

FOR EATING DISORDERS &
ADDICTION RECOVERY



100 DAYS
OF
PRAYER

WRITTEN BY EATING
DISORDER RECOVERY COACH
KIRSTEN HUNNEYBALL

I N T R O D U C T I O N

The process of recovering from addiction and an eating disorder has been rooted in spirituality for me. I'm not exactly sure how it happened, but one day I found myself calling out to God for help, even though I had absolutely no idea what that meant for me.

All I was certain of, was that when I communicated with "it", restorative things would happen. My internal and external worlds would somehow transform for the better. In this journey, I have reached my own understanding of God. My healing has come from the Holy Spirit however, this prayer book is not meant to enforce my opinions or beliefs onto you. So, please use the word "God" in the way that best resonates with you. Sometimes my mom calls God the "Godiverse", meaning "God that is all and everything". I like to think of God as a Universal Christ Consciousness. (After all my name, "Kirsten Emma", is loosely translated into "follower of a Universal Christ!").

This book is purely meant to inspire others and speaks only of my personal reflections. Please take what resonates with you, and leave the rest.

Every time I find myself thinking that my spiritual connection isn't a necessity to my sanity, I consequently slip into relying on old thinking patterns and behaviours that used to break me. My personal development, tangible or not, is purely a result of my connection with God. God invites me to find stillness, contemplate the nature of my essence, and move with confidence and unwavering faith that everything is, and will be, completely okay.

I N T R O D U C T I O N

This short book is a collection of prayers I wrote in the beginning days of my recovery journey. Each prayer simply reflected what was going on for me at the time.

Each time I take my concerns, questions, desires, thoughts, or anything else to God, I find a sense of moving breath.

This air lifts me up from the inside. I know this feeling of air is the wind of the Holy Spirit, and I hope to breathe that air into you, through these prayers, so that you may find healing.

God has helped me realize the answer to the question of “Who Am I?”. In His beautiful, paradoxical grace He reminds me of the answer daily:

“I am a person who chooses to act from a place of joy and love in all circumstances as best I can, and who hopes to inspire others to do the same.”

So, with these prayers, over the next 100 days, I hope to inspire joy and love into your life, your relationship with God, and your recovery from an eating disorder, or any other addiction.

Day 1

God, please see into my heart and know my truth. Know that my deepest desire is for my life to grow according to Your will. I may be faced with challenges throughout my day and my ego may try to drive my decision-making processes. I may not know how to step out of fear and into courage. I am human and I am bound to get it “wrong” from time to time.

But when You look deep into my core, You see the desire for goodness, the desire for love, and the desire for peacefulness. My self-sabotage button may look tempting to trigger, but please help me not press that button. Let me be in this present moment- for it is all I have.

I pray that my actions align with Your will for me - the will to live in grace and not perfection. I know that even if Your will takes me along a path that I did not expect and if I can't see the reason for my current situation - I know that in time I will come to a greater level of serenity through the lessons these present moments are teaching me.

For today, let me honour my truth. When I feel unsure, let me take a moment to sit and talk to You, sharing my fears, my resentments, my dishonesty, my selfishness. Let me also practice gratitude for where I'm at. A day free from my additions is a miracle and a chance to grow, so today I pray that you rid me of compulsions and urges that would harm me so that I can grow in your love and into the person you know I can be.

Day 2

God, when something in my life is feeling uncomfortable - something I've done or am doing, something someone said to me, a decision I need to make, or anything else that's potentially nagging at me, I know that I may try to ignore it or create solutions on my own.

But in recovery, I don't have to do things alone. I have You, whom I can share with, and You will always help me find the sanity in my situation. Let me not forget the simple yet miraculous value of connecting to you and other people who support my journey.

Today, let me be honest and vulnerable enough to share with or seek consultation from someone wiser than me whom I can trust to guide me. I know that they will either help me see how insane my thinking or behaviour has been (In which case I have the choice to make necessary changes), or they will reassure me that I am on the right path. Trying to do things alone is the way my prideful ego acts. Help me set this pride aside and humble myself to seek support from You and others.

Day 3

God, "Taking a leap of faith asks us to trust that there will either be ground beneath our feet or that we will be able to fly."

Often, I avoid change, even if it's something good because I fear that I will get carried away with myself. A good relationship is scary - what if I lose my sense of control? A good hearty meal is scary - What if I can't stop eating? A good job is scary - What if I can't do it? What if I let go of all the perfect things I have set in place to keep me "perfectly recovered", and I relapse? Relapse is possibly my greatest fear of all. It's the one thing I truly would never wish for myself or any other human being.

But then I am reminded - today I can trust. If I keep things as simple as possible and carry serenity into my daily living, there is no need for fear in my life. I can risk without fearing failure. I can be challenged without losing focus on my recovery.

Today I am allowed goodness in my life. I am deserving of positive change. I am worthy of recovery's gifts. I can go out and live my dreams, knowing that sometimes I may have nightmares, but it is still guaranteed that when I wake in the morning, I can shake it off and press on through my day. I know all of this because You are my bedrock. You are where my heart, body, mind, and soul are grounded.

With You, I can experience the full spectrum of colour that is life. Today let me trust enough to take a leap of faith.

God, each day is a new experience. Just as the sun rises, I can rise too, and bring light into my life and the lives of others. One of the most important things I need to maintain a beautiful life in recovery is to trust that that life is available to me.

Day 4

If I do not trust in good things, I will only ever sit in fear. Grant me a sense of peacefulness in the light of this day, remembering that there is as much light in this day that I allow into it.

Let me open my curtains. Let me let the light in.

Day 5

God, when I see recovery working in someone else's life, it brings me hope and reaffirms my commitment to this path. I am reminded that there is no way I can keep this feeling of magic in my heart, without sharing it with someone else. I can hardly experience this in isolation. Isolation is where my demons breed.

The business of life may have me feeling accomplished or successful. It may make me feel as if I've finally got all the things I thought would make me happy. The truth is, that without continuing to connect with others and with You, God, I quickly find myself on a plateau. I find myself feeling bare, numb, and possibly even bored.

Whilst it is important for me to take down time and be in solitude, it is also important for me to connect with people who understand and support my journey of spiritual awakening and recovery. Today, give me the courage to get out of my head, out of isolation, and into connection with someone who supports my recovery.

Day 6

God, the light of the spirit is the most beautiful thing we have to offer. Let me tend to this light by nurturing the passion within me and chipping away at all the baggage that hides me away from myself. There is no running from my defects, but my shadows grow in the dark. Ironic that my shadows are illuminated and show the most in the brightest of sun.

To become the lightest version of myself, I need to embrace the darkest part of me.

I do this through continued self-examination, reflection, and action. This way I gain better knowledge of myself and the others around me and I realize that we are all human, everyone has darkness. Let me be free of judgement of others and myself in this area.

Today, let me shine light onto some area of my darkness, let me expose a difficult part of myself to someone I trust, even if it's only to you, God.

