

Friday

THANKS TO GOD FOR MY LIFE AND MY RECOVERY

Each day in recovery is an opportunity to learn something new. Today we are invited to celebrate and give thanks for those things God has done for us.

Let me tell you what God did for me. I called out to him with my mouth. If I had been cozy with evil, the Lord would never have listened. But he most surely did listen, he came on the double when he heard my prayer. (Psalm 66:16b,17a, 19 MSG)

Sometimes winter months seem long and hard and there are times in recovery when our journey seems long and hard as well. At moments like these it is good to pause and reflect on how different things are now compared to when we were struggling in the pit of our addiction.

At the core of our recovery journey is the God who was there for us when we recognized our powerlessness and admitted that our life was unmanageable. He listened to us and, as the Bible quote above says, "**came on the double when he heard my prayer.**" God didn't just help us take that first step, He stayed with us on the road and kept us out of the ditch when it was extremely hard for us to hang on and keep going.

Bless our God, O peoples! Give him a thunderous welcome! Didn't he set us on the road to life? Didn't he keep us out of the ditch? (Psalm 66:8-9 MSG)

Wherever we share, at a meeting or perhaps just in a conversation on our phone, let's share with gratitude about this Living God who set us on the road to life.

Prayer: Heavenly Father, Thank You for being there for me when I couldn't even be there for myself. Thank You for making a way for me to find forgiveness and healing and life when I prayed to You for it. Today, I reaffirm my trust in Jesus, who has done for me on the cross what I could not do for myself. Today I thank You for my life and my recovery. Amen

Partners in Hope Recovery Society
1906 – 615 Belmont Street
New Westminster, BC V3M 6A1
604-215-0335 pihrecovery@gmail.com
www.partnersinhope.ca



Weekend

WHITE KNUCKLING

We usually say an individual is "white knuckling" when they are just using willpower to stay sober. They have stopped drinking or using but have not dealt with the underlying issues related to their addiction. They are hanging on desperately and very much at risk of relapsing because they experience life away from their substance of choice as something to be endured. They are not staying sober to benefit themselves. They feel imprisoned rather than having a life and are filled with anger and resentment. This is not the life in recovery that God wants for us.

I am the Lord All-Powerful. So don't depend on your own power or strength, but on my Spirit. (Zechariah 4:6)

When we begin to feel worried and anxious about our sobriety it's time to look again to God who knows us better than we know ourselves. As we read the Bible, God will teach us those things we need to know and will help us practice His principles in all our affairs. We need to listen to others share their experience, strength, and hope, and perhaps learn from them. If we seek God, He will help us identify the source of our pain and, through Jesus, we can receive healing and forgiveness for any issues that are exposed.

You are my strength; I wait for you to rescue me, for you, O God, are my fortress. In his unfailing love, my God will stand with me. He will let me look down in triumph on all my enemies. (Psalm 59:9-10 NLT)

We can't "fight our demons" on our own but when we ask our all-powerful God to help us, He will give us the needed power to do so.

Prayer: Heavenly Father, When I am feeling frustration and pain, I pray for the willingness to reach out to You for strength, and healing. Help me to surrender every area where I stubbornly "white knuckle" through problem situations. Please guide me to a place of peace and stability. I put my trust in You. Help me to trust You more. Amen

LIFE WITH GOD IN RECOVERY DAILY MEDITATIONS



Week 12

Monday

SHARING HEART TO HEART

It is God's desire that we walk securely in the conscious awareness of His great love and care for us. In the past, we didn't know or even care about God. Our self-willed, self-directed way of life in destructive addiction created chaos for us. God's invitation to us is that we come and enter into a deeply satisfying relationship with Him.

How precious are your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me! (Psalm 139:17-18 NLT)

There is no better friend and companion than God. God's heart is always turned towards us. He pays attention to what is going on in our lives and cares about how circumstances impact us. We don't have to wait until our thoughts are 'tidied up' before God will listen to us. We can just pour out what is going on in our hearts and ask Him to help us sort it all out. God always has our best interest at heart. He knows better than us what we need. If we seek God in all our ways, He will help us.

I have loved you with an everlasting love; I have drawn you with unfailing kindness. Cast all your anxiety on him because he cares for you. (Jeremiah 31:3, 1 Peter 5:7 NIV)

Today, let's give God thanks for His faithful love for us and enter more deeply into a heart-to-heart relationship with Him.

