

## **105 Intro. Recovery vs. Recovered**

Here we will be working to eliminate negative thoughts & behaviors that have been hindering one's own chance at "the good life". You can accomplish this through becoming recovered, by God, to become the person that you are capable of becoming, through the hourly repetition of good positive thoughts & productive decision making skills that you do possess, even if hidden at this time.

The goal of these letters is to work with, guide & strengthen individuals, while showing each one that they can achieve recovery in the now; if they are willing to work hard at it, as the objective of recovery is the building up of personal strengths, skills & responsibilities, through today's individual decision making efforts.

Here you will find that positive, productive current life goals will guide the life change process & that this change will become possible, through hard work & learning to believe in oneself, as fully as God does, while taking responsibility for one's life changing recovery decisions. The individual fully has a viable chance at full recovery, through responsible decision making, while realizing that past decisions, hold no bearing on the power of good decision making in the now.

You will be changing thoughts, behaviors & distorted ways of thinking, away from yesterday's, oppressive, addiction thinking & towards a more powerful, self-actualized, now thinking; as recovery is a decision by & for the individual & it is the individual that holds the keys to that decision & new life.

It is time to see that the responsibility for your actions is yours & though alcohol, drugs, or even others, may have affected or contributed to your thought processes & behaviors, you are still the one responsible for your decisions & it is by these decisions that life will be changed, one good decision at a time.

You will be able to find a desire to change & a drive to do better, as you learn to eliminate the negative behaviors of addiction & the excuses that reinforce

them; as this is a program of behavior, thought and life change, through finding & building on one's personal inherent individual strengths & powers, which you do possess.

For those living in the darkness of pain, fear, depression, addiction etal, I want you to know that Christ is the light of the world & He is also in your darkness with you, no matter how you feel, or what you have done & though He may not lift you out of the brokenness at this moment, He will also never leave you alone. Christ is looking for you to find faith, comfort & peace in Him, regardless of where you are at in the evils, or doubts, of your heart, mind & this world, as the new recovered life that you seek, starts with a true heartfelt decision to believe in the one who you can hand all your pain & suffering over to & the only One who can turn every broken life into a positively charged spiritually active purposeful life.

God alone, can & will heal your mind, & give you purpose; if you ask, listen to & let Him, so you will learn to be still & let God, be God. Now this is not a religious program, it is a true spirit led way to a positive thinking new life, a full spiritual turn around, away from the dark destructive unknown forces, lifestyle & mindsets that have been destroying so many & into the supernatural light of the positive productive forces that can recover & restore anyone beyond belief; not to what you were, but to what you were meant to be, as just as you didn't know that you could get so lost & confused in such evils, you also have no clue how useful you & your life can become, through a new continuously growing positive restored mindset.

Restoration is about a complete change of mindset & lifestyle & is going to require a lifetime of new good decisions, new positive life changes & new great faith, as, there will be ups & downs & highs & lows, but even in the downs, you are safely recovered for eternity, as God promised when He said call on Me, confess, repent & believe & you will be saved.

So now it is time to start learning to live as Recovered, while understanding that

you may be broken, as we all are & you will have battles to fight, as we all do, but knowing that you are no longer alone & you are now on the winning side of life, not the easy side, as there is no easy side, but on the hard

working winning side, of which you can master & teach as well, as God has created you for greater things, such as bringing other lost souls into this light of God's safety, forgiveness & love.

Now, lift up your faith & call on His name & He will be there with you, which doesn't promise anything easy, but does promise that the best friend you will ever have, is near & wants to hear all about everything that you want to tell Him. Talk to Him, cry out to Him, love Him, trust Him, get to know Him, as He already knows you, as He is all you ever truly needed, or ever will need, throughout your best & worst hours. This will require, total faith in God & a lot of work & life change, which in the end will be more worth it than you ever imagined, so stick with it & never quit quitting, as you hopefully learn, not how to live in recovery, but how to live as recovered, as there is a major difference between them.

So, if you are ready for change, to try a new way of living, follow along with our letters on living recovered, as well as our others, for an increase in faith, wisdom & tools to assist in your life change.