

ARE YOU ABLE

Now Abel kept flocks, and Cain worked the soil. In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. Abel brought fat portions from some of the firstborn of his flock. The Lord looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast.

Then the Lord said to Cain,

"Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it."

Gen. 4:2-7



Solomon wrote, there is no one who has tried to enjoy life more than I have. So I decided there was nothing better than to enjoy food and drink and find satisfaction in work. Then I realized that even these pleasures are from the hand of God. For without Him, who can eat or

find enjoyment? To the one who pleases Him, God gives wisdom, knowledge and happiness. But, to a sinner He gives the task of gathering and storing up wealth to hand over to the one who pleases Him. So here we see an example of foolishly chasing the wind. (Eccl. 2:24-26).

So beware! Be on guard against all kinds of greed, wishing for what you don't have. For real life and living are not related to how rich we are or the abundance of our possessions. Jesus gave this illustration:

“A certain rich man had a fertile farm that grew a very good crop of food. In fact, His barns were full to overflowing. So he thought to himself, ‘What shall I do? I have no place to keep all my crops.’

“Finally he said, ‘I know what I’ll do. I’ll tear down my barns, and build bigger ones. I’ll have plenty of room to store all my grain. Then I can say to myself, I have plenty of good things. There is enough stored away for years to come. Now I can take life easy! Eat, drink and be merry!’”

“But God said to him, ‘Foolish man! This very night you will die. Who will get what you’ve prepared for yourself?’ “This is how it will be for anyone who saves things only for themselves and doesn’t have a rich relationship with God.”

Luke 12:15-21



There are many benefits to be reaped during this journey of renewal and recovery, but I believe the one that brings the most satisfaction is that of relationship, especially to God and self.

However, there is also much to be learned about deception because without awareness how can it be detected? And surely, there is much to be learned from the Word of Truth for without this solid foundation circumstance and emotion will certainly keep us reeling.

I didn’t readily make a commitment to yield myself to the care of God. My life had become one colossal mess. I had become disabled by Lyme’s Disease because it went undiagnosed for years, and as a result it had an adverse effect by damaging my nervous system. After several years of coping with severe neuropathies, my husband and I found

ourselves among those who were forced to face bankruptcy and foreclosure due to the “Great Recession” of 2008.

Unfortunately, our struggles were not just economical. That same year a very difficult event unfolded the effects of which not only cascaded into the next few years, but also caused emotions to be spread very thin. Each and every day I felt deluged by physical symptoms that were worsened by the escalation of emotion that I could not seem to manage or control.



I still find this difficult to comprehend, the marriage counselor we were seeing equated what I experienced to a third degree trauma of a soldier at war; however, PTSD was left undiagnosed. For two and half years I sought the council of two professional counselors without some form of resolution.

The day finally dawned when I did move my BUT out of the way and turned to the Lord. I stopped trying to fix myself and the problem. I stopped trying to control the impossible. And though I didn't stop feeling pitiful about myself and life I wasn't asking why? Instead, I asked a question God could answer – What can we do about this?

Amazingly, God revealed what had gone undiagnosed - PTSD. After doing research on a condition that I thought only affected soldiers, I recognized the truth because these were symptoms with which I struggled:

- Feeling upset by things that remind you of what happened
- Having nightmares, vivid memories, or flashbacks of the event that make you feel like it's happening all over again
- Feeling emotionally cut off from others
- Feeling numb or a loss of interest in things you used to care about
- Feeling constantly on guard
- Feeling irritated or having angry outbursts
- Having difficulty sleeping
- Having trouble concentrating
- Being jumpy or easily startled

The website [Make the Connection](#) also explains that it's not just the symptoms of posttraumatic stress disorder, but also how you may react to them that can disrupt your life. For me a few most definitely applied:

- Frequently avoid places or things that remind you of what happened

- Consistently drink or use drugs to numb your feelings (for me it was spending countless hours in front of the TV)
- Consider harming yourself or others
- Start working all the time to occupy your mind
- Pull away from other people and become isolated

https://www.maketheconnection.net/conditions/ptsd?gclid=CjwKCAjw-qeFBhAsEiwA2G7NI9J0O_IGTelFepQCrOkYXwnV8n7UXIVdRylnXfILFU_R1UHtkOOBoCHuwQAvD_BwE



Yes, learning about PTSD and its symptoms helped me understand what was causing my behavior to be so bizarre. As a result of such great need, this experience also helped me to lean into God because I knew since He revealed the problem He would also bring about its resolution.

Leaning on God and on the Lord, not only helped to change my way of thinking, but filled me with the confidence to whole-heartedly believe; and therefore, boldly profess God's Word instead of continually recounting what's problematic. I pray such a great need would not have to occur in your life before you do as the Apostle John and lean on the Word of Truth. John and his brother James had their issues for Jesus gave them the name Boanerges "Sons of Thunder."

PTSD was the first of many things I had to learn about. Over the years, I had developed unhealthy behaviors and quite a few character deficits which I was unaware of. I had formed opinions and beliefs that stemmed from childhood developing into issues of control, and core beliefs one of which: that I was able to handle anything that came my way. You know, 'I am woman hear me roar.'



I couldn't understand or explain all the bad that unrolled not just day after day but year after year. However, by putting one foot in front of the other, taking five steps backward and a couple forward, while remembering to look up the days would pass. Doing all I knew to do counseling, marriage ministries until unbeknownst to me my prayers were being answered.

I began this journey of renewal and recovery. As time passed, I discovered all those difficulties helped me understand self-sacrifice works to break us through dead ends and into a life with new beginnings. One that is packed with hope and blessing and discovery:

- This is a journey about me and Jesus
- When the student is ready, the Teacher appears

- I am not being selfish, I am learning to take care of myself
- Because my best thinking got me here

- Understanding that who I am, all of me the good and the bad alike, is acceptable and loved by God
- Faith is not belief without proof but trust without reservation

- Realizing God has a plan and a purpose He desires to accomplish through me
- We're responsible for the effort not the outcome

- Acknowledging I am co-laboring with Jesus so His purposes for my life will prevail
- When you do all the talking you only learn what you already know
- Realizing I am so valued by God that Jesus died so I could live in relationship with them
- Spirituality is the ability to get our minds off ourselves

- Understanding my personal thoughts and opinions will in no way affect or be effective against what God has purposed

