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Maintenance of a Spiritual Program is Vital!

Well, I wish I could report how strong my recovery is and how well I am dealing with all the ends and outs of life in prison, but I can not say those things at this time. Life has been pretty rough as of late and that had me questioning sobriety. It was a very dangerous time for me, and but for the grace of God, I would be in relapse right now.

I got busy. Too busy. My personal time of devotion suffered as a result, and as a result of that, I suffered. Imagine that! Self-pity got a foot hold in my mind. I began to actually weigh the cost/benefits of getting high, just smoking a joint to relieve the pain. Now some things just are; If there are ever legitimate reasons for self pity, I have a few, and truth is lately I have been in pretty severe emotional pain, dealing with life on life's terms can and does result in pain. It is just a fact of life. What's scary is that the lie from hell that some substance could correct what's hurting me, could seem so true.

After a few really pitiful days I was at a cross roads. I began my devotions just like always, but realized I was just going through the motions. I caught myself, stopped and got focused in prayer. Really earnest and focused. I utterly believe that it was the prayers of my loved ones, and my prayer support team that brought me to my senses. Three minutes of this improved conscious contact with God revealed the insanity of my thinking and restored me to sanity! I almost wept.

Self-pity, bitterness, judgement of others, being "right", being in control, all these aspects of being are deadly to an addict! I do not have the luxury of sniveling about life's hard knocks. If I do, I die. TRUTH is that I am so far beyond blest, no words exist to convey how truly blest I am. I began to see that, with Gods help, through those who pray for me. Dear God what a relief! In praying for my son, Jesse and his family, my daughter, Crystal Ann and her family, the child I fathered with "Linda" but do not know, for all my family and my extended family I received such clarity, strength and courage. I love today and I love those I pray for, and I am strengthened by the prayers and love of others.

The AA literature talks about the vital need to maintain our spiritual program, calling it "Spiritual Maintenance". Today God taught me that lesson first hand in dramatic fashion and dear God am I thankful to him for that! So, life is good, recovery back to being solid, me back to being thankful, so I will now go and find my joy. Why don't you go do the same? God bless you.

Love & Prayers,

Russ Jn. 3:30

