

One Day at a Time
Day 20
Help Through the Holy Spirit

Do not think you need to find the strength and have the ability to stabilize your life by yourself; that would be impossible. You need the help of the Holy Spirit to regain a proper balance in your life.

The Holy Spirit is God living within the heart of a believer. A believer is a person who believes that Jesus Christ is God and that He came to earth and paid the penalty for sin by dying on the cross; He defeated death and lives today so that people might come to know Him personally and live forever in heaven with Him. A believer recognizes that he or she is a sinner and seeks God's forgiveness for those sins.

"For all have sinned and fall short of the glory of God." **(Romans 3:23)**

If you believe and have expressed that Jesus is Savior of your life, then the Holy Spirit dwells in you and is daily at work in you. You must lean on Him to help you develop and work through a self-stabilization plan.

"The Holy Spirit...will teach you all things and will remind you of everything I have said to you." **(John 14:26)**

If you do not have a personal relationship with Jesus, an example prayer is this:

Dear Lord, I know I have done things that are wrong. Please forgive me. I believe You are God and that You died on the cross to save me from the effects of my sins. I receive You as the center of my life, and I give You control of it. Thank you for giving me the gift of eternal life. In Jesus' name I pray, Amen.

I receive You as the center of my life, and I give You control of it. Thank you for giving me the gift of eternal life. In Jesus' name I pray, Amen.