

FRIDAY

THE WISDOM OF MY WORDS

In Proverbs, one of the books in the Bible, wisdom is described in the words of a person speaking. Jesus taught that what we say is directly linked to what's in our heart. As we move forward in our recovery, we will do well if we look at our lives through the lens of what our lips are saying.

My mouth speaks what is true, for my lips detest wickedness. All the words of my mouth are just; none of them is crooked or perverse. To the discerning all of them are right; they are upright to those who have found knowledge. Choose my instruction instead of silver, knowledge rather than choice gold, for wisdom is more precious than rubies, and nothing you desire can compare with her. (Proverbs 8:7-11 NIV)

If we are doing well in our life in recovery people will listen to what we have to say because they desire truth. As we share our experience, strength, and hope with them, those who are still struggling may be stirred to know more so they also may live their lives according to the Scriptures. What we have to say truly matters because God's wisdom is precious and uplifting to those who are still in bondage to their old way of thinking and unmanageable lifestyle. It takes time to mature in God's way of thinking, evaluating, and speaking, but the upgrade to our quality of life when we do so is absolutely worth the effort.

Now then, my children, listen to me; blessed are those who keep my ways. Listen to my instruction and be wise; do not disregard it. Blessed are those who listen to me, watching daily at my doors, waiting at my doorway. (Proverbs 8:32-34 NIV)

God is pleased when we speak clearly to others about living our life in accordance with His ways. None of us are perfect but when we choose to listen and do what God says, give it top priority in our thinking and behaving, we will be truly blessed and will also be a blessing to others.

Prayer: Loving God, What You teach me is truth and is more precious to me than anything else I have encountered in this world. I want all that I am and all that I do to honour You. By acts of love and kindness towards others, help me to witness to the wisdom and truth of Your Word. Amen

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Weekend

DRY DRUNK OR LIVING SOBER

Being a “dry drunk” is a term used to describe a person whose actions and attitude are pretty much the same as they were when they were drinking. Without a substance to medicate the pain, they still hurt. When a person just stops drinking or drugging and does not address the underlying issues, they may easily find themselves in situations where they are prone to relapse. For example, if a person has a problem dealing with anger or rejection then any new relationship will suffer and perhaps end because of tension in the relationship, and that could cause the person to pick up again.

See to it, then, that the light within you is not darkness. Therefore, if your whole body is full of light, and no part of it dark, it will be just as full of light as when a lamp shines its light on you. (Luke 11:35-36 NIV)

Some telltale signs of being a dry drunk include: being rigid; being angry, resentful, or sarcastic; having extreme mood swings; being full of self-pity and blaming; believing nothing is ever good enough; and a general sense of boredom and dissatisfaction with life.

My child, pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body. Guard your heart above all else, for it determines the course of your life. (Proverbs 4:20-23 NLT)

Jesus wants to heal us and set us free from living as a dry drunk. Accepting His mercy and forgiveness for our offences will bring healing and restore us to new life. When we have been forgiven for our wrongs, we can then forgive others for their wrongs against us. It's only in the strength of God's love and acceptance of us that we can do the hard work of exposing our character defects so that God can remove them. Only then can we truly live in a new way.

Prayer: Loving God, I know that You are displeased when I live as a dry drunk and don't bother to deal with my character defects. I don't want to live that way any longer. I give myself and all my hurts and resentments to You and ask that You bring healing to my wounds. Change my heart and help me to live my life according to Your principles. Amen.

LIFE WITH GOD
IN RECOVERY
DAILY MEDITATIONS



Week 39

Monday

MOTIVATED BY GOD'S WILL IN ALL OUR AFFAIRS

The desire to express our love for God and our neighbour should be the motivation behind what we do each day and how we work through our agenda. At the end of the day we should take inventory of how well we demonstrated God's love to those with whom we were in contact. When we do an honest assessment, we can be pleased with those things we managed to do well. In those areas where we know we fell short, we can ask God to help us improve.

See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness. (Hebrews 3:12-13 NIV)

What standard do we use for evaluating how we are honouring God in all our affairs? Jesus said we should love God with all our heart, soul, mind, and strength, and love our neighbour as ourselves. Did each of us wake up this morning loving God with our whole being and desiring to be a part of what God wants to do through us today? Did we ask God for guidance in all those things we planned to do? What unplanned events occurred? In each event did we function in a way that was pleasing to God and encouraging to our neighbour? Were we conscious of God being with us as we responsibly carried out the requirements of each event?

Call to me and I will answer you and tell you great and unsearchable things you do not know. (Jeremiah 33:3 NIV)

God's word assures us that when we call upon Him for help with our everyday agenda, He will answer us and give us wisdom and discernment to do those things that please Him.