Day 7
God, this morning I pray for knowledge of your will to come to me during the quiet of my day. But for me to hear your guidance, I need to take some time to be still. I can get by on life coasting along, doing what needs to be done, and I can stay on track, for now... but emptiness will ache harder and deeper if I do not fill my void with a healthy dose of your love each day.

Today let me remember that living a life free from addictive behaviour doesn't just involve not acting out. It involves learning how to live spiritually and connecting with you and those around me. It involves me listening for your will for me, and then carrying that out.

If I do not stop to listen, I will never hear. Soon enough I will be acting purely on self-will and questioning why I feel so spiritually bankrupt even though I haven't done a thing. And when this happens, I am more likely to reach out to old behaviour to try and replenish this emptiness I feel or to cope with daily life.

Please let me not forget how important it is to make time for stillness so that I can know you, and know myself.

Day 8
God, the wisdom I gain in this life is spiritual in nature. And therefore, to receive the greatest wisdom, I must nurture the spirit. Every time I come to a crossroads in my life, or I need to seek guidance in a particular area, I cannot expect to come to any conclusions or reach any level of freedom if I am not nurturing my spirit.

Often, I come to you with questions about my next step, or how to deal with a situation. These answers don't come to me through continuous asking. They come when I let go of the outcomes and refocus my attention on what I can do in this day, to feed my spirit.

Life is quite simple once I realize that the answers don't lie somewhere in the future, they are being manifested and presented to me at this moment. And so, this moment, and my decisions in it, are what really count. Let me use this moment to move toward a better future for myself. Let me use this moment to nurture my spirit.

God, this morning I woke up an hour earlier than usual. The first thought that popped into my mind was one of child-like excitement! "Yay!!! An extra hour I can fit in some time with you!" Strange how waking up earlier is now quite a pleasant feeling.

As I thought about what to say as a prayer this morning I thought I'd talk about how exciting recovery makes me feel. But I felt silly, so instead, I opened a book for some inspiration. To my amazement, the first page I flipped to said this at the top:

"Now I am excited to work on my recovery because I know the steps are the road to freedom" - pg 15 NA Living Clean.

My heart is flowing with joy. For it is the tiny moments like this that confirm your presence in this life. These "God moments" have happened many times in recovery and I cannot explain them. So today, let me share as much joy as I can with others.

Let me be grateful that fear has turned into excitement. Let me not see recovery as hard work or punishment, but rather my path to freedom. Let me not doubt myself. But most of all let me look for where you are working in my life.

What have been some of my "God moments"? Allow these to remind me of your presence, and the fact that you are working behind the scenes for the greater good, always. And man, that's exciting!

God, there is no such thing as spiritual perfection, as a human being- it is unattainable.

Let me not be angered by my flaws, but rather accept them lovingly as who I am. I can make choices each day that assist me in moving away from acting out on these flaws as frequently or severely, but it takes practice and continuously seeking your strength.

I cannot spend my life on a cloud thinking that recovery will make me immune to being human - having fears, resentment, self-pity, dishonesty, etc. but at the end of each day I can reflect on these parts of myself and I can think about what I could do differently next time.

Then, sanity comes when I start doing those things differently. I do not have to be perfect. I do not have to always get it right, but I can try my best to live spiritually, knowing that if I stick to this path, you will restore my sanity in different areas of my life, in your timing.

Day 11

God, help me gracefully accept that which I cannot change. I must distinguish between real and imagined barriers. If I am frustrated in a certain area of my life, it may be because my persistence to change the situation, has turned into obsession and anger. It may be because I am impatient and unwilling to recognize any of the areas in which you are asking me to grow.

Today, let me try to make peace with an unwanted event, situation, or emotion and ask for your guidance in how to deal with it with dignity and grace.

Day 12

God, sometimes I wish I could coat every person I love with a protective suit of armour so that they never experience any pain. I sometimes think "I'd take all their pain on myself if it meant that they'd be ok!" And while my heart may be in a good place, I must recognize the error in this thinking.

Firstly, I am not greater than you, so I don't have the power to control or remove other people's suffering. Secondly, I am not responsible for their pain and cannot fill myself with guilt... because no amount of me feeling/being/doing WORSE for myself, will make them better. I realize that this was often my attitude in life - I would feel so powerless to help those I loved, that I would harm myself, thinking this could bring resolve. But it only brought more pain to myself and those around me.

For today, allow me to feel pain, sorrow, grief, and sadness but help me not let any of these things become my master. Keep me on this path of recovery no matter what is going on around me. And remind me that just because I have been selfish in the past, this act of keeping my eye on recovery is not a selfish act. If anything, it will only bring greater joy and inner healing to those we love, for them to witness the miracle that is recovery within us.

Day 13

God, I know that the main objective of my recovery is to get out of my selfish ego-driven obsessions and to strive to achieve your will for me. But, one of the dangers I face is being too hard on myself.

At times I can quite literally remove myself from a situation and watch as I act out on a shortcoming. As if I'm watching a movie play out with no ability to press pause. And I go home and think "Why couldn't I stop myself!?" "What's wrong with me?" "Why am I still acting this way!?" And sometimes the feeling of not having been able to be spiritual in the situation, makes me feel like I'm not progressing.

The thing is that I cannot stop myself from having shortcomings. That is why I must **HUMBLY** ask **YOU** to remove them. And this will be done in your time! The part I can play, however, is to take action. You have given me the gift of awareness of these shortcomings, so when I see them popping up, instead of beating myself up, I must **ACT**- by exposing it (getting honest with you and someone I trust), and then thinking how I might like to act differently next time.

I **PRAY**, and then I practice patience. I have blind faith-trusting that if I am sincere in my asking, you will relieve me of my shortcomings.

God, you are goodness. You are hope. You are courage. You are peace. You are patience. You are graciousness. You are kindness. You are clarity. You are all that is love.

Day 14
All I need to do is bring my focus to you, and I will find that I am capable of these things as well, as I am made in your image.

It is only when I turn myself away from you, that I find myself in fear, hopelessness, restlessness, impatience, resentment, clouded judgement, and all that is not loving.

Today let me strive for spiritual progress, not perfection. Let me do this by practising how to pause - and ask myself "is it kind, is it true, is it necessary?" Before I act. Reminded that this doesn't only refer to how I treat others or the external decisions I make, but it also refers to how I treat myself.

Day 15

God, I may be walking a path that is still unclear to me. Perhaps I have been hurt by religious groups and shy away from them, yet I still feel your power in my life, and it gets confusing.

Let me trust this process and see that just for this day, all that I need to do is continue coming to you, even when it feels strange. Let me not be fearful when it comes to my relationship with you, just because I haven't quite figured it out yet. Let me trust this simple fact- today I am clean, which is something I never imagined possible. That was not my own doing (trust me I tried stopping out of sheer willpower and it didn't work).