Prayer: Heavenly Father, My desire is to live in conscious contact with You, to know Your will for my life, and have the power to carry it out. Please direct my steps in all I undertake to do. Amen

an amazing God in whom I can put my trust. Amen
will show me your will in all that I encounter. You truly are
for comfort and help. I am so grateful that when I ask, you
paralyzes my ability to think clearly, help me to first seek you
prayer. Gracious God, when trouble comes my way and

and we are not to fear for He is always with us.
He is our refuge and strength in times of trouble,
understand everything we are experiencing. God tells
sense. Our trust must be in God even when we don't
The test of faith always comes when life stops making

show you which path to take. (Proverbs 3:5-6 NLT)
Trust in the Lord with all your heart; do not depend on your
own understanding. Seek His will in all you do, and He will

results of our obedience to God's guidance.
faith will grow stronger as we observe the positive
God is working everything together for our good. Our
we are assured that regardless of our circumstances,
dissapointment, failure, and even disaster with soul-
settling faith. As we open ourselves to God's truth,
confidence, hope, and optimism. We can live with
any evil that could come our way, we can live with
When we believe that God's power is greater than

9:1; 14-16 NLT)
them with a long life and give them my salvation." (Psalm
name. When they call on me, I will answer; I will reward
them in trouble; I will rescue and honor them; I will rest
those who love me. I will protect those who trust in my
in the shadow of the Almighty. The Lord says, "I will rescue
those who live in the shelter of the Most High will find rest

so we can experience His help in our time of need.
will face troubles in life and invites us to call on Him
they will choose a different path. God knows that we
may take reasonable risks. When real danger exists,
avoid mistakes. A cautious person thinks clearly but
damaging fear and sober precaution. Fear paralyzes
unsafe world? God teaches us to distinguish between
How are we to live without paralyzing fear in an

THOUGHTS THAT PARALYZE

Thursday

the power to carry it out. Amen
others, praying only for knowledge of your will for my life and
with honesty, kindness, and transparency before you and
by practicing your principles in all my affairs. Help me to live
prayer: Loving God, help me to carry the message well today

the "attraction rather than promotion" principle.
God's principles. This is certainly a way to embrace
way to carry the message, is to live right and follow
the wise sayings in Proverbs suggests that a powerful
is important to attend meetings and share our story,
We talk about, carrying the message, and sharing our
experience, strength, and hope, with others. While it
results of our obedience to God's guidance.

You act wisely, others will follow. (Proverbs 11:30 CEV)
live right, and you will eat from the life-giving tree. And if

positive influence on others as well.
as we do, we will find the life we long for and be a
11 is a sentence that encourages us to live right, and
that come from our actions. Near the end of Proverbs
choices we make and the positive or negative results
These are all helpful descriptions of behavioral
positive influence on others as well.

looking for trouble, and you will find it. (Proverbs 13:3, 9,
youself. Try hard to do right, and you will hurt
sense. Kindness is rewarded—but if you are cruel, you hurt
neighbors; good people are protected by their own good
dishonesty. Dishonest people use gossip to destroy their
you are crooked, you will be trapped by your own
if you do the right thing, honesty will be your guide. But if
as:

these sayings have promises attached to them such
family relationships, and our use of money. Many of
as honesty, pride, gossip, keeping secrets, being kind,
and good and evil. They address characteristics such
wide range of topics that contrast, right and wrong,
Chapter 11 in this book has 31 sayings that cover a
wise sayings we do well to learn and put into practice.
The book of Proverbs is a collection of
"We continued to take personal inventory and when
we were wrong promptly admitted it." This means we
regularly schedule time to monitor our thoughts,
on track in our recovery with the following words:
Step 10 of the 12-Step program encourages us to stay
on words:

CARRYING THE MESSAGE

Wednesday

PROMPTLY DEALING WITH WHAT IS WRONG

Tuesday

please help me! Amen
your shortcomings. My desire is to follow you in all my ways.
prayer. Loving God, when I examine my ways and see the

we are battling, He promises He will help us.
path of recovery. If we ask God for help in any area
dealing with our wrongs will enable us to keep on the
behaviour. Taking personal inventory and promptly
ourselves, and others and try not to rationalize our
when we do wrong, we need to be honest with God,

the guilt of my sin. (1 Corinthians 10:12; Psalm 32:5 NIV)
admit my lawless acts to the Lord." And you forgive
didn't cover up the wrong I had done. I said, "I will
you might fall. Then I admitted my sin to you. I
so be careful. When you think you are standing firm,

easily slip back into our old sinful habits and relapse.
we are not vigilent in this, as Step 10 teaches, we may
to let go of our sinful ways and follow God's ways. If
what comes next is "sanctification," which requires us
Jesus and we are "just as if we had never sinned."

This means that our sins are cleansed by the blood of
over to the care of God we are considered "justified".
God through him, because he always lives to intercede for
all things at all times, having all that you need, so that in
God is able to bless you abundantly, so that in
abound in every good work. (Hebrews 7:25; 2 Corinthians 9:8 NIV)

in, we promptly admit it and seek to put things right.
recognize old behaviours or thoughts patterns creping
actions, and communication with others. Where we
regularly schedule time to monitor our thoughts,
were wrong promptly admitted it." This means we
Step 10 of the 12-Step program encourages us to stay
on words: