

For the Day You Leave Treatment

New Beginnings

Proverbs 3:5-6 New Living Translation (NLT)

⁵Trust in the LORD with all your heart;
do not depend on your own understanding.

⁶Seek his will in all you do,
and he will show you which path to take.

A very important day has arrived! You have cause to celebrate because you have successfully completed a very important part of your recovery journey. You have learned much about yourself and your disease. You have been given some tools to assist you for the days, weeks, months and years ahead. Congratulations on your completion of treatment.

Yet, today is also a time of new beginnings. You are at the starting point of a grand adventure. It is exciting and scary at the same time. You may be asking yourself, "Am I up for this?" or "Can I do it?" These concerns are common among those at this point in their recovery journey.

You are up for it and can do it, if you rely on your Higher Power, the God of your understanding. Ancient words of wisdom come to us from the writer of Proverbs. These words are still true today, "Trust in the Lord with all your heart!" The writer also reminds us to not depend solely on ourselves. You are to seek the will of God, and if you do this, God will show you the path to take.

Today I pray:

O God, help me to trust you with all my heart. Please show me the path to take today. Amen.

