

Spiritual Resources for your Recovery

From Recovery Worship Fargo, ND

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Daily Devotions

for the First Days out of Treatment

(and times of new beginnings)



For the Day You Leave Treatment

New Beginnings

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

- ⁵ Trust in the LORD with all your heart;
do not depend on your own understanding.
⁶ Seek 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.



For the Day after You Leave Treatment

Going Home

See Luke 15:11-32

For this son of mine was dead and has now returned to life.
He was lost, but now he is found. *Luke 15:24*

You may have returned to the place you lived before entering treatment. Perhaps you have transitioned into a sober living environment. Maybe you have found a new place to live, with family, a friend, or on your own.

Wherever you are living right now, it is home. You have come home. Coming home is yet another one of those experiences that can carry with it a wide range of emotions, often emotions that are contrary to each other. You are excited and fearful. You are optimistic but worried.

Jesus tells a story about someone who goes home. It is worth reading (*printed on the next page*). It's sometimes called the story of The Prodigal Son, and sometimes it is called The Lost Son. Yes, this son was lost. Yes, he messed up in big ways. Yes, he believes he no longer deserves the love of those who had been closest to him.

But, he owned his mistakes. He stopped blaming others. He went home. In doing so, he becomes the person that finds his true self. He discovers he is loved by his father (which in this story represents the love of God!).

This is not just a story about someone in the Bible. This is your story. You are moving from being lost, to being found as you find yourself at home!

Today I pray:

Bless me in my home. May it be a place where I find myself experiencing Your love. Amen.



Luke 15:11-32 New Living Translation (NLT)

¹¹ To illustrate the point further, Jesus told them this story: "A man had two sons.

¹² The younger son told his father, 'I want my share of your estate now before you die.' So his father agreed to divide his wealth between his sons.

¹³ "A few days later this younger son packed all his belongings and moved to a distant land, and there he wasted all his money in wild living. ¹⁴ About the time his money ran out, a great famine swept over the land, and he began to starve. ¹⁵ He persuaded a local farmer to hire him, and the man sent him into his fields to feed the pigs. ¹⁶ The young man became so hungry that even the pods he was feeding the pigs looked good to him. But no one gave him anything.

¹⁷ "When he finally came to his senses, he said to himself, 'At home even the hired servants have food enough to spare, and here I am dying of hunger! ¹⁸ I will go home to my father and say, "Father, I have sinned against both heaven and you, ¹⁹ and I am no longer worthy of being called your son. Please take me on as a hired servant.'"

²⁰ "So he returned home to his father. And while he was still a long way off, his father saw him coming. Filled with love and compassion, he ran to his son, embraced him, and kissed him. ²¹ His son said to him, 'Father, I have sinned against both heaven and you, and I am no longer worthy of being called your son.'^[a]'

²² "But his father said to the servants, 'Quick! Bring the finest robe in the house and put it on him. Get a ring for his finger and sandals for his feet. ²³ And kill the calf we have been fattening. We must celebrate with a feast, ²⁴ for this son of mine was dead and has now returned to life. He was lost, but now he is found.' So the party began.

²⁵ "Meanwhile, the older son was in the fields working. When he returned home, he heard music and dancing in the house, ²⁶ and he asked one of the servants what was going on. ²⁷ 'Your brother is back,' he was told, 'and your father has killed the fattened calf. We are celebrating because of his safe return.'

²⁸ "The older brother was angry and wouldn't go in. His father came out and begged him, ²⁹ but he replied, 'All these years I've slaved for you and never once refused to do a single thing you told me to. And in all that time you never gave me even one young goat for a feast with my friends. ³⁰ Yet when this son of yours comes back after squandering your money on prostitutes, you celebrate by killing the fattened calf!'

³¹ "His father said to him, 'Look, dear son, you have always stayed by me, and everything I have is yours. ³² We had to celebrate this happy day. For your brother was dead and has come back to life! He was lost, but now he is found!'"