- The will of God will never take you where the grace of God will not protect you
- A new beginning – seeing myself as Jesus sees me
- Bring the body, and the mind will follow
- Trusting God for healing – which He has been faithfully doing
- Don't quit before the miracles happen
- Realizing my relationship to God's Word, as Lord, is as important as the one I share with Jesus, as Savior
- Lead me not into temptation. I can find it myself
- Serenity is not freedom from the storm, but peace amid the storm
- Seeking knowledge about the issues with which I struggle as they are identified: Codependency, Emotional Trauma, People-Pleasing, Lack of Trust in God and His Word
- Minds are like parachutes --- they won't work unless they're open
- Practicing the principles for renewal and recovery
- When we surrender to our Higher Power, the journey begins
- H.O.W. = Honesty, Open-mindedness, Willingness

- Implementing the tools of renewal and recovery -- gratitude, surrender, detachment, journaling, be willing....
- Willpower = willingness to seek our Higher Power
- Remembering the steps I have chosen to take with Jesus, God's Word, will be as spiritual guardrails set in place for my safety and well-being
- G.O.D. = Good Orderly Direction
- Change is a process, not an event
- Recognizing and acknowledging and admitting accountability relieves me from carrying the entire weight of responsibility
- Formula for failure: Try to please everyone
- Realizing my feelings and core beliefs are not facts
- The price for serenity and sanity is self-sacrifice
- Learn to extend a healthy response instead of over-reacting
- Knowledge of the answers never made anyone slip – it was failing to practice the answers known

- Sorrow is looking back – Worry is looking around – Fear is projecting into the future



During this journey of renewal and recovery there was so much I learned about myself and God. For instance, I believed I had no issues of control; however, I was stunned to discover the many times I choose to avoid, ignore, minimize and excuse in order to please others were in fact means of control.

And while I never thought myself to be prideful or self-center or an individual struggling with low self-esteem and insecurity; when Truth became apparent, people pleasing is indeed a very selfish personality flaw that becomes all about the person who is coping with shame and low self-esteem, Me.



When I began this journey, I knew Jesus as my Savior. I had willingly and gratefully accepted Him. However, though I spoke of Him as being Lord, it seemed I had not really surrendered all my heart and will to Him. I was to discover if faith without works is dead; then willingness without action is fantasy. Of course work is necessary, but

being still about the problem is also quite important – trust – God is working good in every mess we set before Him.

So many things to keep in mind and believe – I don't always know what God's will is for me, but I always know what it's not. The Word of God instructs us to put on God's complete armor, that we may be able to resist and stand our ground on the evil day (of danger); And, having done all (the crisis demands), to stand (firmly in our place) (Eph. 6:13).

Trusting, believing the Lord will and is fighting for us; we need only to be still (Ex. 14:14). How many times I told the Lord I was giving Him the reigns only to take them back when I didn't like how things were or weren't turning out.

How many times I shut down or slowed the Lord's progress because of my interference and impatience. I had my husband running out the door the minute I mentioned God. Instead, of being still and trusting God I was pushing my husband away thinking I was witnessing. Yeah, I was witnessing bad behavior, but I thought it was only just my husband's.



Discovering how God worked in the lives of those who were the trailblazers to the pearly gates, helps increase our faith. Especially when passages such as Luke 20:21 reveal the spies that questioned Jesus, who tried (but failed) to expose Him as a heretic had to themselves acknowledge the Truth. “Teacher, we know that you speak and teach what is right, and you do not show partiality but teach the way of God in accordance with the Truth. Is it right for us to pay taxes to Caesar or not?”

Jesus saw through their duplicity (because they sought preferential treatment). He said to them:

“Show me a denarius. Whose portrait and inscription are on it?”

They replied, “Caesar’s.” Jesus’ answer was simple,

“Give to Caesar what is Caesar’s, and to God what is God’s.”



Yes, the Word of Truth provides simple and direct solutions, the challenge has become not trying; instead, just doing it. Before Adam and Eve ate that piece of fruit, complications arose when they heard God had knowledge of good and evil and didn't want to share.

When they chose to devour the deception, relationships were the first to become convoluted (complicated, complex, difficult). Just as Adam knew Eve as his wife, they also came to know through experience the change was due to the knowledge they had gained of Good and Evil. But of this we can be certain – Jesus, the Way, the Truth and the Life (John 14:6) is the same yesterday and today and forever (Heb. 13:6). Emotion, opinion or world conditions are constantly changing but not God's Word of Truth Who says:

“Be still before the Lord and wait patiently for Him; do not fret when people succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret – it leads only to evil. For evil people will be cut off, but those who hope in the Lord will receive an inheritance from God.”



Codependency works to bring about the self-destructive tendencies and character deficits with which we struggle. In our attempts to fix, control and manipulate people and circumstances anger becomes an underlying factor.

I don't know if you have done any gardening, but that unwanted vegetation has a vast networking of roots that can be difficult to remove. Well this is exactly what started happening when evil turned our focus onto "self" instead of God. As a result, negativity grows and spreads within.

Like grass that grows and spreads profusely, so too frustration, annoyance and irritability because the disturbance of self-interest is quite common. However, if we graze allowing our thoughts and feelings to ruminate (ponder, question, chew over) the root system of anger and discontent, we will discover our thoughts and feelings have delved deeper and have begun to spread into different realms of darkness such as resentment, bitterness and offense.

Anger is a God given emotion to be as a warning signal something is wrong. When we continue to succumb to our desires, to our fears and

shame we look in the direction of that one pointing finger instead of acknowledging the four that are turned toward us.

Instead of working to fix or control in order to suit ourselves, let the frustration, upset or anger put us on notice that something is not right within us. The Word of Truth tells us to refrain from anger because its offshoots: madness, animosity, contempt, hostility, vengefulness, spite, jealousy, envy...can easily be developed.



The Lord tells us to turn from wrath because rage, empoisonment, belligerence, vindictiveness...can rapidly proliferate. Anger can change our mood, affect our relationships and harm our bodies. Anger can be likened to a bilious disease that can affect the spleen (an integral part of our immune system), and cause the liver and GI system to become inflamed by its venom.

FYI: The Merriam-Webster Dictionary defines Cholera as: Ready disposition to irritation: Irrascibility: also anger. However, (in medieval science and medicine) cholera was known as one of the four bodily humors, identified with bile and believed to be associated with a peevish or irascible (fiery, ill-natured, disagreeable) temperament.

Hippocrates is credited with developing the theory of the four humors – blood, yellow bile, black bile and phlegm – and their influence on the body and its emotions.

Hippocrates believed when the humors were balanced, a person was healthy. The belief was that too much or too little of any of the humors caused disease. It was also believed an excess of black bile secreted from the spleen and kidneys caused cancer. Imbalances between these humors were thought to be responsible for different moods and character traits – sanguine, phlegmatic, choleric and melancholic are all terms still in use today. While good health was a reflection of all four humors being in balance; disease arose when they were not.



