

☐ Have I asked God for His help when I needed it?

God is our refuge and strength,
a very present help in trouble. [Psalm 46:1]

☐ Have I managed my anger today?

Anger can easily build up inside. Addicts and dysfunctional people often act out in an effort to diffuse this anger. Learn to manage your anger so it does not get the best of you.

☐ Have I been second guessing myself?

Don't allow yourself to get into the "What if..." or "If only..." trap. Stop looking back and start looking forward.

~ Peace ~

☐ Am I sitting on my Pity Pot?

If you are, get off of it! Self-pity is self-destructive. Do something constructive. Reach out and help another person.

☐ Have I laughed today? What have you done to lift your spirits, make yourself laugh or to just plain have fun?

☐ Am I reading a good recovery book?

If not, get one from your local library or <http://RecoveryBooks.com>. Feed your mind and your spirit. Helpful and supportive information will strengthen you.

Seek help from the appropriate medical and recovery professionals immediately if you experience withdrawal symptoms.

Suggested Prayer:

*Father,
Provide me with guidance when lost,
Courage when fearful,
Healing when broken.
Grant me assurance and
Your peace that passes all understanding.
In the name of Jesus I pray, Amen.*

Helpful Scriptures:

Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

[John 14:27]

Wash me thoroughly from mine iniquity, and cleanse me from my sin. Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. Create in me a clean heart, O God; and renew a right spirit within me.

[Psalm 51:2, 7, 10]

Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. [Isaiah 1:18]

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

[John 14:27]

In all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

[Romans 8:37-39]

This 24 Hours



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Use this Check List - Stay on Track

Have I Prayed Today?

Pray each and every day. If you feel tempted, lonely, angry, hopeless or depressed pray several times a day. You are never alone.

Am I Tempted? HALT! What Is My Real Need? You may feel the urgent need to act out on your addictive or dysfunctional behavior. But almost always the real problem is you are Hungry, Angry, Lonely or Tired (HALT for short). Ask yourself what your symptoms really are. If you are hungry, get something to eat. If you are angry, figure out why and ask God to help you with forgiveness. Are you lonely? Call a friend. Are you tired? Get that much needed rest.

Which Step am I Working Today?

The 12 Steps are not for everyone but they have helped millions of people recover. Learn about them: <http://cir1.org/12steps> and decide for yourself. They can be a powerful tool for achieving your goals. Take time and work the 12 Steps one step at a time. You will find valuable worksheets here <http://cir1.org/members/worksheets>

Have I Claimed a Promise of God for Myself Today? Read your Bible. Learn about God's promises to you. Claim them!

Cast thy burden upon the LORD, and He shall sustain thee. Psalm 55:22

Have I Read My Recovery Devotional?

Read it every day. We suggest these:

- * One Day at a Time: The Devotional for Overcomers
- * Letting God: Christian Meditations for Recovering Persons, by A. Philip Parham
- * 12 Step Life Recovery Devotional by Stephen Arterburn and David Stoop
- * A Walk with the Serenity Prayer
- * A Day at a Time : Daily Reflections for Recovering People, Hazelden

You can find these and more suggestions at: <http://RecoveryBooks.com/daily.html>

Did I Check in with My Sponsor?

You can ask for a temporary online sponsor until you find a real face to face sponsor. Post your request for a sponsor in the CIR Message Boards. Be persistent!! It takes time to find a good sponsor or recovery buddy. <http://christians-in-recovery.org/bbs>

Have I Been Brutally Honest with Myself, Others and God Today?

Being dishonest with yourself, others and God is what got you into trouble in the first place. Now is the time to change!

Did I Attend a Support Group Today?

Attending 90 meetings in the first 90 days can be a life saver. Many go to several meetings per day. The more support you need, the more meetings you need to attend. Can't get to a face to face meeting? Go to a recovery meeting online: <http://cir1.org/members/chat/schedule.html>

Have I Written in My Journal?

What Have You Learned about Yourself, Your Faith and Recovery Today? Write it down in your journal. Record your feelings, questions, victories and revelations. Be honest. Go back and read past entries. Have you changed? Learn more about journaling: <http://cir1.org/resources/tools/journal.html> Use a plain notebook. If you prefer, software to aid you is available: <http://Self-helpSoftware.com>

Am I avoiding all people, places and things that make me feel tempted or that make me want to act out?

Have I exercised today? It increases the serotonin in your brain and makes you feel good about yourself naturally.

Have I made new friends who support my decision to recover? Avoid people who trigger your dysfunctional behaviors.

What things Am I Thankful For Today? Thank God for them. Write them down on a gratitude list or in your journal! Refer to it when you are feeling down.

Am I eating properly? Good nutrition including ample fruits, vegetables, whole grains and protein are essential for well being. Many have found it extremely helpful to avoid sugars and simple carbohydrates.

Have I gotten enough rest? If not, take a short nap or lie down and close your eyes for a few moments.