For the Next Day (Day 3)

God Wants to Help

See Mark 11:46-52

“What do you want me to do for you?” Jesus asked.

Mark 11:51

Sometimes it is hard to believe that anyone truly wants to help you, in the ways you genuinely need help. It is also difficult to trust the help. You have had very little practice in asking for help the sort of help that assists you in being healthy.

The truth is that God wants to help you! We see that God wants to be helpful, in this in a story about Jesus. You see, there was this man who had been born blind. His name was Bart. His blindness led to a life of begging for everything he needed. He knew his life needed to be different. He just didn't know how to make it different. So, he thought he might try the help of God.

One day Jesus was walking past where Bart was sitting, so Bart called out to him. Many in the crowd told Bart to hush-up. “Don't bother Jesus” was the message they were giving to him. BUT, Jesus wasn't bothered and he came to Bart and asked this question, “Bart, what do you want me to do for you?”

Today, this is the question God is asking you: “What do you want me to do for you?” Bart answered the question by asking for help. He said, “Master, let me see.” Jesus healed him and having been given his sight Bart got up and followed Jesus.

With God asking you, “What do you want me to do for you?” how do you answer? God loves you this much. God really wants to help. Trust it. As it was so Bart, it can be for you today.

Today I pray:

Loving God, help me to ask you and others for the help that I need today. Amen.



For a New One Day at a Time (Day 4)

A Time Each Day with God

See Psalm 5

In the morning, LORD, you hear my voice;
in the morning I lay my requests before you
and wait expectantly. *Psalm 5:3*

Old habits need to end, and new habits need to be developed. A very important new habit for you is a daily time with your Higher Power, the God of your understanding.

It's okay if you don't know how to do this. None of us knew what to do when we first started giving God time each day.

One example we have is from King David as he records in the Psalms. He has his time with God in the morning. He trusts that God hears him, he lays his requests before God, and then waits for God to act.

As you have some practice in this time with God, you will discover that God does act. God doesn't always act in the way we are asking, but God will act. God has your best interest at heart. God knows what is best for you.

So, start today with a time for God. Say hello, like you would to a friend. Begin a conversation. At first it may feel very much like a one-sided conversation, but you will come to know of God's presence in those conversations.

If morning doesn't seem to work for you, then try bed time. Or take a walk to talk with God. There is no right way. You need to search for the way that works for you and God.

Today I pray:

New every morning is your love, great God of light, and all day long you are working for good in the world. Stir up in me a desire to serve you, to live peacefully with my neighbors, and to devote today to you. Amen.

Prayer adapted from The Upper Room Worshipbook, p. 112



For Another One Day at a Time (Day 5)

Dealing with Fear

See Psalm 23:4

Even when I walk
through the darkest valley,
I will not be afraid,
for you are close beside me.
Your rod and your staff
protect and comfort me.

Fear is a potent emotion. It would be really surprising if you did not have moments of fear on your recovery journey. You may be afraid about old friends, and new friends. You may be afraid about whether you can withstand the temptation to use or act out again. Fear about financial issues, child custody, living arrangements and employment may present themselves to you.

Just know, it is natural for these fears to come forward. It can feel the way the writer of Psalm 23 felt, like you are in the darkest of valleys.

As you grow in your recovery, you will discover that fears will diminish and lesson. You will learn how to deal with them. You will come to trust that God is close to you. You will know of God's comfort for you.

So, when are feeling fear, don't sit alone with it. Go to a meeting and talk about it, call your sponsor (or get a sponsor), talk to a friend, and seek help. Pray about it. It is when you do these things that you gain a sense that God is "close beside" you. It is when you do these things that you realize that God protects and comforts you. You will find yourself echoing the words of the Psalmist:

I will not be afraid, for you are close beside me.
Your rod and your staff protect and comfort me.

Today I pray:

Be with me in my fears. Do not leave me alone. Bring your peace upon me. Amen.



For Another One Day at a Time (Day 6)

Love never fails.

See 1 Corinthian 13:4-8

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails.

You may be a person hungry for love. You may be able to say, about yourself, "I've been looking for love in all the wrong places." Addicts use their addictions as a false replacement for love.

It is so easy to believe that you don't deserve love. All the failures in your life lead you to believe that no one, including yourself, is ever going to love you. Yet, you do deserve love in your life.

Failure happens, it is a part of life. None of us are perfect. That's why the program talks about making progress rather than perfection. On your recovery journey, when you do fail, it can feel like all is lost, that there is no hope, that there is no reason to try again. Each of these thoughts can be seen as destructive lies when we believe that "love never fails."

You see, God is love and when you embrace this truth, a whole new world opens up to you. You realize you are worthy of love despite your past failures. You realize you are worthy of love, even when you fail again. You realize that you can begin loving yourself. You realize that you might even dare letting others love you, and you loving them back.

You may be a person hungry for love. God's love never fails. Open yourself to God's love today.

Today I pray:

God of infinite love, let me rely on your love today!



For Another One Day at a Time (Day 7)

The Recovery Journey

See Isaiah 35:8 NRSV

A highway shall be there,
and it shall be called the Holy Way;
the unclean shall not travel on it,^[a]
but it shall be for God's people;^[b]
no traveler, not even fools, shall go astray.

In the AA Big Book there are a couple reference to the road traveled in our recovery journey.

"We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny." Page 164, *A Vision for You*

We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe. Page 75, *Into Action*

The life of recovery is a journey, so using a road or highway as a metaphor for this life is appropriate. As both quotes from the Big Book indicate, this is a journey you take with companions. You do not succeed on your own.

You find people who are farther along on their recovery journey. They help to point the right way to go. You find people who are at the same place as you, and you share with them in ways you have never shared before, because you simply understand each other.

The prophet Isaiah understood life as a journey. He believed it to be a journey that should include God and God's people. He also believed that God had the way for people to follow. So, God has a path for you to follow. The wonderful good news that we hear from Isaiah is that if you get on God's Highway in your life journey, you cannot go wrong. He says, "not even fools shall go astray."

We have all been foolish, but when you get our feet on God's path for your recovery journey, you learn there is hope, even for you!

Today I pray:

O God, please walk hand in hand with me as I seek to follow your path on my recovery journey. Amen.



For Every Day, from Now On

Choice

See Joshua 24:14-15

“Choose this day whom you will serve,... as for me and my household, we will serve the Lord.”

Having God lead your life may be something new for you, but it is not a new concept.

There is a story in our Bibles about a man named Joshua. Joshua lived a long time ago, but his story is fresh and has meaning for us.

Joshua was a leader. He was a friend of a man named Moses, and he led God's people after Moses had died. At the time Joshua led God's people they had gone through some amazing changes. God's people has been slaves, and had been set free. They had lived in a foreign land, and were giving the opportunity to go home, to have a new and free life.

You have been a slave to your addictions. Through treatment you are given the tools to set you free. You have been given the opportunity to go home and have a new and free life.

It was at this point in the Joshua story that some of the people, well many of the people, went back to old ways. They were missing the opportunity to have a new way of life, the way of life that God was giving to them. So, Joshua called all the people together and let them know they had a choice. It was the old ways, or God's way. He phrased it like this, “Choose this day whom you will serve.... As for me and my household, we will serve the Lord.”

Each day you have to make a choice. Which way will you go, the old ways or God's way. The words of Joshua should echo in your mind and in your heart, “Choose this day whom you will serve!” Who, or what, will you serve today? Choose to serve God, let God lead your life.

Today I pray:

Lord God Almighty, help me to choose you and your ways today!



The Promises

**Timeless Words of Hope and
Encouragement for those who
turn to their Higher Power**

Plus:

“A Vision for You”

“Just for Today” and

**“Regarding Prayer and
Meditation” from the AA Big
Book, pages 86-88**



Promises for Hope

From the AA Promises (Big Book pages 83-84)

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

From the NA Promises (Basic Text page 94)

As we develop faith in our daily lives we find that our Higher Power supplies us with the strength and guidance we need. As we recover, we gain a new outlook on being clean. We enjoy a feeling of release and freedom from the desire to use. We find that everyone we meet eventually has something to offer. We become able to receive as well as to give. Life can become a new adventure for us. We come to know happiness, joy, and freedom.

