

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.



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.'²²

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

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

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



Daily Devotions for the first days out of treatment.
Written by Pastor John Roberts

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.



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For a Another One Day at a Time

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!



Daily Devotions for the first days out of treatment.
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For a Another One Day at a Time

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.



Daily Devotions for the first days out of treatment.
Written by Pastor John Roberts

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!

