

# Spiritual Foundations for Living Life Recovery

## Prayer

**Philippians 4:4-7** *Celebrate God all day, every day. I mean, revel in him! Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute! Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the centre of your life.*

## Honesty

**John 8:44-47** *"You're from your father, the Devil, and all you want to do is please him. He was a killer from the very start. He couldn't stand the truth because there wasn't a shred of truth in him. When the Liar speaks, he makes it up out of his lying nature and fills the world with lies. I arrive on the scene, tell you the plain truth, and you refuse to have a thing to do with me. Can any one of you convict me of a single misleading word, a single sinful act? But if I'm telling the truth, why don't you believe me? Anyone on God's side listens to God's words. This is why you're not listening--because you're not on God's side."*

## Purity

**Matthew 5:29-30** *"Let's not pretend this is easier than it really is. If you want to live a morally pure life, here's what you must do: You must blind your right eye the moment you catch it in a lustful leer. You must choose to live one-eyed or else be dumped on a moral trash pile. And you must chop off your right hand the moment you notice it raised threateningly. Better a bloody stump than your entire being discarded for good in the dump."*

## Unselfishness

**Luke 14:31-34** *"Can you imagine a king going into battle against another king without first deciding whether it is possible with his ten thousand troops to face the twenty thousand troops of the other? And if he decides he can't, won't he send an emissary and work out a truce? "Simply put, if you're not willing to take what is dearest to you, whether plans or people, and kiss it good-bye, you can't be my disciple. "Salt is excellent. But if the salt goes flat, it's useless, good for nothing. "Are you listening to this? Really listening?"*

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### Love

**John 13:33-35** "Children, I am with you for only a short time longer. You are going to look high and low for me. But just as I told the Jews, I'm telling you: 'Where I go, you are not able to come.' "Let me give you a new command: Love one another. In the same way, I loved you, you love one another. This is how everyone will recognize that you are my disciples--when they see the love you have for each other."

### Faith

**Luke 17:5-6** The apostles came up and said to the Master, "Give us more faith." But the Master said, "You don't need more faith. There is no 'more' or 'less' in faith. If you have a bare kernel of faith, say the size of a poppy seed, you could say to this sycamore tree, 'Go jump in the lake,' and it would do it."