A whole new life opens up. We do recover. Slowly our life changes and if we learn rigorous honesty these promises come true.

From the SA Promises (White Book page 58)

Left to our own devices, the prognosis is dismal. Only for those who want recovery is there any hope at all, and to such, we offer great hope: release from the power of addiction, loss of guilt and shame, power over wrong and freedom to do right, and the ability to live comfortably with ourselves, others, and God. This is precisely what the Fellowship of the Steps will do when we make it a way of life.

Excerpts from the Al Anon Promises

If we willingly surrender ourselves to the spiritual discipline of the Twelve Steps, our lives will be transformed. We will become mature, responsible individuals with a great capacity for joy, fulfillment, and wonder.

Though we may never be perfect, continued spiritual progress will reveal to us our enormous potential. We will discover that we are both worthy of love and loving.

We will love others without losing ourselves, and will learn to accept love in return. Sometimes slowly or haltingly, occasionally in great bursts of brilliance, those who work the Steps change and grow toward light, toward health, and toward their Higher Power.



AA – A Vision for You

We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man or woman who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you — until then.

italics added for inclusiveness

From the Bible

Proverbs 3:5-6

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.

I Corinthians 13:4-8

⁴Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶Love does not delight in evil but rejoices with the truth. ⁷It always protects, always trusts, always hopes, always perseveres. ⁸Love never fails.

Matthew 7:7-12

⁷ "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

⁹ "Which of you, if your son asks for bread, will give him a stone? ¹⁰ Or if he asks for a fish, will give him a snake? ¹¹ If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! ¹² So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.



Just for Today

Just for today I will try to live through this day only, and not tackle my whole life problems at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for today I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make their minds to be."

Just for today I will adjust myself to what is, and not try to adjust everything else to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just for today I will try to strengthen my mind. I will study; I will learn something useful; I will not be a mental loafer; I will read something that requires effort, thought, and concentration.

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count; I will do at least two things I don't want to do--just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as good as I can, dress becomingly, talk low, act courteously, criticize no one bit, not find fault with anything, and not try to improve or regulate anybody except myself.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective on my life.

Just for today I will be unafraid. I will enjoy that which is beautiful, and will believe that as I give to the world, so the world will give to me.

Excerpted from *The 12 Step Prayer Book*,
a collection of favorite 12 Step prayers and inspirational readings.



Regarding Prayer and Meditation from the AA Big Book

Pages 86-88

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.



What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.

If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the



principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer. As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

It works - it really does.

We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined. But this is not all. There is action and more action. "Faith without works is dead."

Summary of What to Ask for in Prayer

- Ask for Forgiveness.
- Ask for what corrective measures should be taken in your life.
- Ask God to direct your thinking.
- Especially that your thinking be divorced from self-pity, dishonest or self-seeking motives.
- Ask God for inspiration, an intuitive thought or a decision.
- Ask for direction through the day.
- Ask especially for freedom from self-will.
- We may ask for ourselves if others will be helped.
- Ask throughout the day for the right thought or action that is needed.

The "Ask in My Name" Prayer

**Holy God, this I ask, in your name:
Please forgive me, and guide me in the
positive changes needed in my life.
Please direct my thinking in all things,
especially keep me from the thoughts of
self-pity, dishonesty and self-seeking.**

**Please keep my motives pure as I pray. Please inspire my thoughts and
decisions. Direct me today to do and live Your will. Keep me free from self-
will. May anything I ask of You for myself, lead to others being helped. When
needed, O God, place in my mind the right thought or action that is needed in
that moment. I ask, in Your name, that Your will, not mine, be done. With a
grateful heart, I pray in Your name. Amen.**

