

Tuesday

FACING TRUTH

When some of us became aware that our lives were on a dark downward pathway, we chose to admit that we were powerless over our dependency and our lives were unmanageable. In despair, we called out to God for help, and He heard, and rescued us.

In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears. (Psalm 18:6 ESV)

Initially we were glad that God heard us and answered our cry for help. We certainly wanted recovery but unfortunately one of the greatest obstacles to life with God in recovery is our own mindset. We allow ourselves to dwell on thought patterns that are not in keeping with a life submitted to God. We dwell on how a lesser amount of our dependency might work or we entertain thoughts of staying in touch with friends who are still using. We need to seriously consider where these thoughts are coming from and pray for God's guidance in how we might counter these lies with truth. We also need to find a trusted sponsor or pastor with whom we can seriously discuss this type of thinking.

Whoever walks with the wise becomes wise, but the companion of fools will suffer harm. (Proverbs 13: 20 ESV)

We need to accept that we are vulnerable to the desires of our flesh. The body, from which we are withholding our former dependency, is demanding what it needs to be at peace. To stand firm against its cravings, we need to relentlessly hold on to the Power who is greater than ourselves and keep saying "NO" until our body gets the message and begins to settle down.

Prayer: Heavenly Father, Please help me experience the strength of Your Power to save me from the deception of Satan, from sin, and from myself. Amen

Wednesday

WHAT DETERMINES MY VALUE?

Low self-esteem. No self-worth. This is the experience of many who suffer in addictive lifestyles. Negative thoughts about ourselves and our ability to do well in life lead to obsessive thoughts. We make a simple mistake, and we feel like we are a complete failure. When others disagree with what we are saying, we are unable to cope. We feel no matter how hard we try, we can't measure up. What are we left with? A general feeling of hopelessness that God never intended us to have.

God created human beings in his own image. In the image of God he created them; male and female he created them. Then God looked over all he had made, and he saw that it was very good! (Genesis 1:27, 31 NLT)

Whenever we question our self-worth we need to challenge our thinking against what God says in the Bible. Where we received negative messages from others which resulted in us feeling worthless or unimportant we need to challenge our thoughts with the truth that God does not make junk. God looked at the humans He created, including us, and said they were very good. Our self-worth should be based on what God says rather than on what we have determined or what others say.

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. (Psalm 139:13-14 NIV)

God's knowledge of us is evident in the things He has prepared for us to do. God's promise to bring His wonderful purpose for our lives to fulfillment is assured when we turn our will and our lives over to His care and live in recovery one day at a time.

Prayer: Heavenly Father, I am awed by Your knowledge of me, and the purpose You have for my life. Please help me believe and continually proclaim that I am a cherished and valued child of God. Amen

Thursday

THE GOLDEN RULE

In the middle of Jesus teaching about how to treat our enemies he inserts one of the most famous principles of human interaction called The Golden Rule.

Do for others what you want them to do for you. (Luke 6:31 ERV)

As we share and support friends and loved ones, we often do for them those things we would like them to do for us. Jesus says in that context there is no real challenge because it is easy to love and care for those who love and care for us.

"If you love only those who love you, should you get any special praise for doing that? No, even sinners love those who love them! If you do good only to those who do good to you, should you get any special praise for doing that? No, even sinners do that!" (Luke 6:32-33 ERV)

What makes this saying of Jesus challenging is that we are to behave this way with people who don't love us or treat us well.

We have all been hurt and disappointed in the past. We have also hurt and disappointed others. Jesus wants all of us to move forward, find healing, and live well. He knows that holding grudges and failing to make amends is a recipe for bitterness and disaster of the heart. What is God's way for us to have successful recovery today? When someone irritates us or we reflect on a person we are avoiding, God says: ***"Love...do good...ask God to bless...and pray."***

So, who is the person on my 'challenging person list' to whom I can apply the Golden Rule today?

Prayer: God help me! It's so hard to bless and do good to people who have harmed me. Please work in my heart and give me the courage and strength to bless others and live the Golden Rule from a heart of thanksgiving for all You have done for me. Amen

Friday

PLANNING AHEAD

Planning gives us peace in our hearts knowing that we have reviewed the specifics of how to get to where we are going and what we need to get there.

