

Friday

## ANTICIPATION

Our anticipation of events is positive when we expect something good is about to happen such as, going out to a show, taking a holiday trip, or doing something we really like to do. At other times our anticipation of what is about to happen brings fear and anxiety. It may be a situation where we have done wrong and are expecting punishment, or just the ongoing chaos of life in a dysfunctional lifestyle. Our emotions go up and down according to the outcome we are anticipating. In recovery, how can we live at peace in the middle of the ups and downs of life?

***Anxiety in the heart of man causes depression, But a good word makes it glad.*** (Proverbs 12:25 NKJV)

When we are in trouble God invites us to call on Him. In the Bible we read of people who were anticipating trouble from their enemies and how God answered their petitions and prayers. We learn from these stories that God cares for His people. If we have given our will and life over to the care of God, can we expect that He will help us in our time of need? Yes, we certainly can!

Our outlook on life has a major impact on how we succeed in living life to the full. If we view God as our Heavenly Father who knows what is best for us, then we will foresee goodness and mercy in every day of our lives. If we hold to this viewpoint, we will truly soar like an eagle and get a larger view of life with God in recovery.

***Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.*** (John 14:27 NKJV)

***Prayer: Heavenly Father, Your word gives me hope that I can trust You to work all things together for my good. Help me to anticipate Your good in every situation I encounter. Amen***

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Weekend

## COPING STRATEGIES

When we turned our will and life over to the care of God we started a journey to live life without the aid of our former dependency. We are not alone on this journey. God is always with us. However, we need to prepare ourselves for the battle that is to come. We are foolish if we think the one who Jesus said wants to steal, kill, and destroy us, will just retreat and forget about us. The truth is Satan will do everything within his power to bring us back into bondage.

***God sent Christ to be our sacrifice. Christ offered his life's blood, so that by faith in him we could come to God. We are people of flesh and blood. That is why Jesus became one of us. He died to destroy the devil, who had power over death.*** (Romans 3:25a; Hebrews 2:14 CEV)

No army would go into battle without a strategy against the enemy, so we need to prepare our strategy. By His death, Jesus redeemed us from our sin. By His resurrection Jesus won the victory over death. This is the truth we are to stand on when the enemy seeks to drag us back into bondage to our dependencies. Satan's strategy is always to twist the word of God and have us doubt its truth. We will have victory if we are willing to arm ourselves, as Jesus did, with the sword of the Holy Spirit, which is the Word of God.

***Put on the helmet of salvation. And take the sword of the Holy Spirit. The sword is God's word.*** (Ephesians 6:17 NIRV)

Satan makes our addiction appealing and we need to prepare for that. The battle for our souls is in our minds and the helmet of salvation protects our minds. When temptation comes, we need to call out to the Lord for help and then decisively stand firm on His Word.

***Prayer: Heavenly Father, When temptation comes, help me to stand firm on the truth of Your Word and strengthen me to do the next right thing. Amen***

## LIFE WITH GOD IN RECOVERY DAILY MEDITATIONS



Week 2

Monday

### DESPERATE MEASURES IN DESPERATE TIMES

If we seek God, He will have good plans for us, even in desperate times. Our part is to listen attentively for God's direction and then act in faith and obedience to what He says.

In the Bible we read the story of a man named Elijah. (1 Kings 17) Though Elijah was obedient in doing what God said an evil King was out to get him, so Elijah had to move to another place. There was drought in the land and God saw Elijah's predicament. As unlikely as it may seem, God provides for Elijah through an extremely poor woman who was facing starvation. When Elijah asks the poor woman for food, she tells him she only has a bit of flour and oil which she is going to use to make one last meal for herself and her son. In that desperate moment God gives instructions that seem ridiculous, but which ultimately save the woman, her son, and Elijah.

***So she did as Elijah said, and she and Elijah and her family continued to eat for many days. There was always enough flour and olive oil left in the containers, just as the Lord had promised through Elijah.*** (1 Kings 17:15-16 NLT)

As individuals desiring to leave addiction behind, we often find ourselves in circumstances which are desperate and there seems to be no way forward. As we act in faith and obey God, one desperate circumstance at a time, we will find that God will do all He promises, and we will experience His provision just as the widow, her son, and Elijah did.