The miracle of being clean today is something filled with love, care, and is far greater than me. Perhaps just for today, I can see the miracle of recovered people, as proof that You exist.

God, stopping to act out on my eating disorder required me to put in a lot of action that I wasn't quite used to doing. These actions often required me to sacrifice things that made me feel comfortable or safe as well. In desperation, I spent every waking moment going against my head and doing all that I could just so that I wouldn't act out. It was almost like a new "high", and it felt good. It felt really good. I had something to hyper-focus on.

Now after some time of getting into the swing of life, things start to stabilize, and I find I'm not always as enthusiastically driven to do those things I used to do that got me clean. Complacency if you will. This is a time when I need to reflect on where I'm at.

Have I lost touch with what I'm thinking or feeling? Am I falling back into old habits of procrastination or self-pity? How long can I stay in this place without eventually toying with the idea of acting out?

Yes, I am clean just for today, but what action am I putting in to stay that way? Commitment is key.

Today- let me assess my recovery and see where I am lacking - spiritual, emotional, physical, or mental health, and let me recommit. Let me find something today that excites me and reminds me that recovery is the most beautiful experience I have ever had.

Day 17

God, I am fearfully and wonderfully made! Accepted and loved unconditionally by You. What other people think of me should neither break me down nor build me up too much.

I needn't change myself to fit someone else's mould. I don't have to look a certain way or compromise any part of myself to please others. I am not living spiritually if I am doing things so that I can get a pat on the back. Let my motives be backed by love so that I can feel peace within my heart and alignment with your will for me.

Today I am reminded that no opinion can harm me, for I am validated through your love.

Day 18

God, there is absolutely no way that I can predict or control the future. There is no way that I can place my complete trust or sense of security in any worldly thing. I can have hopes, dreams, and desires, but nothing at all is set in stone in this material plane of existence.

The **ONLY** thing I can place 100% of my trust and certainty in, is in you. In the power of spirituality. I can be certain that no matter what, no matter how good or bad life gets, you will be there, carrying me through. Today, let me let go of all expectations of others and myself.

Let me rather embrace uncertainty with courage and a realistic perspective. Let me focus on balance in these next 24 hours. Because today is all I have, and if I put one foot in front of the next, with stable footing in your magnificence, I can wholly and completely trust that I will be ok.

God, doubt is constantly nagging me, at the tip of every thought. It brings questions such as “did I make the right decision?”, “Will I be able to get through this?”, “Am I good enough?”, “Will I fail just like the 1000 times I did before?”, “Is there really a purpose for my life?”... *Day 19*

The list could go on forever. I am always searching for the perfect answer and fearing imperfect outcomes. Fear is what drives this doubt. Fear that through my humanity, I may fall short in some area of my life, and as a result, I may become unhappy. The truth is that I WILL fall short. And I WILL experience moments of unhappiness.

Once I realize and accept this as a fact of life, I can embrace “failure”, and use it to grow. I can fall short and find ways to improve who I am. Knowing that the only time I will ever not be imperfectly human, is the day I pass away.

Let me strive to be the best I can for this day, living spiritually and asking that my fear of not getting everything 100% “right”, be removed. Allow me to laugh at my silly mistakes, reflect on my larger ones and use my humanity as a chance to learn more about this life.

Today, help me share honestly with You and at least one other person, those things that keep me stuck in fear.

Day 20
God, the only requirement when formulating my concept of you, of my Higher Power, is that you be loving, caring, and bigger than me. Let me keep it that simple. You will present yourself in various ways through my life.

Whether it be in a gut feeling or a sunrise, a beautiful coincidence or a kind word spoken, whether I see you in “normal” people or myself... let me not judge others if their concept differs from mine. Let me not fear that I’m lost if I haven’t quite yet figured out what or who you are.

Remind me that my God does not need to be compared with another’s. Let me spend some time today contemplating what and who you are in my life, without sinking into obsession. I am allowed to be cheerfully curious in this journey of getting to know you.

Day 21

God, listening is an important part of living simply, serenely, and sanely. During meditation, I take the time to listen. I still my thoughts and close my mouth. Listening to the breath that gives me life, to the outside world, and my inner self. I can listen to my body's physical cues as well- am I tired, hungry, in pain? Listening to my emotional needs as well. Do I need to laugh, cry, share, be assertive?

Listening to these things that help me better understand and treat myself HAS to include the ability to listen to others. Listen to suggestions given to me by those I look up to. Listen to people sharing about their day rather than always speaking. Listening to loved ones share their thoughts or concerns.

Through listening I remain teachable, I remain humble and I remain calm. Through listening, I gain a better understanding.

Today, let me try to practice listening rather than always having to fill the empty space up with meaningless "word-vomit" just for the sake of speaking. I can learn that silence is not as uncomfortable as I once thought.

God, I have thought for so long that there is darkness inside of me, and that this darkness has been the thing that has kept me sick. But darkness is not some fault within me. Darkness is the absence of light. In darkness, I am unable to distinguish colour. I am unable to see the different hues of life, of joy, of experience.

In conditions of insufficient light, my perception is achromatic and ultimately, black. Light is found spiritually in the form of love. In my eating disorder and addiction, there was no love. I was in darkness, but I was not the darkness. In recovery, I have experienced love for the first time. Through love, my perceptions have changed.

The more love I am shown and the more love I give, the lighter my life becomes. Today let me show love to others and myself through practising the loving spiritual principles in every area of my life.

Day 23

QUIET MY MIND...

God, teach me to quiet my mind. Stop my thoughts racing from one thing to another.

Stop me from the obsessive thinking about the lives of others.

Help me rest and quiet my mind.

Help me let go of trying to control the lives of others.

Free my mind to be at rest.

This I pray...

Day 24

God, nothing is ever just as I expect it to be. No conversation goes exactly as planned, I may be in a job I never imagined I'd be in, may have lost someone I couldn't imagine a life without. I may have been at my most successful point in life, only to be crushed or to suddenly relapse, or I may have been at my lowest and found this to be the most significant turning point of growth. I may have been disappointed, I may have been surprised, or perhaps things have just been mundanely average for a while.

I cannot predict what will come, or how I will grow, but I do know where I've been. I know what kind of person I DON'T want to be. And I've seen how that person has transformed - something I owe purely to you, God.

Let me, on this day, focus on the positive changes that have transformed me internally, and continue to put my best foot forward. Let me do this not only to better my life and the life of others but let me do it as an act of thanks to You, God- my rock, who drew me out of my rock bottom and into a life I could have never dreamed of - a life of being clean.

Day 25

God, You have given me new eyes to see clearly. I see my part, my character defects. I see the miracle of recovery in myself and others. I see other people and not only myself. I see a way out of the madness. I see. Thank you for sight.

Day 26

God, I accept that within my mind are both fear and love, and I accept my power to choose which I will experience as real. I recognize that I experience only the results of my own choices.

I accept the times that I choose fear as part of my learning and healing process, and I accept that I have the potential and power in any moment to choose love instead.