Prayer: Heavenly Father, I am grateful that You give me the desire and the will to do what pleases You. Help me to love You with all my heart and to seek You in all my ways. Help me to encourage and love others as You love and encourage me. Amen

Having a loving relationship with God and praying with Him about everything we do is the solid foundation for those who seek to build their lives with God in recovery. When we begin to experience the love, joy, and peace that an intimate relationship with God brings, the desire to do the hard work to restore and maintain other relationships will grow within us as well.

Jesus said: **You must be compassionate, just as your Father is compassionate. Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven.** (Luke 6:36-37 NLT)

We have all been hurt and let down by others. It's part of being human around other humans in our world. Some of us have lived so long focused on how we've been victimized and how others have hurt us that we fail to see how we have hurt others and ourselves in the process. God invites us to stop running, acknowledge the pain and brokenness in our past relationships, and deal with the harm that was caused. When we ask God to help us recall the people and circumstances where we caused harm, He will do so without accusation or condemnation. God will also help us identify the part we played in those painful events. When we confess and humbly take responsibility for the wrongs we have done, God will forgive us and bring healing. He will also supply the grace we need to become willing to make amends.

“And why worry about a speck in your friend's eye when you have a log in your own? How can you think of saying to your friend, ‘Let me help you get rid of that speck in your eye,’ when you can't see past the log in your own eye? Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye.” (Matthew 7:3-5 NLT)

Prayer: Loving God, Thank You for helping me acknowledge the harm I caused in my relationships and for giving me the will and desire to make amends. Please work for good in my life and in the lives of those people I have injured. Amen

It is interesting to live in a time when people seem more willing to rewrite history than to learn from it. As we look at our life in addition and all that took place before, during, and after, we might be tempted to rewrite our past and make allowances in our own minds for events that happened rather than choosing to learn from them.

My people, listen to my teachings. Listen to what I say, I will tell you a story. I will tell you about things from the past that are hard to understand. We have heard the story, and we know it well. Our fathers told it to us. And we will not forget it. Our people will be telling this story to the last generation. We will all praise the Lord and tell about the amazing things he did. (Psalm 78:1-4 ERV)

We can learn lots from God's people and their stories in the Bible. God did many amazing things to bring His people out of slavery and into a new place of freedom and blessing. The facts are clearly recorded in history and have been retold through many generations. Despite their history and God's goodness, like many of us, many of them wanted things their own way and were unfaithful to the agreement they had made with Him.

They would remember that God was their Rock. They would remember that God Most High had saved them. But they tried to fool him with their words; they told him lies. Their hearts were not really with him. They were not faithful to the agreement he gave them. (Psalm 78:35-37 ERV)

The people would get themselves into trouble over and over again and then call out to God in the misery they brought upon themselves and, incredibly, God would hear them and help them. What an amazing God we serve who is ready to do the same for us if we will just turn to him, repent of our wrongs, and sincerely give Him control of our lives.

But God was merciful. He forgave their sins and did not destroy them. Many times he held back his anger. He never let it get out of control. He remembered that they were only people, like a wind that blows and then is gone. (Psalm 78:38-39 ERV)

Prayer: Loving God, I am so grateful to You for the many new beginnings You have given me. Help me to be faithful to You each day and trust You to guide me in everything I do. I want to live in the strength of who I am in Jesus and not be blown about like a leaf in the wind. Amen

The greatest among you should be like the youngest, and the one who rules like the one who serves. (Luke 22:26b NIV)

The Ninth A.A. Tradition is a foundational principle that supports caring people as they serve others in their community. “A.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.” They were employing the teaching of Jesus who, in the face of power extremes always taught that the field was level. There was never to be the powerful at the expense of the oppressed. No one was to consider themselves more important than another. We were to serve one another in love.

We serve others as an expression of our love and gratitude to God. When our hearts are uplifted by God's goodness, we seek to bless others as we have been blessed. The focus of our service is simply our loving response to God's work in our lives. Everything that we do, whether it is sweeping a floor or being a speaker who shares God's Word, ought to be considered as service to the Lord rather than to people.

Serve wholeheartedly, as if you were serving the Lord, not people. (Ephesians 6:7 NIV)

The Scriptures challenge us to be faithful in our chosen area of service. We should not start and stop as it is convenient to us but be consistent in doing what we have committed to do. As well as being reliable we should have an attitude of joy in what we are doing.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. Serve the LORD with gladness! Come into his presence with singing! (1 Peter 4:10 NIV, Psalm 100:2 ESV)

Prayer: Heavenly Father, Thank You for the opportunity to serve You and others with great joy. I am mindful that I have to offer is because Jesus paid the price for my sins and set me free from the powers of darkness. I am truly humbled by Your love and mercy poured out on me. Amen