

Celebrating Recovery—One Day At A Time

Quality of Life, Part II

Ultimately, we don't heal, transform, or create ourselves. We posture ourselves in ways that allow God to heal, transform, and create us. Sue Monk Kidd

Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!

Ecclesiastes 4:9–10

Live in Community

- Destroys inner secrecy and provides an antidote to isolation
- Destroys the lie that we're terminally unique and alone
- In community we learn how to be safe and supportive so that all of us can experience true fellowship
- All groups have power, but healing communities are consecrated as they live and love and affirm their commitment to transformation
- Confidentiality
- Identification, not advice-giving
- Responsibility valued, not blaming
- Grace, not judgment
- A commitment to contribute and giving back
- Spiritual partnership

Plans fail for lack of counsel, but with many advisers they succeed.

Proverbs 15:22

Tell Your Story

- Sing someone your song, hand them the sheet music of your life, so that they can play it back for you when you forget.
- Keep it honest, not "good"
- Effective story telling requires that we tell the truth about our growing capacity to experience the love and grace of God

Love Our Longing for God

- Deprivation—go hungry and unsatisfied
- Accept and expect the pain
- Learn that discomfort and feelings of distress, pain, deprivation, yearning, and longing are not necessarily "bad" or "wrong"
- Comfort as a lifestyle is spiritually stifling
- Embrace precious restlessness—God's song of love in our soul

The Holy Spirit and our spirit together bear witness that we are children of God. And if we are children we are heirs as well: heirs of God and coheirs with Christ, sharing his sufferings so as to share his glory. What we experience in this life can never be compared to the unrevealed splendor that is waiting for us. The whole creation, which was made unfulfilled by God, is waiting with eager longing, hoping to be freed. From the beginning till now all creation has been groaning in one great act of giving birth; and we too, who possess the firstfruits of the Spirit, groan inwardly as we wait to be set free. (Romans 8:16–22 passim)