Day 27

God, today I am sad, and so my prayer is simple. I pray that for this day, I practice gratitude for how far you've carried me, and have faith that you will continue to do so.

Day 28

God, as I grow in my recovery, I grow in my connection with you and I grow in my understanding of love. I begin to understand that love moves beyond and deeper than butterflies in my stomach. It is a state in which I find my heart at rest.

My responses are one's that are rooted in the desire to understand others, to care for others, and to sometimes make challenging decisions. Love for others might mean letting a person go or saying no. Love for myself may mean sacrificing a temporary pleasure for the reward of long-term healing and growth. Love understands that there is no such thing as perfection - humanness is a part of life and the best I can do is practice forgiveness for myself and others, for you love and forgive me unconditionally too.

Today let me reflect on the idea of love. It's depth, its sacrifices, its choices, and try to choose love in all my endeavours on this day.

Day 29

God, the resistance to sitting down to take a good look at myself is far more painful than just doing it. I can work myself up into such a mess as I attempt to do anything and everything to avoid some one-on-one downtime with me.

Whether the distraction is food, TV, work, my relationships, exercise, or even obsession over other people's behaviour- I can use almost anything as a valid excuse. However, there comes a time where I've had enough of "not knowing what's going on inside", where I've had enough of feeling disconnected and lost in myself.

And so, I create a space - 5-10minutes before bedtime... I grab a pen and paper and become willing to sit in a moment of reflective silence with my thoughts. I write, without expectations.

Usually within five minutes- even if what I am writing is incredibly difficult to put onto paper, or makes no sense - something shifts. A weight is released. My tight chest loosens up and I sigh a breath of relief. I then wonder to myself, "How have I been avoiding this action for so long!? It's so incredibly simple, and works every time!"

So, God- today let me commit to 5 minutes of sitting with myself. Let me stop avoiding and write what comes to mind. I'll soon realize that the resistance to this simple act, was the thing that was troubling me most and that looking at myself isn't nearly as scary as I build it up to be in my mind.

Day 30

God, let me be comfortable in periods of rest. My life is so abundantly full, for which I am grateful- however, I can often use “full and busy” as a way of distracting myself or disconnecting. I find when I am graced with periods of rest in between the busyness, I immediately seek to fill that space with some action, person, or comfort such as food, TV, my phone, etc.

Today let me find those moments of rest, and forgive myself for “not feeling productive”. I must remember that there is a difference between laziness and replenishing my energy stocks. It’s OK for me to just be in these moments. If I am struggling with how to do this, let me start with my breath- focusing on my breathing for 5 minutes can greatly enhance the vitality of my body and the way I enter this day.

Day 31

God, today help me to pay attention to myself, others, or the things around me. Let me pay attention to the words I speak - both inside my head and out aloud. Let me pay attention to the people I interact with, the things I read, the conversations I engage in, the things I eat.

Let me practice the spiritual principle of listening. Listening deeply and living lightly. If I am experiencing a thought, emotion, behaviour, or anything, let me ask myself “is this rooted in love?” If the answer is no, grant me the courage to gracefully step away from the thought or action.

Day 32

God, when I get too busy and feel disconnected, I'm not "bad". I shouldn't feel guilty or as if I'm not doing "enough". The reality is that I cannot be 300% zen and serene all the time. I'm going to have days where all I manage to get done is work, eat, sleep, repeat. Spirituality is a lifestyle practice- and I use the word "practice" because I don't do it perfectly.

There is no such thing as spiritual perfection. If it weren't for my humanity, I would not need to follow a path to enhance my spiritual self. Today let me not beat myself up for having a few off days, or even weeks. I trust that I'm doing the best I can.

Today I'll try to incorporate 5 minutes of downtime dedicated to enriching my spiritual self, and know that what I am doing is always "enough". I am always, unconditionally loved by You.



God, I am allowed good things. For so long I have beaten myself up for the smallest imperfection, believing that I deserve “punishment”, or that bad things are just expected in my life. I’m always fearing things going wrong just around the corner. This person will leave me, I won’t have enough money, I’m going to get fat, I’m going to fail...

The truth is that thoughts can be the driver of my insanity. If I fear everything going wrong all the time, I will naturally be in fight or flight mode. In this mode, I will make rash, impulsive or reactive decisions or act on negative emotions far too easily. What I need to do is change my thoughts. And I can do this by combatting irrational fears with Your truths.

I can look to the things You say about me and my life. I can look to your thinking, rooted in love, and use this day to renew my mind. The first step to this renewed mind, however, is the willingness for you to work in my life. I have to invite you into this day.

And so, I invite you in, through a simple breath and one word uttered; “God”. I can be certain that the things that happen in my day are guided by You, and that all I need to do to find peace and clarity, is to invite You in. Even if I have to do this 100 times today, You are always available to me. All I need to do is be willing.

Just for today, let me try to rewrite negative thinking into a positive affirmation. Reminding myself that moving from a place of fear to a place of thanks and gratitude, will make my day 1000 times better.

Day 34
God, I fear the unknown. Because of this, I can get stuck in circulatory obsessive thinking about “what if’s”. When I get stuck in fear, I cannot be present at this moment. This often leads me to procrastination...

Procrastination is the first sign that shows me I am stuck in fear. Fear can also disguise itself as “I just don’t feel like it”.

Why don’t I “feel like” doing a particular thing? It’s almost always rooted in some kind of fear. Fear of failure, fear of success, fear of having to work hard and things not feeling comfortable and easy, fear of rejection, fear of love and acceptance, fear of conflict, fear of having to face myself and own my part.

Today- when I find myself procrastinating, let me ask to see myself clearly. What is it that I am trying to avoid? What is the fear that drives this procrastination? Once I can see this more clearly, I can decide whether or not I want that fear to drive my next action or not. I know from experience that I always feel 100% better when I acknowledge fear, but let it take the backseat. Today I can choose action and love over procrastination and fear. Today I will not allow fear to drive.

Day 35

God, I'm not seeing the light at the end of the tunnel. Sometimes I don't even know if I'm still in the tunnel at all, or if I'm even moving. I feel desperate God. Desperate for some tangible light that might fill me. I can't seem to change my perception enough to "stay positive". As I roll with the motions, it feels like less of a flow, and more like being caught under a wave gasping for air.

My anxiety hinders my ability to bring me back to right now. I have tiny moments where it feels like everything is ok, but then I slip into "what, why, where, how, who, sad, resentful, scared... lonely."

That's it God- I am lonely. And I am ANGRY with you! Why would you create humans to desire companionship, and then make it so hard to get right! Why can't we be like self-standing trees who photosynthesize and thrive beautifully no matter what they look like or how old they are or how many branches they have!?

And now, I laugh at myself because I'm asking you to make me into a tree. I'm ridiculously demanding, God. And when I don't get my way, I get bitter. I GET that the aim is to be fulfilled by You, primarily, and I swear this is what I truly desire! I just ask that you help me a bit along the way to be accepting of where you have me on this day.

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Day 35

That being alone doesn't mean I'm alone.

That encountering difficult people doesn't mean everyone is difficult.

And that being a unique, vibrant, expressive, and versatile human being is, in many ways, much better than being a tree.

God- help me trust that you sustain me, just the way you sustain a tree. Let me aim for the stillness, the magnificent bold and independent nature of that tree, the ability to see my beauty whether I am a large oak or a tiny thorn bush. I ask you to help me love myself, God

God, when I find myself in a character flaw I thought had been dealt with or that I had overcome, I start to beat myself up or fear that I will never change. That I'm doomed to feel this way and have this challenge for the rest of my life.

Day 36

I get so fixated on this one defect, that amnesia hits me and I forget every positive thing and challenge You have gotten me through up until this point. I feel there is no way out. But- there is! There is a way out!

And all it takes is me breathing in, then out, and then picking up the phone to call someone who will allow me to spill all my pain into their ears. Someone who will listen, so that I can release my pain and my fears. Once I have allowed myself to splurge openly and honestly, everything that is holding tight in my chest, I feel like I can breathe again.

It is usually then that You, God, enter that person's heart and speak through them. You bring sanity, love, understanding, compassion, and often a bunch of humour. I find myself smiling and remembering that my head will - if left unattended or if in isolation - absolutely cave in on itself.

Let me be reminded that I AM NEVER ALONE once I step into recovery. There is ALWAYS someone to talk to. Thank You, god, for the people I can trust and hold dear to me. Thank You that I never have to go through anything alone ever again. Thank you that there is a way out of pain. The way out is by going through it, with the help of the people who love and support me.

Day 37
God, I can choose to say a prayer for those who I am resentful toward or who have caused me pain. It may be the last thing I feel like doing, but when I pray love over the people that harm me, I am practising for when the time comes that I should pray for love and forgiveness over myself for acting in “less than perfect” ways.

The ONLY difference between forgiving others and forgiving myself, is that after forgiving myself and accepting my downfalls, I can choose to try to act differently in the future. Other people may not make the same choice, and I must let that go.

After all, I get to wake up a new and spiritually different person, whereas they might be stuck in their fault forever. Unforgiveness is no way to live a joyous life. Let me have compassion and pray that for their sake, they may see their downfalls just as I see mine, so that they may become more loving and whole people, just as I strive to do the same. There was once a time when I was the one doing the harming - if I had not been fully accepted by those around me, if I had not been forgiven, I may never have allowed myself the chance to pursue a spiritual journey.

Today let me practice forgiveness and say a prayer for those I am resentful toward.

God, I am understanding better with each challenge that life throws at me, what it means to keep it simple. There are times when the going gets so tough that all I can physically manage to do is hold on. In this time, no matter how it is I am feeling if I stay connected to You, I will get through... staying connected to You means I am given the courage to do the bare minimum. I say serenity prayer, and I hear deep inside me; "Just listen, you're going to be ok."

So, I become willing to listen. I do so by reaching out and sharing my grief with someone else. I say, "I'm not ok" and then I listen. I spend some quiet time in meditation. And.. I listen.

Coming into recovery from an eating disorder has made it so that I never, ever have to go through anything alone ever again UNLESS I choose to. When I make myself vulnerable, I open the door to an incredible spring of abundant love from my fellows. Sharing with others always shifts me into a better mindset even if just for five minutes.

Today I'll connect with someone who supports my recovery journey. I will make myself vulnerable. I will persevere through hardship, remembering that what I'm going through is NOT about me! I am facing these challenges to learn how to get through them without acting out so that I may help someone else one day with my first-hand experience and so that I may fulfil your will for me in my life.

Day 39

God, in the past I desperately sought approval from others, because I could not approve of myself. I needed someone to validate me. If I had someone tell me I was beautiful, then I believed them. If they told me I was ugly, I believed that too, regardless of how I looked or who I was inside. I couldn't approve of who I was inside, possibly because I didn't know who that was.

If someone told me I did a good job, or that I did not measure up, I'd hang on to every word, regardless of whose standards I was comparing myself to or how proud I was of the work I'd done. I couldn't be proud of myself.

If I got intimate with someone, I believed that they cared about me, regardless of how they treated me. I couldn't care for myself.

When I am desperately seeking the acceptance, validation, or approval of others, it might be a good idea for me to look at myself and determine whether I accept that part of myself. Do I accept and love my physical body, knowing I can care for it and nourish it but that it will never be perfect and that it is only a vessel carrying the person I am inside?

Do I accept my assets and shortcomings in the work environment or relationships? Can I still try to do the best I can through practising spiritual principles?

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Day 39

It takes time to reach a deep level of self-acceptance to the point where other people's opinions don't sway my sense of self, and the approval I seek comes from within. It is something I need to try and practice daily. It can start with the simplest act.

For example, saying "I will make my bed this morning because I deserve to live in a clean and pleasant environment.", "I deserve to make myself a healthy breakfast and nourish my body, get a good night's rest or take care of basic needs." Or even "I deserve to work on my recovery today's by doing step work or getting to a meeting."

This can grow to things like "I deserve to stand up for myself when someone hurts me." Or "I can say no to sex if I don't want to do it" or even "I can help someone else today by sharing my experience"

Self-acceptance begins with small steps I have to proactively take and leads to a natural state of being. Today I will take one small step to show myself that I am worthy of acceptance that comes from within me.

Day 40
God, I am not sure what is in store for me today, let alone this week, this month, or over the next year or so. If I look back a month ago, I would not have been able to imagine where I am today. The “good” and the “bad”. While I can make some plans and have certain things in place that are likely to remain pretty stable, some things are unexpected, challenging, exciting, and painful.

Let me work each day to maintain the foundations of my recovery so that whatever it is that comes my way, I know how to respond to life sanely rather than to react insanely. Let me be reminded to share my successes and failures with others, being the real me so that I never create an illusion that life is perfect once I get clean, but that I can handle anything life throws at me with the strength that my higher power affords me each day. Let me also be reminded that I am not perfect, but I can be spiritual to the best of my ability.

God, some days I wake up with a skip in my step as if all my deepest troubles are feather-light, fleeting, outer entities that can't touch my restful spirit. On these days I get up with intention and take each motivated step with bold purpose.

Day 41

Other days I wake up as if a train has crashed over my soul and even the tiniest daily concern can wreck me. On days like this, I feel anger. Why is it, that what didn't bother me yesterday, is suddenly so pressing on my spirit today? Why has the sweet smile of serenity turned to a sour stench of misery?

The truth is that I have no idea why this happens. I have no idea why some days are "good", and others are "bad". I have no idea why my feelings come and go the way they do. On these days where there is more darkness, pain, or sourness in my heart, let me start the day just as I would when my spirits were high. Let me not give my feelings as much power as I do. Let me pause to assess my emotions- a mini-inventory of the self in a way.

But, just because I don't give these feelings too much power, doesn't mean I shouldn't experience them at all. Help me to establish a healthy balance - the place between indulging in woeful self-pity and resentment toward the way I feel, and sticking my head in the sand denying myself any feelings at all.

Then let me go into this day with intention.

Because these feelings will pass, and serenity will flow back into my mind. Feelings are feelings. They need to be felt, they ask to be dealt with, but they also need to be put to rest once they have had their say. Allow me, in this day, to feel my feelings to the end, but to not let feelings become my master.

God, I am not alone. Loneliness is a lie that pulls me inside of myself and finds only despair and emptiness. When I look at this loneliness, I become resentful. Although most of my time is spent alone, I do not have to feel lonely. My perspective of loneliness is what counts.

Day 42

I could be in a sea of people and still feel alone. The remedy for this feeling of emptiness comes from the connection I can establish with You. When I allow you into each moment of my day, I feel happier, I feel more capable of dealing with my difficulties. I feel stronger and I know underneath all the madness, that I really am ok, and I really am not alone.

When I can fully trust that connection I have with You, I'll soon find that things around me bring more joy than they had before, simply because my perspective has changed. I'll be able to think more about how I can make someone's day brighter rather than how someone else can make me feel better. Today, I am not alone unless I choose to be. And therefore, I do not ever have to feel the despair of loneliness as You are right here with me, whenever I need You.

Day 43

God, today I desire closeness to You in every way. I cannot see your plan for me, which at times can feel soul-destroying. But these are times for blind faith. Trust that I couldn't begin to imagine what You have in store for me.

For you are love, you help and guide me just as you help and guide each person in this world. You help those who don't even ask for help. You are always present and always working. Today I will take some time to consciously connect with you. I will bring myself to You and surrender to your will for me. And your will for me is love.

Day 44
God, I need to trust the place I'm in, as it is a part of my bigger picture. In these times when I am simply going through the motions of everyday life, let me persevere regardless of how I feel. Let me place one foot in front of the next. Let me practice spiritual principles even when my head is throbbing with the desire to run or give up.

Let me choose not to give up.

Let me choose to trust that hard work pays off. Let me choose to do that hard work. Today I will do something even if it's tiny, that shows I am putting in the action toward a bigger goal. There are no quick fixes to a life of true fulfillment. Baby steps, and letting you do what you do best, is my answer.

Day 45

God, this morning I can't put words to the feelings I have in my heart, but I will attempt to voice them. It's like a swirling, energetic, warm energy softly caressing my chest, which says "you're not alone, you have so much good in your life, God really loves you". What a beautiful feeling. I have only been able to scrape the surface of this kind of serenity.

I find that the more I calmly navigate my way through difficulties, endure pain, reach out even when I've felt that my issues were meaningless, the greater the wave of Your love encapsulates me.

Today, let me let your love encapsulate me.

Day 46

God, let me not fear a long journey of steady progress toward a better life. Each time I feel that “it’s not happening fast enough”, I am reminded that my impatience got me nowhere in the past... it got me worse than nowhere. When I became impatient, I became rebellious. I wanted things to change and I wanted it now. The issue is that most things that I wanted to change, couldn’t be. And so the only way I knew how to create an illusion of something that would bring resolution or comfort, was to act out on my eating disorder. The purging made me feel like I didn’t have to deal with the fact that things weren’t feeling great. But it only brought me more pain.

Patience for this process of self-discovery can be hard sometimes. But when I practice the principle of patience, in my growth and all other areas of my life, I feel a sense of stillness within me that brings about a very foreign inner state- one which I secretly really like. When I become a little more comfortable with moving steadily in life rather than bulldozing through or rushing to find the next “thing that will fix all my problems”, I find a peace unlike I’ve ever experienced.

Today, let me look at which areas of my life I’m trying to frantically change or control. Why am I doing so? What am I running from? Let me remember to let go completely, while still putting in the steps to make the most of my day so that when I retire tonight, I can say in the back of my mind “good job today, me!”

I did more than enough. Slow and steady wins the race.

God, as I sit this morning, I close my eyes to listen to the birds. I stretch my ears as far as I can, trying to listen to all the different voices, and how they come together in this beautiful symphony.

Day 47

Each bird... doing its own thing, being unapologetically itself. A natural beauty I can learn from. For so long I have fought. Sometimes I'm not even sure what it is I've been fighting. But each day looking to your love, moving away from the death that the darkness wants me to stumble into, and working the process of becoming, I'm finding my voice. How grateful I am, to be able to figure me out. And the more I work on figuring myself out, the more I realize that I have been beautiful all along. All I needed to do was allow myself to be.

I have immense gratitude for the fact that I get to interact with people who are on the same journey as me- a journey to the heart, a journey fuelled by your divine grace. When I connect with others who know you, I feel your energy, and I see a group of people singing from their hearts, being themselves.

How refreshing is it that I have the good fortune of knowing such people? In a world where most people can't figure out or are too afraid to shine your light, I can be certain that I am a part of a symphony of beautiful people, each singing their own tune and being unapologetically themselves.

Today, I will try to connect with others who know you. I will build friendships with those that are also striving to be the most beautiful version of themselves that they can be. I will lean toward those who also have you at their centre. I will stick with the winners and find my voice.

God, HOPE: Hold On. Pain Ends.

Day 18
I cry out to you with these words, "I don't understand why I am going through this! I don't see your reasoning! I can't see the bigger picture! I don't know where it's leading me! Why am I experiencing this pain!?"

I realize at this moment what faith truly means. I have crumbled before You in agony at times because of having to accept life on life's terms. I have been angry, lost, and confused because I have no idea WHY I have been given this situation. But the thing is- something inside of me says "keep going." I have two options- to run as far as I can, which would likely end me up back in self-destruction, or walk-through pain, which will lead me to... growth.

I am beginning to change my perspective so that I am walking toward a better life rather than away from a destructive one. I feel pain, but I don't feel incomplete because of it. I realize that my choice to walk through pain, with your light within me, is a show of my faith.

Faith is what keeps me going even when I can't see the reason. This spiritual growth can be frightening and lonely, but through hard work and grace, I can be free. My faith is deepened- I can live with a sense of joy and gratitude, with the principles of recovery giving me courage, strength, and wisdom to endure any hardship. I see a glimpse of hope, even if it's just a flicker in the distance... it's there.

God, today I will keep an eye out for gentle reminders.

Day 19
These are things showing that in the bigger picture, I am ok. I am not alone. There is goodness in my life. Sometimes the blessings in my life only come after I've walked and learned through pain. But pain is not a prerequisite to peacefulness. Sometimes the things that make me the happiest come to pass, but that doesn't mean good things don't last. I am on a journey and I truly have no way of knowing what life has in store for me today or in five years.

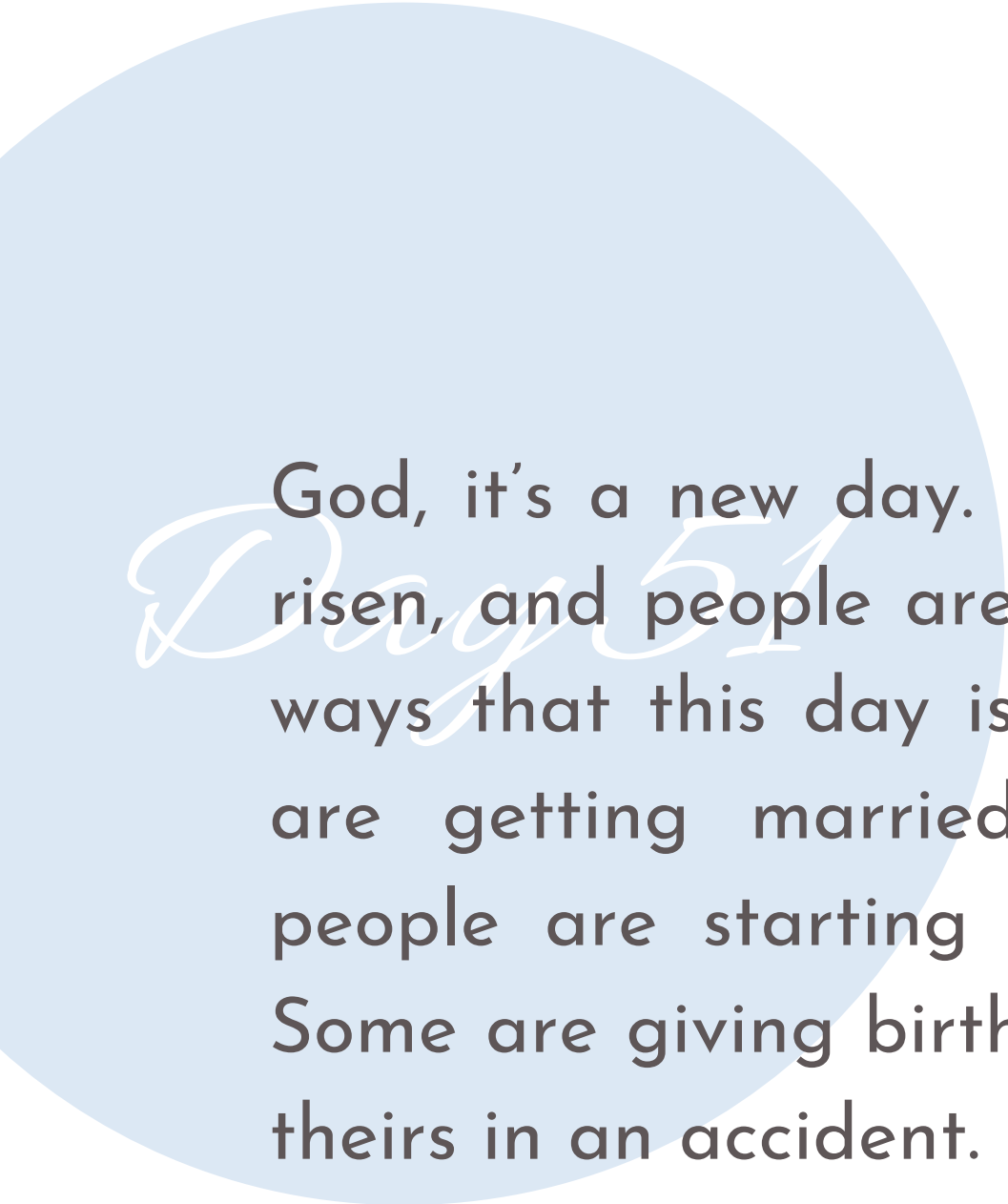
So, I'll look for the gentle reminders- the coincidence of my favourite song playing on the radio just as I hear bad news. A bird landing on my windowsill as I look out to the street. A phone call or message from a friend just to say hi. Witnessing the joy in someone else's spirit. Laughing at a joke at work despite having a tough day. Someone letting me in front of them in traffic when I'm in a rush. A warm cup of tea at the end of my day.

Anything that makes me pause, and think, "It's going to be ok." Maybe I could even start jotting these down during my day so that at the end of the day I can first reflect on all the good happenings in my life before I start picking myself apart about everything that went wrong.

Today I'll try to take note of the gentle reminders. And maybe I'll even try to make someone smile so that I can help be a part of one of their gentle reminders too.

Day 50
God, I must get out of bed...open my curtains, make my bed, jump in the shower, get dressed, have breakfast. Get going, start my day, soldier on. If I don't do these things, one step at a time, then I stay in bed- meaning I lose the precious golden time you have blessed me with. I keep the curtains drawn, meaning I never allow light to flow in. I don't make my bed, meaning things feel messy all around me. I don't shower, so I feel equally as messy and unmotivated. I don't have breakfast, meaning I don't feel nourished and energized for the day. I don't get going, meaning I sit hoping and wishing that somehow my feelings might magically change just because I want them to.

No- I must soldier on. No matter what it is I am facing. Despite the feelings, I must soldier on.



God, it's a new day. A new week. A new month. The sun has risen, and people are on the go. There are 8 billion different ways that this day is going to be experienced. Some people are getting married. Others are getting divorced. Some people are starting new jobs, others are being retrenched. Some are giving birth to their first child. Others have just lost theirs in an accident.

The paradox of life is that I am at the centre and yet I am not the centre. I am the most important person in my story, yet I am insignificant to most of the world.

Accepting that I am important but that I am also a small part of something bigger, is peculiar to wrap my head around. What I do know though, is that out there, someone is having a better day than me. Someone is also having a worse day than me. I am having a day. And the **ONLY** thing I have **ANY** control over, is how I choose to respond to whatever it is that this day brings for me.

Today I choose gratitude. Today I choose connection to self. Today I choose to connect with you, my God. Today I choose to operate from a place of love, every step of the way.

God, help me to let go.

Day 52

Let go of people.

Let go of fantasies.

Let go of control.

Let go of fears.

Let go of expectations.

Let go of insecurity.

Let go of anger.

Let go of pain.

Let go of material things.

Let go of anything that makes me feel that exactly where I am, isn't good enough.

Help me to focus solely on this very moment before me. How can I best get through right now? How can I serve the greater good?

Let me have the courage to let go...

And then invite love in.



God, resentment only eats at me. It serves no other purpose. It is a direct symptom of me not being able to accept my reality. There is something, some situation or someone I wish could change because I don't like the way it/they make me feel.

Day 53

Granted, some resentments are completely understandable, some of them stem from people truly wronging me. I am allowed to FEEL angry!! I am allowed to FEEL hurt!!! It's good for me to be honest with myself about how I'm feeling, and to feel it to the end. But I cannot hold onto it. I cannot let it dictate my actions where I either withdraw into myself and internalize it all or become irrational by thinking of ways I can get back at people or change others.

