enough sense to follow the right path. Don't be a heavy drinker or stuff yourself with food. It will make you feel drowsy, and you will end up poor with only rags to wear. Give up trying so hard to get rich. Your money flies away before you know it, just like an eagle suddenly taking off. (Proverbs 13:19-21 CEV)

and money are two other common problem areas. Practices which we use to cover our feelings of pain. Food are coming to know there are many other substances and that addictions are limited to drugs and alcohol, but we some of these address addiction issues. We often think that can be found in the book of Proverbs in the Bible. The wisest man of his time King Solomon compiled sayings that can be found in the book of Proverbs in the Bible. Some of these address addiction issues. We often think

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Whoever listens to me will live in safety and be at ease, without fear of harm. So do not be afraid, I am with you, and help you, I will hold you safe in my hands, I always do what is right. (Proverbs 1:33 NIV, Isaiah 41:10 NIV)

What has been done cannot be undone. However, God can help us navigate today by giving us peace in our souls and healing in our bodies. Our first action is to turn our hearts and thoughts towards God and allow His love to encourage us as we listen to what He has to say through the scriptures as recorded in the Bible.

We are exposed daily to traumatic events around the world. Whether it's the devastation of a community through war or natural disaster, or something inflicted on one person by another, these are distressing experiences and events. Is there relief from this deep grief through experiences and events. In our own hearts of past

STAYING SOBER - FACING TRAUMA

Tuesday