Prayer written by Pastor John Roberts



Internet Links for Spiritual Support in Recovery

and

How to Find a Meeting



Internet Links for Spiritual Support in Recovery

Free daily meditation email from Hazelden/Betty Ford

Sign up here: <http://www.hazelden.org/web/public/todaysgift>

Free daily meditation online from Hazelden/Betty Ford – go here:

<http://www.hazeldenbettyford.org/recovery/thought-for-the-day>

Free daily meditation app. Go to the app store and search for:

Inspirations: Daily Meditations for People in Recovery

Like these on Facebook:

Recovery Worship for Fargo-Moorhead

Hazelden Betty Ford Foundation

Jesus Calling by Sarah Young

To request prayer from the Upper Room Living Prayer Center, go here: <http://prayer-center.upperroom.org/request-prayer>

How to find a Meeting

Alcoholics Anonymous: <http://www.aa.org/>

Narcotics Anonymous: <http://www.naws.org/meetingsearch/>

Al Anon: <http://al-anon.org/>

Recoveries Anonymous: <http://www.r-a.org/>

Gamblers Anonymous: <http://www.gamblersanonymous.org/ga/>

Smart Recovery: <http://www.smartrecovery.org/>

Sexaholics Anonymous: <http://www.sa.org/>

Overeaters Anonymous: <https://oa.org/find-a-meeting/>

Sex Addicts Anonymous: <https://saa-recovery.org/Meetings/>

Families Anonymous: <http://www.familiesanonymous.org/>

Codependents Anonymous: <http://locator.coda.org/>

Adult Children of Alcoholics: <http://www.adultchildren.org/>



3 Activities You Should Do To Boost Your Spiritual Awareness

**From
Sobernation.com**



3 Activities You Should Do To Boost Your Spiritual Awareness



September 30, 2015 by Tim Stoddart

What does God have to do with this?

I didn't get it either. The truth there are times when I still don't.

It is one of those things that I find difficult to explain to people. It has been through my own experience that I have learned that my spiritual health is a huge factor in my sobriety.

Most people who shy away from [12 step programs](#) do it for this reason. Some people do not like to talk about God or spirituality. I am one of those people. Till this day when people talk about "God's plan" I cringe a little.

However, there is no denying that being connected to a higher power has been the biggest contributor to my long term sobriety. I think a lot of people drink out of confusion. I could never find answers to what my purpose was or why I was here. I felt very restless and empty searching for answers. It's normal, part of the human condition I guess.

I am no spiritual guru. All I can do is tell you my experience and hopefully you can pull some insight from what I have learned along the way. I have found this insight to be very beneficial and takes a lot of weight off my shoulders.

If you can relate, then read on. If not I am interested to hear why.

RELATED: [Finding A Higher Power.](#)

1 – Meditate

Meditation is good for you. Plain and simple.

The benefits of meditation have been proven by science. [Transcendental meditation](#) has been studied at length and it almost always proves to have positive mental and spiritual benefits. Meditation will reduce your anxiety and increase your cognitive clarity.

For those who are reserved about the idea of meditation, fear not. Meditation is not a religious practice nor does not require any change in lifestyle. It is simply a method for your mind and your body to get in touch with each other.



There seems to be some misunderstanding about mediation. Here is how I have come to understand it.

The purpose of meditation is to practice becoming present and in the moment. When you meditate and get in that "zone" you are completely present. You are not thinking of the future or the past and therefore, you have no reason to be full of fear.

RELATED: [3 Common Fears That Keep People From Getting Sober](#)

Mediation will get you connected. I've had a few meditation experiences where I fell into a "lucid dreaming" state. You know you are awake but you feel hypnotized and when you come out of it, you feel a sense of ease and comfort that is difficult to replicate in the hustle and bustle of everyday life. You feel relaxed and everything is clear and in perspective.

Out of the three tips in this list, mediation has been the most beneficial to me.

2 – Prayer

I don't want to upset anyone here.

If we don't see eye to eye on this issue, that is fine. I am just telling you what works for me.

