

Friday

## DEALING WITH DISGUST

Disgust is a reaction that arises when a person's good taste or moral sense is deeply offended. That is not to say that everyone is disgusted by the same things. Disgust may be aroused in some people by something as simple as observing the eating traditions of certain ethnic groups. While in our addiction, our family and acquaintances may have reacted with disgust at the degrading effect our substance of choice had on us. On the other hand, we may have reacted with disgust towards anyone whose actions interfered with our destructive way of living.

***An offended friend is harder to win back than a fortified city. Arguments separate friends like a gate locked with bars.*** (Proverbs 18:19 NLT)

God has created us for joyful relationship with Him and with one another. The best way to avoid disgust is to follow the principles for living set out in the Bible. We are told not only to look out for our own well-being but to also look to the well-being of others. Instead of criticizing and finding fault with one another we are to love and encourage one another to good works, and with grace forgive one another when we have been offended. Jesus' advice to us when we feel disgust rising in us is to find a way to love. That doesn't mean we endorse ugly behaviour, but it does mean that we find a way to think about and react to what we see in a way that offers love and calls forth love. Jesus, who rightfully could have been disgusted by the behaviour He observed in our destructive lifestyle of addiction, chose not to react but to offer us forgiveness and a new life.

***For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. But why do you judge your brother? Or why do you show contempt for your brother? For we shall all stand before the judgment seat of Christ.*** (John 3:17; Romans 14:10 NKJV)

When we have given our will and life over to the care of God, we are freed from all condemnation. For this reason, let's be more like Jesus and not judge others, but be willing to love and care for their well-being.

***Prayer: Lord Jesus, You gave Your life so that I might be saved from judgment and eternal death. Please help me to encourage those around me to know Your love and forgiveness which will set them free from sin and condemnation. Amen***

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Weekend

## IS THERE ANY GOOD REASON TO WAIT?

We are not pleased when we have to wait for anything. In fact, we totally dislike waiting. We hate traffic congestion, line-ups for various services, being put on a wait list for housing etc. Who of us likes to sit in the doctor's office waiting to be seen? We'd much rather have the instant access to information and service we can get on the internet or from social media. What do we do with the many times the Bible tells us we are to be patient and wait on the Lord? Is there any good reason for us to do that?

***I wait for the Lord, my soul waits, And in His word I do hope. My soul waits for the Lord More than those who watch for the morning—Yes, more than those who watch for the morning.*** (Psalm 130:5-6 NKJV)

When we first come to believe in God, all of us are impatient for what we want Him to do for us. Like the good Father He is, God is very gracious and often responds quickly to His newborn children, but there comes a time when He will teach us to wait. Learning to wait for what we want is one way to leave certain character defects behind and to grow into being a mature person.

***The Lord is wonderfully good to those who wait for him, to those who seek for him. It is good both to hope and wait quietly for the salvation of the Lord.*** (Lamentations 3:25-26 TLB)

We are not good at waiting for God to act. Like a good Father, God will not always give us the answer we want to our prayers at the time we want it but will answer what we have asked for at just the right time. Sometimes when we encounter traffic congestion we try to avoid waiting and seek another route only to find that others have done the same thing and we end up in a bottleneck that is even longer than where we first were. When we fail to wait for God to act and seek an alternate way, just like in our impatience with traffic congestion, we often end up in a worse mess.

***This foolish plan of God is wiser than the wisest of human plans, and God's weakness is stronger than the greatest of human strength.*** (1 Corinthians 1:25 NLT)

***Prayer: Heavenly Father, Help me to be willing to wait when You are silent and choose instead to have faith that You are still at work on my behalf. Amen***

## LIFE WITH GOD IN RECOVERY DAILY MEDITATIONS



Week 26

### MEDITATING IN ORDER TO UNDERSTAND

In Step 11 of the 12-Step program of A.A. we are invited through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and the power to carry it out. We achieve this through meditating on the Scriptures we read in the Bible, seeking to understand why Jesus came to earth to do the will of His Father, and why He tells us to follow Him.

***My sheep listen to my voice. I know them, and they follow me.*** (John 10:27 ERV)

When Jesus had finished preaching to the crowds who gathered to hear Him, His disciples often didn't fully understand what He was saying. Jesus then spent time alone with them and explained in more depth those things He had taught that day. When Jesus spoke of the plans that were in place for Him to complete His work on earth and return to His Father, one of His disciples straight up told Him he didn't understand where He was going or the way. Another asked Jesus to show them the Father and then they might understand. Like the first followers of Jesus, we also need to take time to meditate on what He is saying, ask questions, and attentively listen for explanations.