Joyce Meyer wrote, “We have all experienced anger at some point in our lives, and it can be a real problem. Though it starts as a harmless feeling, it can quickly grow into something dangerous that’s hard to control.”

“But, with God’s help, we can learn how to deal with our feelings and walk in His peace.”

“I’ll admit, years ago I pretty much did and said anything I felt like. I have a pretty strong personality, so if you said something to upset me, there was a good chance I would let you know about it.”

“Thank God, over time He changed me through His Word and helped me begin to manage my emotions through the power of His Holy Spirit.”

“I learned how to operate in self-control, which means I didn’t always say everything I *wanted* to say. Now, that’s freedom!”

“Along the way, God also helped me to understand that anger in itself isn’t wrong...”

<https://joycemeyer.org/everydayanswers/ea-teachings/dealing-with-anger-gods-way>



Righteous anger is fueled by a sense of indignation over things that are contrary to God. Matt. 21:12-13 offers this example: Jesus entered the temple area and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves. It is written He said to them:

"My house will be called a house of prayer, but you are making it a den of robbers."

A righteous anger is less common because we tend to be focused on things that offend us rather than things that are offensive to God.

To feel anger is to recognize there's a problem brewing. To fuel anger with the strength of emotion will surely cause trouble to flare up. Frustration, annoyance and irritability are as flint shooting sparks to ignite anger within us. When the brittle conditions of contempt, vindictiveness, resentment or aggression are present those smoldering embers of irritants can produce an eruption of uncontrolled emotion. Unfortunately, I can attest to the intensity of those fiery flames of anger that not only caused me to see that red cape, but to also become that charging bull enraged by emotion, without thought to consequence.



Many things cause our weak bodies to develop faults and flaws of character and behavior: trouble, confusion, deception, shame, guilt, abusiveness, defamation, rejection....Many of us have been adversely affected by some sort of trauma, and are struggling, maybe completely unaware, of the symptoms that can vary in both number and intensity. Anger may be viewed as a natural response, and rightly so because it can cause the faults and flaws we each possess to become reactive.

When given an opening, anger will ensure devastation and destruction is inflicted, as does the flowing of hot lava when a natural fault line gives way to the heated pressure from within. Like a wild animal that charges when goaded; Satan stands as that matador stabbing, tempting, stabbing over and over trying to kill, steal and destroy all that he can by inciting stinking thinking.

As evil infiltrates our soul with deception, fear, anger, selfishness...our thoughts and feelings attach to, nourish and support the root of self-interest, which reaches to our very core. Trouble, death and destruction are caused to flow as a result of unprincipled and disrespectful judgments, opinions and behaviors we have adopted from the evil one and have made our own.



Consider this: You are not supported by the root of flourishing Righteousness (Prov. 12:12). You are not allowing the root of Jesse to be your hope (Rom. 11:18). Jesus stands as a banner for the peoples, the nations will rally to Him, and His place of rest is glorious (Isa. 11:10).

When you are no longer a foreigner or alien; instead, a fellow citizen with God's people and members of God's household, you come to know and recognize how God's Word of Life has not only been supporting you, but has been strengthening you because God's Word of Truth is Jesus Himself, the chief Cornerstone from Whom we receive and build god-like character. In Him the whole building (which hopefully you are included) is joined together and rises to become a holy temple in the Lord where God lives by His Spirit (Eph. 2:19-22).



There are many who live as mere characters in this world, but God's Word, Christ Jesus, can transform us into individuals with immense character. Therefore, love truth and peace (Zech. 8:19) and so be saved for those who refuse will surely perish for delighting in their wickedness. For this reason God sends a powerful delusion so the lie will be believed. So be forewarned, the secret power of lawlessness is already at work.

However, the Lord Jesus will overthrow the lawless one with the breath of His mouth and destroy by the splendor of His coming. However, in accordance with the work of Satan the coming of the lawless one will be displayed in all kinds of counterfeit miracles, signs

and wonders, and in every sort of evil that deceives those who are perishing

(2 Thess. 2:5-12).

But, as Paul wrote in 2 Cor. 4:8 so we could cling to Truth - though we are pressed on every side by troubles we are not crushed and broken. Though we are perplexed because we don't know why things happen as they do, we are not driven by despair to give up and quit. Though evil works to hunt us down God never abandons us. And though we may get knocked down, we are not destroyed; instead, we get up again and keep going.

For God has said:

“Let there be Light in the darkness!”

And has made us understand that it is the brightness of His glory that is seen in the face of Christ Jesus. This precious treasure - this Light (God's Word) and Power (God's Holy Spirit) that now shines within us - is held in a perishable container, that is, in our weak bodies. So that everyone can see the glorious power within must be from God, for it is surely not our own (TLB).



In Deut. 4:29 God is letting us know He welcomes all prodigals back into His fold. Telling us:

“When you are in distress and things have happened to you, then in later days you will return to the Lord your God and follow His Word. For the Lord your God is a merciful God: He will not abandon or destroy you or forget His covenant with you, which He confirmed by an oath.”

So remember, if you seek the Lord your God, you will find Him if you look for Him with all your heart and with all your soul. During this journey, while you are being spiritually strengthened try all things (examine, investigate, inquire into, question and discern all things).

For there was a time when we too were prodigals not accepting or welcoming or admitting in our heart the gifts and teachings and revelations of God’s Spirit, for some of us they were even considered folly (meaningless nonsense). Many of us were unable to know them because they are spiritually discerned and estimated and appreciated (1 Cor. 2:14-15 AMP).



If you are anything like me, though I had some knowledge of Jesus, I was completely unaware that without knowledge and trust in God's Word I was unable to accept and properly understand a verse like Prov. 28:13, "Anyone who refuses to admit their mistakes can never be successful."

Though this directive from the Lord is straightforward, I was unable to recognize its importance because I couldn't recognize the underlying reasons for the mistakes I was guilty of making. Also, I wasn't too quick admitting mistakes for fear of what people would think.

Though our heart navigates the issues of this world, God's Word helps us to navigate the issues of our heart. It's easy to acknowledge errors that are so blatantly committed in this world; though the errors of our heart are blatant to the Lord, they may remain for us not easily discerned.

For instance, my heart held thoughts and beliefs that directed me to make every effort to please others. I certainly can't claim doing things this way was very successful. Working to gain acceptance, approval or

validation prevented me from simply receiving. Feeling as though I needed to prove myself, so I could earn respect caused me to become spent. Why? Because, giving with attached expectations is actually being passively demanding. Emotionally driven efforts can be as tiring if not more so than those efforts that require physical exertion.



We all have suffered the consequence of doing with expectations attached even if it's only common courtesy that's expected. However, many times our expectations are unrealistic. For example, I would expect my husband to know me and how I thought he should respond. He got so frustrated one day he asked me why I didn't write out a script for him to follow. I had so many expectations of what I wanted from him that I was unable to receive what he was trying to give and be for me.

Expecting people to be kind and respectful and thoughtful seems not too much to ask. It's when those expectations become a means of control (no matter how subtle) to receive what we think someone should be giving or doing for us. Gratitude makes it possible for us to receive and appreciate the person who is offering what they can. Maybe not the best, but we can choose to believe it's the best they can offer at that moment in time.

I can only speak for myself, but there were times when I was so upset, wanting and expecting my husband's support; but even when he tried nothing he could say or do would make a difference. When something didn't go the way I thought it should have gone, the way I expected it to go, feelings of being unappreciated and devalued led me to believe I'm not really loved.

It became a matter of proof because words just weren't good enough. I couldn't understand how unrealistic those expectations that demanded proof. What could possibly be wrong with me being the only judge of acceptability? I may not have been using words to say my thoughts and feelings and opinions are more important; however, the demands of those unrealistic expectations of mine surely were.



When the expectations that we harbor are emotionally driven, they actually work against us to confuse and upset. Everyone has their own set of expectations, thoughts, beliefs and feelings. God has blessed us with this privilege. The problem with having to live with "selfness," we are juggling two totally different and opposed perspectives.

Good wants to be in accord and harmony with others, while Evil works to usurp another's stance so they would be in more of an accord with our own personal points of view. Expectations can result in the eruption of abusiveness and even violence.

We set standards we ourselves struggle to meet; yet, there's an expectation placed on others to do so. Expectations complicate and create problems when we don't know how or simply refuse to communicate our needs and wants, our thoughts and feelings.

It's like trying to navigate an elaborately designed maze. An entrance of questioning should of, could of, why, what's wrong...? Responses not simply misdirected; instead, aimed at a specific target. How difficult it is to think before speaking when emotions are charged yet running down blind passages confused, disoriented and frustrated by all the wrong turns, dead ends, stalemated and stymied by how things got blown so out of proportion. Anxieties rise as fear sets in with all its uncertainties; until anger provides an acceptable exit strategy.



Our expectations shape our reality. They can change our life emotionally and physically. We need to be extra careful about (and

aware of) the expectations we harbor as the wrong ones make life unnecessarily difficult. Be especially wary of the expectations that follow – they give people all kinds of trouble.

1. **Life should be fair.** We've all been told a million times (and likely also told others) that life isn't fair, but in spite of what we know about the intricacies of injustice, it's a concept that doesn't quite sink in, in practice. A surprising number of us subconsciously expect life to be fair (or at least to be treated fairly by the people we know). There's a belief that any unfairness we experience will somehow be balanced out, even if we don't do anything about it. Anyone stuck in that mindset, should know it's time to get over it. When something "unfair" happens, don't rely on outside forces to get you back on your feet. Sometimes there isn't any consolation prize, and the sooner a stop is placed on expecting there to be one, the sooner actions can be taken that will actually make a difference.
2. **Opportunities will fall into my lap.** One of the most important things a person can do is stick their neck out to seek opportunity. Just because a raise is deserved, a promotion, or a company car, doesn't mean it's going to happen. We have to make it happen. We have to put in the hard work, then go and get what's ours. If

we limit ourselves to what's given to us, we are at the mercy of other people. When action is taken, think "what steps do I need to take?" "What obstacles are in my way, and what do I need to do to remove them?" "What mistakes am I making that are taking me away from my goals rather than toward them?"

3. **Everyone should like me.** People have hang ups, and that means all sorts of decent, kind, respectable people are not liked by (some) others, for no good reason at all. When a person thinks that everyone should like them, they end up with hurt feelings when they shouldn't. (You can't win them all.) When it's assumed that people are going to like you, shortcuts are taken; requests and demands are made before the groundwork has been laid to really understand what the other person is thinking and feeling. Instead of expecting that people will like you, focus on earning their trust and respect.
4. **People should agree with me.** This one can be tough. Sure, you know what you're talking about, and for that reason, people should take you seriously, but expecting people to agree with you out of courtesy or because your ideas are so incredibly sound is another story. Something that's obvious to you might not be so to

someone with different experiences and a different agenda. So stop being offended when people disagree with you, and stop assuming that there is only one right answer (yours). Instead, focus on how you can find solutions that give everyone what they need.

5. **People know what I'm trying to say.** People can't read your mind, and what you're trying to say is rarely what other people hear. You can't expect people to understand you just because you're talking – you have to be clear. Whether you're asking someone to do something without providing the context or explaining a complex concept behind a big project. It's easy to leave out relevant information because you don't think it's necessary. Communication isn't anything if it isn't clear, and your communication won't be clear until you take the time to understand the other person's perspective.

6. **I'm going to fail.** If you expect to fail, you stand a higher chance of creating the very outcome you're worried about. If you fail, accept that sometimes you'll fail and sometimes you'll succeed, but if you pursue an endeavor, believe with all your being that

you're going to succeed in that endeavor. Otherwise, you'll limit the chances of that happening.

7. **Things will make me happy.** Sure, things can make life more fun and comfortable in the short run, but they can't make you happy in the long run. Too many of us expect a future event (I'll be happy when I get that promotion...) to make us happy, instead of looking more deeply into the real causes of our unhappiness. If you don't fix what's going on inside, no external event or item is going to make you happy, no matter how much you want it to.

8. **I can change him/her.** There's only one person in this world you can truly change - yourself - and even that takes a tremendous amount of effort. The only way that people change is through the desire and wherewithal to work on changing themselves. Still, it's tempting to try to change someone who doesn't want to change, as if your sheer will and desire for them to improve will change them (as it has you). You might even actively choose people with problems, thinking that you can "fix" them. Let go of this faulty expectation. Build your life around genuine, positive people, and avoid problematic people that bring you down.

Believing that you'll succeed really does make it more likely that you will. It also means that you'll need to let go of some erroneous expectations that will only get in your way. Information taken from the article "8 Unrealistic Expectations that will Ruin You," written by Travis Bradberry.

<https://www.forbes.com/sites/travisbradberrry/2016/08/02/8-unrealistic-expectations-that-will-ruin-you/?sh=1b29a44319f0>



Yes, the only person we can possibly change is ourselves, and this will take effort; but, there are steps we can follow that will most definitely prove beneficial if you too like Bill W, would like to be given a quiet place in bright sunshine.

Bill W., the founder of AA, was referring to the peace of mind and sense of well-being that he discovered through the spiritual journey of the 12 Steps and the insights he gained from them.

He reported, the key was freeing himself from "dependency on other people and circumstances to supply (him) with security, prestige and the like. The result for Bill was the end to the crippling depression that had chased him throughout his life despite his years of sobriety.

For the author of this article, Mary Rizk, a quiet place in bright sunshine denotes freedom from the self-inflicted pressures to be, do and have – pressures which in her case resulted in endless striving, dissatisfaction with “what is” and sometimes a sense of hopelessness. Like Bill, she also believed her happiness depended on other people, places and things. So she began to take steps to rectify that dependency.

Of course, getting to that quiet place is quite a journey – a journey that for her personally, began with a decision, a decision to change something. Even a small something, that was within her power to do so.



The first decision she made – adjust her expectations. Those unrealistic expectations that she had of other people! She decided to let go of her need for others to behave, believe and be as she wished. She decided to let go of her need for others to fix her, reassure her and make things okay for her.

While those decisions did not create an immediate change for her, they opened a door for real change to make an entrance. It established a momentum toward transformation.

Later, during times of contemplation, she asked specifically for insight to be provided as to which actions she might take.

First she was moved to identify and then let go of her resentments toward other people and circumstances that had marked her life with anguish. You see, she was expecting perfection from others and life in general. Unrealistically, she only wanted gentle handling.

After that, there came the insight she needed to release her self-focused perfectionism. What she expected was huge amounts of flawlessness from herself, which caused her to be unable to accept her failings, her blemished humanity. The standards she set for herself were so impossibly high that they were causing her immeasurable distress.

As a consequence, with those decisions and actions, however inadequately implemented, she began to feel more at ease with herself.



Another insight came to her. While actions could be taken, there was no guarantee for the outcome of those actions. (This is where we have to let go and let God). She wrote: "All I could do was my small part. Of course as a control freak, I hated letting go of the outcome. But, overtime I got better at it."

She continued, "Today, while I haven't totally succeeded, I'm making progress. Life is better. Much better! And here is the sweetest part – I can now almost see that quiet place in the bright sunshine waiting just for me. I can imagine the gates of that lovely place opening. And, I can see me walking through them."

<https://maryrizk.com/a-quiet-place-in-bright-sunshine/>



As we continue on this spiritual journey toward renewal and recovery, there are steps to be followed, and keys of insight and discernment and understanding to be received as we put into practice a behavior that may seem quite foreign – showing kindness to ourselves.

As we learn and grow then – faith, courage, honesty, patience, humility, willingness, brotherly-love, integrity, self-discipline, service, acceptance and hope – will surely develop.

All of this comes from God Who wants us to flourish in life. This fallen world is ruled by one who is a thief intent on stealing and killing and destroying life given by God, Who sent His Son so we could have real and eternal life, more and better life right now, right here on earth than ever dreamt of (John 10:10 Message).



Yes, God sends His Word of Truth, of Life so we can learn the Way to heaven starts with a firm decision to work from a focused center – One Man died for everyone. This puts everyone in the same boat. Our heavenly Father included everyone in the death of His Son, so that everyone could also be included in Christ's life, a resurrection life, a far better life than people could ever live on their own.

Because of this focused centered decision we don't evaluate people by what they have or how they look. We looked at the Messiah that way once and got it all wrong. We certainly don't look at Him that way anymore. Now we look inside, and what we see is that anyone united with Jesus gets a fresh start, is created new.

The old life is gone; a new life burgeons! Look at it: faith, hope, love, kindness, gentleness, faithfulness, honesty, patience, willingness, humility, happiness, joy, peace, contentment...as we live to serve the living and true God (1 Thess. 1:9).



Yes, all of this comes from God, and all of this is what the enemy works to destroy. But God, He settled the relationship between us and Him, and calls us to settle the relationships we share with ourselves and with others, and especially with Him.

God put the world square with Himself through Christ Jesus, the Messiah, giving the world a fresh start by offering forgiveness of sins. And those who choose to be Christ's representatives by co-laboring with God to persuade others to drop their differences and enter into God's work - believing in the One Who He sent. Only Jesus can make things right between humanity and God. So become a friend with God, He's already a friend with you (2 Cor. 5:14-21 Message).

God loves us and has freed us from our sins by the blood of Jesus, Who has made us to be a kingdom and priests to serve His God and Father - to Him be glory and power for ever and ever!

Look, He is coming with the clouds,
And every eye will see Him,
Even those who pierced Him,
And all the peoples of the earth will mourn
Because of Him
The Alpha and the Omega
Who is and Who was and Who is to come
The Almighty!

Rev. 1:5-8



I pray you will not be found among those who wavered; instead, you are taking new steps seeking a deeper relationship with God by putting into practice these principles for renewal and recovery so you can become more God-dependent instead of Co-Dependent.

- The first key is to maintain an honest view of reality not only considering particular circumstances and events as substantial, but recognizing the substance of Truth – the Life, the Alpha and Omega, the heart and the spirit as we work on taking steps of faith remembering:
 - God exists and I matter to Him – that God could and would if He were sought
 - Admitting I am powerless – If God is your co-pilot, switch seats
 - Acknowledging in certain areas my life became unmanageable – Sorrow shared is halved; Joy shared is doubled
 - Believing God will restore me with Love, a Sound Mind and Power – Success means getting your BUT out of the way
 - Believing God will help me stay committed to this decision to put all of who I am into His possession and safekeeping – There is no magic in this process of renewal and recovery only miracles

- Believing the Word of God will encourage, support and strengthen me as I make a searching and fearless moral inventory of myself – There is pain in this process. Misery is optional
- Because of God’s loving-kindness I have become willing to admit to God, to myself and another person the exact nature of my wrongs – The road to resentment is paved with expectation
- With Truth as my solid foundation I have become entirely ready to have God remove all my defects of character –
Courage is faith that has said its prayers
- Having received faith and hope and love for the Surety God has given I humbly ask Him to remove my shortcomings –
F.A.I.T.H. = Fantastic Adventure In Trusting Him
- Having gained knowledge and insight and understanding I have become willing to make a list of anyone I have harmed, and to make an amends to them all – Just for today I will try to live through this day only, and not tackle my whole life problems at once
- Having gained confidence and trust in God’s refuge I have become willing to step out with the mindset I am doing this with God and for His glory to make my amends whenever possible unless to do so would cause injury to others -