When I pray at night, I don't feel like anyone is listening. I don't feel like there is an "entity" that is controlling me or listening to me. However, after sticking with prayer (even when I felt uncomfortable doing so) I learned how powerful it is.

For me, prayer is releasing energy. It is a daily checklist I make with myself and with the spirit of the Universe that reminds me of what is important in life.

I can't tell you why it works. I just know that it works.

I got a better understanding of prayer from reading a book called "Think And Grow Rich" by Napoleon Hill. He broke it down like this.

When we pray we are speaking to "infinite intelligence." It is tapping into an energy or lifeforce that our nimble minds are incapable of understanding. So in reality, we are not supposed to understand exactly how prayer works, and that is okay. The point is that we are connecting to a higher power that can give us strength and guidance.

Here's all you need to know. If you don't believe what I am saying, then try it for yourself. Give nightly prayer and honest attempt and see how you feel. You have nothing to lose.



3 – Service Work

Spirituality doesn't have to be so serious.

When you are helping other people you are getting out of yourself. I find that the biggest block between me and growing spiritually is me! I get in my own way. When I am of service, I am not thinking about myself and therefore, I am open to letting in other positive energy.

It always puts it in perspective.

I spend so much time thinking about my own life. My own problems, my own relationships, my own thoughts. Sometimes I get trapped in my little "Tim bubble" and I forget how much is going on around me. When I talk to other people and listen to them, I mean REALLY LISTEN, I always come out of the conversation realizing how much I have in common with the people around me.

It makes me feel connected to them. It makes me feel connected to humanity in a way that I lose when I am trapped in self.

It is that connectivity that cuts through language and cultural barriers. It is that connection that we are all searching for and that is truly what being spiritual is all about.

Practice Makes Perfect

Like I said, this is just what works for me. There are other examples as well. Nature and exercise and reading and long walks at night, all of these methods seem to bring me to a spiritual place. The point is that it is different for everyone and you will never know what works for you unless you give it a shot for yourself.

[You have to be open-minded to spiritual matters.](#) You have to be willing to give it a shot and not let your ignorance and your ego block you from pre conceived ideas of what it means to be a spiritual person. You don't need to be a monk or a priest or a zealot. You can simply be yourself.

In searching for spiritual growth, you will learn so much about yourself and be more content in the process. That's a promise.

[About Tim Stoddart](#)

Spiritual gangster. I love dogs, music and the blank page. Grateful to be sober. Join my mailing list for [TimStodz](#) and join my [Facebook Page](#).

https://www.sobornation.com/3-activities-you-should-do-to-boost-your-spiritual-awareness/#utm_sguid=167060,1aaf0577-8c5c-251d-a4df-4b1313d1f662



A New Attitude and Outlook, for a Changed Life

**Promise #9: “Our
whole attitude and
outlook upon life will
change.”**



A New Attitude and Outlook, for a Changed Life

Promise #9: “Our whole attitude and outlook upon life will change.”

Use tried and true practices, such as

Choose what you think about!

Bible: Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. *Philippians 4:8*

AA Big Book: On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives. *Page 86*

Pray and Meditate

Bible: Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. *Philippians 4:6*

AA Big Book: We shouldn't be shy on this matter of prayer. Better men (and women) than we are using it constantly. It works, if we have the proper attitude and work at it. *Pages 85-86*

Be Grateful

Bible: The peace of Christ must control your hearts—a peace into which you were called in one body. And be thankful people. *Colossian 3:15*

NA Basic Text: As long as we maintain an attitude of thankfulness for being clean, we find it is easier to remain clean. The best way to express gratitude is by carrying the message of our experience, strength and hope to the still-suffering addict. *Page 86*

Help Others/Service Work

Bible: Dear children, let's not merely say that we love each other; let us show the truth by our actions. *1 John 3:18*

AA Big Book: PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this



message to other alcoholics! You can help when no one else can. You can secure their confidence when other fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends-this is an experience you must not miss. *Page 89*