Plans fail without good advice. But they succeed when there are many advisers. (Proverbs 15:22 NIRV)

When we are travelling on the road to recovery we also need to make plans for those things that will get us to our destination. We need to be spiritually fit to navigate the road ahead. We need to seek advice on how to avoid the pitfalls of temptation. It is also helpful to have a sponsor who knows the road ahead and can advise us on any hazards we may encounter.

Let us act as we should, like people living in the daytime. Have nothing to do with wild parties, and don't get drunk. Don't take part in sexual sins or evil conduct. Don't fight with each other or be jealous of anyone. Instead, put on the Lord Jesus Christ as if he were your clothing. Don't think about how to satisfy sinful desires. (Romans 13:13-14 NIRV)

It is wise to plan ahead and determine what we will do when we are challenged on our journey. Sinful desires and overwhelming obsessions may war against our mind and our body, but if we seek Jesus' help, He will give us wisdom on how to safely stay the course.

But because Jesus lives forever, his priesthood lasts forever. Therefore he is able, once and forever, to save those who come to God through him. He lives forever to intercede with God on their behalf. (Hebrews 7:24-25 NLT)

Prayer: Lord Jesus, I know my flesh is weak therefore, I ask You to help me plan for victory when I am sorely tempted to give up. Amen

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Weekend

MY LIFE IS UNMANAGEABLE

Why would we continue to live life in our own way when it obviously isn't pleasing, not even to us? Someone has defined insanity as doing the same thing over and over again and expecting a different result. Another saying is equally true, "If nothing changes, nothing changes." When we are willing to admit that our life is unmanageable and we are powerless to change, if we call on God, He will hear our prayer and rescue us.

On our own we tried to meet our desires with short-term solutions and ended up with more significant levels of need. We thrashed around in our distractions and failed to come close to knowing what a purposeful and pleasing life looked like. The Bible paints a clear picture of this powerlessness.

My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water. (Jeremiah 2:13 NIV)

We were created for relationship with the God of infinite knowledge, power, and love. We were meant to continually draw breath and life from our Creator. We became a mess when we did not have the infilling of the power of God's Holy Spirit. To live well in relationship with God and others, we need to fill up on what our Creator intended, not on what we determine might work.

My people have traded away their glorious God. They have traded me for worthless statues of gods. (Jeremiah 2:11 NIRV)

Prayer: Lord God, Forgive me for choosing harmful relationships, substances and other things to try to fulfill my needs. I admit my choices resulted in an unmanageable existence. Today, I choose to turn my will and life over to Your care for Your breath alone gives me life. Amen

LIFE WITH GOD IN RECOVERY DAILY MEDITATIONS



Week 3

Monday

CONTENTMENT

In recovery circles, some of us know what it is like to live in plenty and others of us have experienced what it is like to live in poverty. Contentment in life does not come from having all that we need but from a deep satisfaction within. If we know that we are loved and cared for and someone has our back, that can give us a sense of peace and security in any situation we may find ourselves.

Fear of the Lord leads to life, bringing security and protection from harm. (Proverbs 19:23 NLT)

Without Jesus as our Saviour and Lord, we will never experience contentment. Some of us have sought satisfaction in money, in our substance of choice, and in human relationships. We made false gods of these things by focusing our minds and all our efforts on having them. They may have satisfied us for a time but eventually they failed to fulfill the deep longing within our heart. There is only one thing that will fill the emptiness in each one of us and that is, God in us.

All things are possible to those who believe in God. When we walk in His ways, we will know peace in the deepest place of our soul. The contentment that God gives is priceless and cannot be bought with silver or gold.

Yet true godliness with contentment is itself great wealth. After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. (1 Timothy 6:6-7 NLT)

Prayer: Heavenly Father, I confess I have wandered far from You. Today, I humbly ask You to come into my heart and help me follow You in all my ways. My desire is to experience Your peace that passes all understanding. Amen