***Thomas said, "Lord, we don't know where you are going, so how can we know the way?" Jesus answered, "I am the way, the truth, and the life. The only way to the Father is through me. If you really knew me, you would know my Father too. But now you know the Father. You have seen him. Philip said to him, "Lord, show us the Father. That is all we need." Jesus answered, "Philip, I have been with you for a long time. So you should know me. Anyone who has seen me has seen the Father too. So why do you say, 'Show us the Father'?"*** (John 14:5-9 ERV)

When we begin to understand why Jesus came to earth, we will know our Father's heart for us. Jesus was aware each person would need help to fulfill God's will for their life. At Jesus request, the Holy Spirit was sent to earth to be with us and in us. He is the Power who helps us persevere and complete the will of God for our lives.

***Prayer: Heavenly Father, I pray You will give me the knowledge of Your will for my life and the Power of Your Holy Spirit to carry it out. Amen***

## THE EXACT NATURE OF OUR WRONGS

The exact nature of our wrongs is rooted in the lie that our problems are caused by what is around us rather than what is within us. It's time to admit to God, to ourselves, and to another human being that our way of dealing with problems does not solve them. Doing things our way versus God's way will always create greater problems for us and for those around us. It's time to confess that we cannot do life on our own and seek God to help us change our ways.

*Your word is a lamp to guide my feet and a light for my path. I've promised it once, and I'll promise it again: I will obey your righteous regulations. I have suffered much, O Lord; restore my life again as you promised.* (Psalm 119:105-107 NLT)

It's time to agree with God about the exact nature of our wrongs. It's time to admit that we are guilty of wrong thinking and wrong doing.

God's principles for living life to the full should be our first choice rather than our "choice of last resort." We need to learn from God's word and listen to the voice of the Holy Spirit within us. We need to heed the advice of mentors and others who have faithfully walked with God for some time. With God's help we can put into practice all that we have learned.

*If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.* (1 John 1:8-9 NLT)

When we finally face the reality of our sins it is helpful to recall God's loving and compassionate nature. No sin is too great that it cannot be forgiven. God's beloved Son Jesus already sacrificed His life on the cross to pay the debt of sin that we owe. Let's repent of our sin and receive His forgiveness and a new life.

*Prayer: Heavenly Father, I admit that I cannot do life on my own. I need Your help. I repent of my past sin and turn away from my independent, self-centered way of living. I choose to trust You and follow Your way to a purposeful, fulfilling life. Amen*

## STRESSFUL EVENTS

When stressful situations come our way, and Jesus said they will, the best way forward is to make a conscious effort to turn to God and seek His help.

*I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.* (John 16:33 NIV)

Many of us obsess and get stressed over events of the past which cannot be changed. We replay in our minds the unkind words said to us or envision the painful occurrences which caused us shame. We want those who hurt us to be brought to justice and the world to see how we have suffered. These recollections cause us inner pain which becomes burdensome. God's way of relieving emotional stress is for us to forgive those who harmed us, receive His healing and comfort, and then choose to let go of the resentment we are harbouring. God will give us peace as we forgive those who have behaved unjustly towards us.

*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 6:37 NLT)

*And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.* (Colossians 4:19 NLT)

We can live free from the bondage of stress by turning our will and our lives over to the care of God. God can be trusted to show us the way forward and give us the strength to take the next right step.

*Prayer: Loving God, I struggle with control in my life. Help me to let go of the things I cannot change and to purposefully change the things I can. Give me the will and the desire to trust You with everything that concerns me. Amen*

## ACCEPTING HARDSHIP AS A PATHWAY TO PEACE

God doesn't lie. God doesn't sugar coat the truth. Fortunately for us, God always tells the truth and helps us to get ready for what we will face.

*I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.* (John 16:33 NIV)

Our problems don't disappear simply because we decide to live with God in recovery. In fact, for a while it may seem like we have more problems than we know what to do with. In addition we ran from problems, covered them up with destructive substances and habits, and blamed others for our troubles. We lied, cheated, stole, and basically did whatever we could to avoid dealing with pain or hardship.

Jesus offers us a new and better way when we choose to surrender to Him. As we bravely face painful memories, financial difficulties, challenging obsessions, and irritating people, God promises us peace. How? Jesus' response is, "in me." What does He mean? Jesus faced hardship in his life on earth and the sin of others brought Him to death on the cross. However, by His resurrection from the dead Jesus conquered those hardships on our behalf. With Jesus living in us, the same resurrection power that raised Him from the dead gives us the strength we need to bravely face and overcome painful challenges.

*You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand.* (1 John 4:4 NIV; Philippians 4:6-7 NLT)

God's unfailing love for us throughout the recovery process is powerful enough to sustain us and help us to persevere so we can overcome evil.

*Prayer: Lord Jesus, help me to be secure in Your presence and trust Your promise to help me remain committed on the pathway to peace. Because I am in You, I will not fear. Amen*