Remembering nothing is going to happen today that you and God can't handle

- I embrace my covenant relationship with the Father, Son and Holy Spirit by continuing to take a personal moral inventory, and when I am wrong being prompt to admit it – We are not human beings having spiritual experiences; we are spiritual beings having human experiences
 - I invest in my relationship with God by communicating through prayer and meditation to improve my conscious contact with Him seeking knowledge of His will and the power of grace to carry that out – If God seems far away, who moved?
 - I seek Revival, Restoration and Reconciliation, a spiritual awakening, as a result of taking steps to carry God's message to others and to practice these principles in all my affairs
- Worry is a conversation you have with yourself about things you cannot change. Prayer is conversation you have with God about things He can change



WEARY TRAVELER

<https://www.youtube.com/watch?v=Z36k-BXIags>

Weary traveler

Beat down from the storms that you have weathered

Feels like this road just might go on forever

Carry on

You keep on givin'

But every day this world just keeps on takin'

Your tired heart is on the edge of breaking

Carry on

Weary traveler, restless soul

You were never meant to walk this road alone

It'll all be worth it so just hold on

Weary traveler, you won't be weary long

And no more searchin'

Heaven's healing's gonna find where all the hurt is

When Jesus calls, we'll lay down all our heavy burdens

Carry on, oh

Weary traveler, restless soul

You were never meant to walk this road alone

It'll all be worth it so just hold on

Weary traveler, you won't be weary long

No, you won't be weary long
You won't be weary long (weary long)

Someday soon we're gonna make it home
Someday soon we're gonna make it home
Someday soon we're gonna make it home
Someday soon we're gonna make it home

Someday soon we're gonna make it home
Someday soon we're gonna make it home
Someday soon we're gonna make it home
Gonna make it home

Weary traveler, restless soul
You were never meant to walk this road alone
It'll all be worth it, so just hold on (just hold on)
Weary traveler, you won't be weary long (you won't be weary long)
Weary traveler, you won't be weary long (yeah)
Weary traveler, you won't be weary long

Song by Jordan St. Cyr



Some day we are going to make it home because of God, Who sent His Son so that through Him all things, whether things on earth or things

in heaven, He could reconcile to Himself by making peace through the blood Jesus shed on that cross (Col. 1:19-20). God's Word, Christ Jesus, assures us:

“Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

John 14:27

The peace of God that transcends all understanding cannot be received from the acceptance or validation or approval that is so often sought in the heart and hands of human beings; for it is the peace of God that guards our hearts and minds in Christ Jesus (Phil. 4:7), Who said:

“I will show you Whom you should fear: Fear Him Who, after the killing of the body, has power to throw you into hell. Yes, I tell you, fear Him.”

Luke 12:5



OCEANS

https://www.google.com/search?q=song+oceans+by+hillsong&rlz=1C1VFKB_enUS703US703&oq=SONG+OCEANS+BY+&aqs=chrome.0.0i512j69i57j46i512j0i512j0i22i30i6.9195j0j7&source

You call me out upon the waters
The great unknown where feet may fail
And there I find You in the mystery
In oceans deep my faith will stand
And I will call upon Your Name
And keep my eyes above the waves
When oceans rise
My soul will rest in Your embrace
For I am Yours and You are mine
Your grace abounds in deepest waters
Your sovereign hand will be my guide
Where feet may fail and fear surrounds me
You've never failed and You won't start now
So I will call upon Your Name
And keep my eyes above the waves
When oceans rise
My soul will rest in Your embrace
For I am Yours and You are mine, oh
And You are mine, oh

Spirit lead me where my trust is without borders

Let me walk upon the waters

Wherever You would call me

Take me deeper than my feet could ever wander

And my faith will be made stronger

In the presence of my Saviour

Spirit lead me where my trust is without borders

Let me walk upon the waters

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Spirit lead me where my trust is without borders

Let me walk upon the waters

Wherever You would call me

Take me deeper than my feet could ever wander

And my faith will be made stronger

In the presence of my Saviour

I will call upon Your Name

Keep my eyes above the waves

My soul will rest in Your embrace

I am Yours and You are mine

Song by Hillsong United



Only God knows all the ins and outs regarding our lives. When we choose to include Him and bless His holy name, Jesus will not only carry us home, He'll carry us along day after day. He's our Savior, our God. He's God-for-us, He's God-Who-saves-us (Ps. 68:19-20 Message).
Who says:

“I know your sitting down, your going out and your coming in, and the raging that is done against Me.”

Isa. 37:28



God's anger will not turn back until He fully accomplishes the purposes of His heart. In the days to come it will be clearly understood. For the Word of God has said:

“If those prophets of deceit would stand in My council they would proclaim God's Word. They would turn from their evil ways and from their evil deeds. Am I a God Who is only close at hand? No, I am far away at the same time. Can

anyone hide from Me in a secret place? Am I not everywhere in all the heavens and the earth?"

Jer. 23:23-24 NLT

The eyes of the Lord are everywhere, keeping watch on the wicked and the good (Prov. 15:3). When God's Word is sought, His protection and His council trusted then you too will confidently say, "God has searched me, and He knows me. He knows when I sit and when I rise; He perceives my thoughts from afar. He discerns my going out and my lying down; He is familiar with all my ways. Before a word is on my tongue the Lord knows it completely," Ps. 139:1-4.



God reveals our hidden faults so we can see and understand and are able to receive all that He desires to give us. However, without a successful strategy like any fault line when disturbed so too our worlds can be shaken or torn apart. So I speak to you about the Word of Life that is in Him, Who existed from the beginning, Who was seen and heard and been touched by those who testified and declared the Life, the eternal Life is in Him, Christ Jesus, Who already existed with the Father and Who is actually made visible to His followers.

What was seen and heard is told to us, so that we can realize and enjoy fellowship as partners and partakers with the Father and His Son, Christ Jesus (1 John 1:1-3).

So I encourage you to seek the Lord with your whole heart and inquire for and of Him so you don't wander or step aside either in ignorance or willfully from God's Word of Life. Bless the Lord, Who teaches us wisdom and what is right so we will not forget God and His Word of Truth.



I pray for eyes to be opened so wondrous things may be seen in God's Word. That hearts may be revived and stimulated as the breath of the Almighty gives understanding. To strengthen and to raise up according to the promises of His Word. For You, O God, have graciously imparted Your Word so the Way of Truth and faithfulness may be chosen, and the way of falsehood and unfaithfulness could be removed far from us.

I pray as the Way of God's Word is being taught hearts will be made willing to turn from what is vanity (idols and idolatry), and be restored to vigorous life and health standing determined to follow the

Way, the Truth and the Life God has freely given. For all of God's promises have been fulfilled in Christ Jesus with a resounding "Yes!" And through the "Amen" of those who reverently fear and devotedly worship Him our "Yes" (Amen) ascends to God for His glory.

