

# For a Another One Day at a Time

## 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.

