

One Day at a Time
Day 21
Spiritual Stabilization

Your recovery process will be much smoother if you work on stabilizing your spiritual life.

“Your spiritual life gives you the power to overcome the emotional energy that’s being drained from you. It gives you an outside energy source to draw upon,” says Dr. Jim A. Talley.

The following suggestions will help you strengthen your spiritual life:

- Renew or begin a personal relationship with Jesus Christ.
- Learn about Jesus through prayer and Bible study.
- Belong to a church family
- Meet regularly with a mature Christian who can mentor you and be a role model for you.

Yesterday’s devotion talked about how to have a personal relationship with Jesus. In order to build that relationship, you must talk to Him and learn more about Him. Prayer could be simply defined as “talking to God.” Tell Him you need Him. Tell Him your fears, your worries, and your frustrations. Be honest. Tell Him how glad you are that He is in control of your life. Spend time with Him and allow Him to speak to your heart.

You can learn more about who Jesus is, about prayer, about healing, and about living a life that is pleasing to Him by reading the Bible. If you are not sure where to start reading, begin with the book of John, Psalms, or Proverbs.

“Then he opened their minds so they could understand the Scriptures.” **(Luke 24:45)**

Jesus, I believe in You and I love You. Help me to read the Bible and learn more about You. Amen.