For God has established His Word, and confirmed His promise. In His mercy and loving-kindness toward us His salvation and righteousness gives renewed life so we can lean on, rely on, and trust in His Word. Yes, God enables us to stand firm placing our hope in His Christ, His Anointed One. God has identified us as His own by placing His Holy Spirit in our heart as the first installment that guarantees all that He has promised us (2 Cor. 1:20-22 NLT). So we can walk at liberty and at ease by honoring and seeking His Word of Truth (Ps. 119:1-45 AMP).



So I ask again, who can discern their own errors, and really know what sins are lurking in their heart (Ps. 19:12)? How truly amazing God is for though we continue trying out, testing, inferring, pressuring, checking out, pestering, feeling out....not simply trusting, believing, receiving, appreciating, accepting...why? We want to think and believe whatever we want. However, without knowledge of God's

Word we have no idea what thoughts, behaviors and beliefs are mistaken (misguided, misled, inaccurate).

If we are living in deceptions, how can the power of transformation within God's Word of Truth truly be realized. There are things we can change our mind, our clothes, our appearance, a job, a location...BUT, consider that worm being changed into a beautiful, graceful butterfly only God can accomplish a thing like that, as He did for Jacob:

“Not by might nor by power, but by My Spirit!”

Zech. 4:6



As John Baker, the founder of Celebrate Recovery says, the wages for our sin is death, and the wages of sin can never be frozen, nor can they ever be subjected to income taxes. One of the main reasons for that is because most of the wages of sin go unreported. So, if the wages of sin is death, wouldn't it be wise to quit before payday arrives.

During this journey of renewal and recovery, the power of gratitude will become known. How many times have we been rejected,

abandoned, belittled...for our mistaken judgments; BUT, God forgives, reveals and cleanses us from our hidden faults.

Through the power within His Word of Truth, God can keep us from committing willful and deliberate wrongs so our sins can't rule over us. Yes, God's Word will help us aim higher so we can stop missing the mark. With faith and hope and love for the Lord, our Rock and our Redeemer, we are made blameless, innocent of great transgression. Therefore, with our souls filled with gratitude may it be that our words and unspoken thoughts be pleasing to God (Ps. 19:13-14).



So I pray your love will overflow more and more, and that you will keep on growing in knowledge, understanding and insight. For I want you to understand what really matters (Phil. 1:9-10), and that you would know the substance (essence) of Truth is the spirit of all prophecy (Rev. 19:10 AMP) all that is told about Jesus (Rev. 19:10 TLB).

God wants everyone to know this rich and glorious secret regardless of their background or religious standing. The mystery in a nutshell is just this: Christ is in you; therefore, you can look forward to sharing in

God's glory. It's that simple. That is the substance of our Message to speak of Jesus (Col. 1:27-28 Message).

There is substance to our words. Words are powerful; take them seriously (Matt. 12:36b Message). They bring life or death and consequence (Prov. 18:21 NLT), for by your words you will be justified and acquitted, and by your words you will be condemned and sentenced (Matt. 12:37 AMP). Words can be our salvation; words can also be our damnation (Matt:12:37 Message).



- Many of us have been keeping secrets almost all of our lives
- The toll we pay is loss of self-respect and energy and bondage to old codependent habits
- Admitting out loud those secrets, strips them of their power
- They lose much of their hold on us, when they are spoken
- We are afraid to reveal our secrets to another person, even someone we trust
- We somehow feel like we have everything to lose, and nothing to gain

- Do you know what we really have to lose by telling our secrets and sins to another
 1. We lose our sense of isolation – our sense of aloneness will begin to vanish
 2. We will begin to lose our unwillingness to forgive – when people accept and forgive us, we start to see that we can forgive God, ourselves and others
 3. We will lose our inflated, false pride – we see and accept who we are, we begin to gain true humility, which involves seeing ourselves as we really are, and seeing God as He really is
 4. We lose that harsh judgmental and critical attitude -- we gain a more compassionate approach with ourselves and others as we begin to recognize and acknowledge our survival behaviors have been as bad or maybe even worse than those we judged and condemned in others
 5. We will lose our sense of denial – being truthful with another person will tear away our denial
- We take this step - “Admitting to God, to ourselves, and to another human being the exact nature of our wrongs”

- “The exact nature of our wrongs” is how we’ve offended the boundaries of others even God’s boundaries
- You’ve described the exact nature of your wrongs in the lists you have written about disregarding the boundaries of adults and children in your life
- You say out loud in the presence of another human being: “This is what I did to violate your boundaries”
- As you take this step, talk about what happened, and every time you notice an emotion, no matter what you are saying at the moment, stop to name the emotion and allow yourself to experience the feelings
- You might simply say, “I’m feeling really sad about this”
- There are three benefits to be gained when we admit our wrongs to another:
 1. We gain healing since the Bible promises
 - “Confess your sins to one another and you will be forgiven,” James 5:16
 - The key word is healed
 - God forgave you when you confessed your sins to Him

- Now He says you will begin the healing process, when you confess your sins to another

2. We gain freedom

- Our secrets have kept us in chains
- Bound, frozen, unable to move forward in any of our relationships with God and others
- Admitting our sins snaps the chains so God's healing power can start
- "They cried to the Lord in their troubles, and He rescued them! He led them from the darkness and the shadow of death, and snapped their chains," Ps. 107:13-14
- Unconfessed sin will fester
- "When I did not confess my sins, I was worn out from crying all day long... My strength was completely drained," Psalm 32:3-4
- Openness is to wholeness, as secrets are to sickness
- Admit, and turn from your sins
- Remember, the only sin God can't forgive is the one that is not confessed

3. We gain support

- When you share your inventory with another person, you get support
 - Our supporters can keep us focused, and provide positive feedback
 - When your old friend “Denial” surfaces, and you hear Satan’s list of excuses “It’s really not that bad;” “They deserved it;” “It really wasn’t my fault” – your support person can be there to challenge you with the Truth
-
- You just need someone to listen
 - We will learn to reach out to others, be vulnerable, say whatever it is we need to say, and admit to ourselves whatever it is we need to accept, because we trap ourselves in ourselves
 - By taking this step, we talk to someone we trust about those things we most don’t want to talk about – we need to get it out, and into the Light to be set free
 - We try hard to stay honest because we all have fears, limiting beliefs and resentments due to the mistakes we have made, the judgment calls we have made during times in our lives when we were afraid, and trying to survive