***Prayer: Heavenly Father, Help me to trust you in times of frustration and need. Help me to keep doing the next right thing and patiently wait for You to act on my behalf. Amen***

GROWING UP

When we accept Jesus' death as payment for the sins we have committed, we are freed from the punishment of sin and are given a fresh start. Thankfully God did not stop there. By raising Jesus from the dead, God demonstrated He is the Higher Power on whom we can rely to help us successfully live in this refreshing new way.

*Praise be to the God and Father of our Lord Jesus Christ. God has great mercy, and because of his mercy he gave us a new life. This new life brings us a living hope through Jesus Christ's resurrection from death.* (1 Peter 1:3 ERV)

When we begin this journey with God in recovery, we are like someone who has been injured and needs to learn how to walk again. We may feel uneasy and unstable. In the past we allowed feelings to control the direction our lives took. Now we are growing in our faith that God's ways are good and are seeking His guidance before we act.

We have begun to understand how our behaviour impacts others as well as ourselves and are becoming more mature in how we respond to others. If we continue to steadily walk along this path and listen for God's guidance, we will grow in perseverance and learn to cope with whatever lies ahead.

*You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way.* (James 1:3b-4 MSG)

God has the power to shape our lives according to His good purpose. Let's get rid of our old way of doing things. Let's grow and mature in the new life we have been given.

*Prayer: Lord Jesus, Thank You for giving me new life. You have the power to shape my life according to Your good purpose. Help me to let go of my old way of doing things and grow healthy and mature in the new life in which You are directing me. Amen*

PRIORITIES IN SUCCESSFUL RECOVERY

To be "relapse proof" we must be fully surrendered to a life that prioritizes God's will in all we think, say, and do. When we receive Jesus as Lord and Saviour and turn away from our sin, the Holy Spirit comes to live within us. He will guide us in the way of truth and give us the power to carry out the will of God for our lives.

*So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.* (Romans 12:1-2 MSG)

We all desire a lasting recovery. Priority One for a successful life with God in recovery is to make an unwavering decision to live as God affirms in the ordinary events of each day and resolve to stay away from those practices that God condemns. This is the best possible plan for avoiding relapse.

On our own we can't win this battle with temptation. However, with God, everything is possible. Have we invited God to help us? Are we intentionally and persistently bringing to God the hidden world of our thoughts, desires, and reactions as well as what's going on in our visible world? Are we fully surrendered to God, choosing to prioritize His will for our lives and holding nothing back? When we follow God's ways, we can confidently leave all the consequences of our actions with Him.

*Prayer: Heavenly Father, Change me from the inside out and bring out the best in me each day. Help me to intentionally follow Your principles in all I say and do. Thank You for Your presence ever with me. Amen*

FINDING HOPE IN A DARK PLACE

Recovery begins when we come to our senses and affirm that we are powerless over alcohol or some other substance or habit, and our lives have become unmanageable. It is a profound moment, not of hopelessness but of letting go and turning our focus somewhere new for solutions to our life's problems.

*Foolish people say in their hearts, "There is no God." They do all kinds of horrible and evil things. No one does anything good. The Lord looks down from heaven on all people. He wants to see if there are any who understand. He wants to see if there are any who trust in God. All of them have turned away. They have all become evil. No one does anything good, no one at all.* (Psalm 14:1-3 NIRV)

We often think that our powerlessness and the unmanageability of our lives is the dark and disconnected place we arrived at through our addiction. Actually, it is not. That is a result not a cause. The real root cause is the fact that we either didn't know or didn't dare to reach out and trust that there was a God who made us, who loves us, and who is longing to care for us in a way that makes life possible and meaningful. We thought and lived as if there was no God. We now have lots of proof that it truly is the foolish people who say in their hearts "There is no God."

We give thanks to God that even though we gave up on Him, He did not give up on us. God kept calling out to us and inviting us to a life that was always meant to be – a life dependent on His goodness and love so we could achieve the good things He had planned for us. May we choose to seek God today. As we are so often reminded, "God could and would if He were sought."

*Prayer: Heavenly Father, Forgive me for the chaos and suffering I have caused by living as though You did not exist. I affirm today that You are God. You created me in love, and You will show me a way to live well. I am not sure how it all works but the wreck of my life, and the witness of others who say that You made a difference in their lives, and the truth of Your Words I read in the Bible, have convinced me that I really do need You. Help me to know You more. Today, I turn my will and my life over to Your care. Amen*