

Celebrating Recovery—One Day At A Time

Quality Of Life

Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. Psalm 51:6

Once we make a decision to believe God, we begin to grapple with what it means to trust him. We hear about who God is, what he cares about, and how he works. As we get to know him, we discover things that inspire confession. If God is . . . then I . . . and we wrestle with all the inconsistencies, lapses, and just plain old wrongdoings that we find in ourselves that cause us to question our commitment to faith. This is the birthing process of **discernment**—living life prayerfully—bringing oneself to God as honestly and completely as possible, seeking God’s guidance as openly as possible, and then, in faith, responding as fully as possible. A life lived this way, trying to bring all one’s faculties into harmony with God’s transforming grace, is consecration in practice. (Gerald G. May, M.D., *Addiction and Grace*, at 163.)

Honesty (necessary to practice the skill of inventory)—

requires taking a risk that God is good and loves unconditionally

- Acceptance
- Confession
- Acknowledgement
- Guilt without hysteria
- Initiates the repentance process
- Steady commitment to the truth of who we are
- Attentive meditation
- Antidote to mind tricks that destroy our basic desire for God

Dignity (necessary to practice the skill of amends)—

requires taking a risk that we are loving,
created in the image of God

- A choice independent of our self-image
- Open-ended allowance for the mystery of being one made in the image of God

Responsibility (necessary to practice the skill of confession)—

requires taking a risk that we live in a community that is loving

- Respect self and others
- Identify and restrain from hurtful behaviors
- Listen to what others say, notice the effects of our behavior on them and be willing to try to change
- Requires taking action
- Living out of honesty and dignity
- Abject willingness to love and be loved
- Application of all the guidance and insights gained in the transformation journey

Keep it simple

(necessary to QUIT and refuse to romance temptation)

- Sometimes the most transformed choice anyone makes is to simply do nothing
- Complicating things is a way to avoid/deny the truth; people who find their freedom eventually do so because they stop, quit, and refuse to carry on with their obsession