- Sometimes we have manipulated, or even crossed the line into dishonesty
- We have violated our own moral code, using the tools of denial - rationalizing, accusing, justifying, minimizing... - so we can tuck the guilt away, and all the feelings that go with it, deep inside ultimately giving us a new list of fears or shame
- Taking this step requires us to inventory ourselves searching out fears, beliefs, what we have done wrong taking responsibility for our part, telling someone, and following the guidance we receive so the appropriate amends can be made, so we can be set free from the incident
- The gift of these steps is healing, self-acceptance and the development of a bond with others, ourselves and God
- A bond that will help us heal and overcome the past hurts of trauma
- As you learn to walk in Truth (3 John 3), you will be moving toward Peace and Contentment and away from the unnerving after-effects of trauma -- flashbacks, nightmares and intrusive thoughts
- Since Trauma can't tell time those unwanted flashbacks take you back to that place of pain
- This is because emotional trauma is such a formidable foe

- Sometimes it seems to chase you, even in your sleep
- There is good news -- you can learn from your dreams
- Nightmares are a gift
- Nightmares suggest that you are ready to bring to the surface a problem you have been avoiding
- When you face the nightmare and wrestle with the painful memories that trouble you most, you will overcome them
- Like Jacob, we too can get our blessing if we are willing to persevere and wrestle with the issues that previously overwhelmed us
- Jacob's name change to Israel represented a change of character
- Trauma victims also need some changes to happen so they can move from victim to overcomer
- Nightmares replay traumatic events to help us master them
- Here are a few interpretive examples:
- A person falling may suggest the need for support that you feel you are not receiving
- Taking an exam but not being prepared may suggest some area of your life where you feel insecure and need better preparation

- Fighting with a person or animal may suggest that there are issues you have been battling that need to be resolved/reconciled
- Being chased may suggest that there are important issues or people that you need to face
- Driving out of control and not being able to brake may suggest that there are areas in your life that appear to be out control. It would be beneficial to relax and find a more balanced approach so that you can “enjoy the ride”
- Running stuck in slow motion and being unable to yell may suggest that you are stuck in some area of your life and need to speak out and give your concerns a voice
- Nightmares have the impact of keeping past pain alive by downloading it into your dreams
- Nightmares are difficult to master because they generate so much fear, but what you need to remember is that nightmares are dreams
- Dreams are messages from the unconscious to your waking self
- Dreams cannot hurt you
- They are ideas, wrapped up in a dramatic story that plays in your mind while you are asleep
- The key is to understand and decipher those messages

- When you can do this, you stop being afraid of your dreams and use them as a springboard for progress
- The Word of God offers you the support you need by keeping your focus on the Hope, Encouragement and Inner Healing Truth offers, “Beloved, I pray that in ALL things you may prosper and be in health, just as your soul prospers,” 3 John 2

Dear Lord, with Your help I know I can face all things, even My nightmares. I understand that in the grand scheme of Things my nightmares have a message for me that I need to Master. I need to learn not to be overwhelmed by my fears. I need to learn that if I run from my fears they will only hunt me Down in my sleep.

Your Word teaches me that You have not given me a spirit of Fear. So grant me, Lord, a spirit of boldness that will allow me to Face my fears wherever they choose to pop up. Thank you for the Assurance that as my fears lose their grip on my life I will find Restful sleep. Amen.

- These steps you have chosen to take are freeing steps

- They are the tools we need to begin this process of restoring ourselves to sanity, peace, self-esteem, healthy relationships, and intimacy with ourselves, others and God
- The work done while taking these steps will give us the help we need for healing from our pasts, from old negative beliefs, from repressed feelings, from mistakes, from all that we are striving to be healed from
- While working these steps, we look within with an attitude of compassion and self-responsibility, making every attempt to do this without fear
- Working these steps requires us to use responsible thinking led by healthy boundaries, and guided by Divine Wisdom
- Taking these steps gives us permission:
 - To be who we are
 - To forgive and respect ourselves
 - To forgive and respect others, the tools we need to establish a lifestyle of self-care in relationships, looking within and being honest with ourselves, God and others by ultimately giving us permission to have emotions, to be human, to be vulnerable and transparent

- This step is the telling-the-truth step, which will set us free, as we work to take responsibility:
 - For our feelings, needs and wants
 - For our part, even when our part means removing ourselves from the victimizing behaviors of another
 - To have compassion for ourselves when we speak, and for the other person as much as possible
 - For what we need to say
 - For speaking our truth, this is one way we remove ourselves as victims

- Again, many of us have been keeping secrets almost all of our lives
- The toll we pay is loss of self-respect and energy, and bondage to old codependent habits

- Many of us:
 - Push our thoughts and feelings out of our awareness, because of fear and guilt
 - We have become afraid to let ourselves be who we are
 - We may appear rigid and controlled

- We tend to:

- Feel terribly anxious about problems and people
- Worry about the silliest things
- Think and talk a lot about other people
- Lose sleep over problems or other people's behavior
- Worry
- Never find answers
- Check on people
- Try to catch people in acts of misbehavior
- Feel unable to quit talking, thinking and worrying about other people and problems
- Abandon our routine because we are so upset about somebody or something
- Focus all our energy on other people and problems
- Wonder why we never have any energy
- Wonder why we can't get things done

“Listen to my prayer, O God, do not ignore my plea;
Hear me and answer me. My thoughts trouble me, and
I am distraught; But I call to God, and the Lord
Saves me. Cast your cares on the Lord, and He will
Sustain you; He will never let the righteous fall,”

Psalm 55:1-2,16-22

TRUST IN YOU

https://www.youtube.com/watch?v=qv-SXz_exKE

Letting go of every single dream
I lay each one down at Your feet
Every moment of my wandering
Never changes what You see
I've tried to win this war, I confess
My hands are weary, I need Your rest
Mighty warrior, King of the fight
No matter what I face, You're by my side
When You don't move the mountains
I'm needing You to move
When You don't part the waters
I wish I could walk through
When You don't give the answers
As I cry out to You
I will trust, I will trust
I will trust in You

Truth is, You know what tomorrow brings
There's not a day ahead You have not seen
So in all things be my life and breath
I want what You want, Lord, and nothing less

When You don't move the mountains

I'm needing You to move

When You don't part the waters

I wish I could walk through

When You don't give the answers

As I cry out to You

I will trust, I will trust

I will trust in You

I will trust in You

You are my strength and comfort

You are my steady hand

You are my firm foundation

The rock on which I stand

Your ways are always higher

Your plans are always good

There's not a place where I'll go

You've not already stood

When You don't move the mountains

I'm needing You to move

When You don't part the waters

I wish I could walk through

When You don't give the answers

As I cry out to You

I will trust, I will trust

I will trust in You

I will trust in You

I will trust in You

I will trust in You

Song by Lauren Daigle