

Celebrating Recovery—One Day At A Time

Surviving the Transformation Process

“There are people who try to raise their souls like a man continually taking standing jumps in the hopes that, if he jumps higher every day, a time may come when he will no longer fall back but will go right up to the sky. Thus occupied he cannot look at the sky. We cannot take a single step toward heaven. It is not in our power to travel in a vertical direction. If however we look heavenward for a long time, God comes and takes us up. God raises us easily.” Simone Weil (excerpted from *Soul Cravings*, p. 125)

- Embrace the fact that God celebrates with us even if we are anxious and uncomfortable. Learning how to accept this truth quiets our anxious hearts.

The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing. Zephaniah 3:17

Recommendation for application: Find a strategy to remind yourself that God is rejoicing over you; ask God to show you the persistent love that he has for you.

- Awareness that our spiritual brokenness causes harm to us and others is a painful truth. Denial is one way to avoid the suffering. Continue to confront self with the truth about one’s spiritual condition if transformation is the intended target.

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23–24 NIV

Recommendation for application: One way to assess “offensiveness” is to ask the following question: if I trust God, then what does that require me to think, do, and suffer in this particular situation to keep me real?

- Accept that it takes the time it takes.

There is a time for everything, and a season for every activity under heaven . . . Ecclesiastes 3:1 NIV

Recommendation for application: In a microwave world, spiritual transformation is more akin to slow cooking. So figure out a way to slow down and be fully present and conscious for the process.

- Move from comparing and competing (shame) to cooperating with God.

For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be. Psalm 139:13–16 NIV

To be continued next week...