Let me be reminded about how impossible it is for me to change the things I can't change!

So, this leaves me with some questions! "How do I feel my feelings but not let them consume me? What does "feeling things to their end" mean? How do I accept my reality? How do I let go? How do I love?"

Well, it can start with a simple serenity prayer, so that I may gain some courage and wisdom in this area. I can then ask You to help remove or process this resentment- and as much as this may sound insane to me, this is often achieved by praying for the person I resent. Wishing them goodness over harm. I don't know how, but being in a spirit of forgiveness brings me a greater sense of peace.

As soon as I let go, I allow room for love. So, today, let me choose love. Let me choose forgiveness over resentment and let me choose serenity.

Day 54

God, these days I bounce back from pain and mental anguish so much quicker than I used to (before I started working on my recovery). When I was trapped in my illness, any uncomfortable feelings were “dealt with” by trying to numb them with substances or behaviours.

This only pushed those feelings deeper into the garbage of my emotional avoidance pit. And there, the build-up stank, rotted and looked disgusting.

Today it's almost as if, by using the tools of recovery and vigilantly working at my healing, it's like recycling my trash. Not only am I disposing of it wisely, but I'm also allowing it to be melted down and remoulded into something new.

Today let me be reminded that no feeling is too painful for me to get through in recovery. As long as I don't resort to old behaviour, I may surprise myself at how resilient I am to walking through my fears and trusting You hold the outcomes.

Day 55

God, it's totally ok to not be ok, and not have any idea why! I tend to place unnecessary expectations on myself to always be ok, or at least to give others the impression that I'm doing well. I place an enormous amount of value on how others perceive me to be. And even when I don't care what people think during my times of difficulty, I often get so caught up in over-analyzing, because I want to know why I feel the way I do.

I have the idea that if I know why I am struggling with something, I can then change it.

Recovery teaches me that feelings come and go. I can't give them as much power as I used to. I can be real with myself and others, removing the pressure I place on myself to be perfect. I can stop falling into victim and self-pity mode where I complain all the time.

Let me be reminded that the routines of good rest, balanced exercise, regular mealtimes, prayer, and connection with You, are the branches on which the body of my recovery program can grow.

Each of these activities is a reward in itself and is necessary for my general well-being. Should I be feeling slightly off-centre today, let me focus on one or more of these basic areas of my life, knowing that this too, truly shall pass.

Day 50

God, dishonesty used to be very clear to me. I'd lie through my teeth about where I'd been, I'd steal, I'd manipulate people to get what I want. Coming into recovery, I learn how not to blatantly lie anymore (and this comes with practice, not overnight). When I'm dishonest, it doesn't feel nice. I've developed a conscience. I begin to see how owning up to my dishonesties or errors at work, at home, or anywhere else, not only benefits me in the long run but also makes me feel better. It makes me feel clean.

Today, however, my dishonesties run a lot deeper and are not as easy to point out. I may be feeling off, and I can't pinpoint it. Then I realize it's because I'm drained and exhausted, and yet I've stayed up all night with friends so that I can feel like I fit in. Or perhaps I've overcommitted myself when I need to be more honest with myself about my limitations and boundaries. Or maybe I've gone to an event I've felt uncomfortable attending because I think I should be able to handle it.

Perhaps I've built up resentment toward my spouse because I haven't voiced that I struggle to sleep with their snoring. Perhaps I'm getting everything wrong at work because I haven't told my boss that I don't understand the project at hand fully.

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Perhaps I'm wanting to scream at my kids because I haven't told them that the cartoons on TV are too loud for comfort. Perhaps I haven't told my mother lately that I love her because "we don't have that kind of relationship".

Little dishonesties slip in under my skin when I'm not paying attention. When I'm not cultivating awareness in my daily life. These little dishonesties matter. My feelings and thoughts matter, but they don't have to be dominating or aggressive in nature. I can share what's going on for me without fear of rejection either.

The more willing I become to have difficult conversations and to put my basic needs first, the more room I have to grow.

Today, help me to become aware of myself so that I may not shy away from vulnerability, but rather that I may carry a true reflection of me into my daily life, so that I may better take care of myself and so that I may build strong relationships with You, with myself and with others.

God, I know that in the centre of Your will is peace, joy, and many other rich blessings. I'd like to experience all these things, but the trouble I seem to have is figuring out what Your will is for me.

Day 57

Perhaps I can start by seeking the counsel of others to gain some wisdom and insight in the area of my life I am battling with. This is at least a step in the right direction. By becoming more aware that I don't have all the answers, and that I don't have to go through things alone, I can open my mind and my heart to the wisdom that others have gained from You.

When making decisions or responding to life, there are four types of "will" within me- my child will- where all I want is to be loved and safe - this I cling onto those things that make me feel protected even if they are false comforts.

My rebellious will, like a teenager where I want what I want, and I don't care how I get it or what the consequences are- this is usually when I go against authority figures or wise counsel because I don't like being told what to do.

There is my critical will, where I punish myself, beat myself up, and sink into negativity and self-pity- I begin to operate from a place of isolation, fear, and inwardly directed destruction.

Then there is my adult will, my sane will, Or my God-directed will. This is the one where I make wise decisions for myself, respond appropriately and peacefully to life, sharing light, compassion, understanding, and love with myself and those around me. This is the kind of will that aligns with Yours. Please help me be attentive when You speak, to hear this adult will that aligns with Yours, and give me a heart willing to be used by You, with steadfast courage to follow through on actions that best align with Your will for me.

Day 58

God, it's only possible to love others when I can fully love myself. This means allowing myself time to tune in. What is going on for me? What am I feeling? What are my desires, dreams, hopes? What are my values?

The moment I start to compromise who I am, I begin to operate from a place that is not loving. Today, I will decide to practice self-love. Whether that means getting to bed early, doing something creative, voicing my feelings to someone, getting honest about a certain area of my life, taking myself out on a date, trying out meditation, or whatever my soul simply asks for today. I will show myself that I am worthy of being heard, I am worthy of being loved, I am worthy of feeling peace.

Day 59

God, what is my purpose in life? This is a question I wasn't interested in during active addiction. Back then, I knew only how to use drugs, purge my food, use others for my personal gain, and destroy everything in my path.

Today I am choosing a different life for myself, and this has opened my eyes to the fact that there is more to life than my selfish desires to feel good. There is a purpose greater than me that I can be a part of.

I look around me and see a world that needs healing. I see people stuck in addiction, in hatred and fear. And then I see the polar opposite- people full of life and love, peace and healing. I can decide which group I wish to fall into, and I can decide how to influence the people around me, knowing that both hate and love are contagious in nature.

The more I act from a place of love, the more I can influence those around me to do the same. And while I may not have "it all figured out" in terms of career, finances, family and personal relationships, etc., I can rest in the fact that my true, deep inner purpose in this life is to first find love within myself and then to share this love wherever I can.

Today- let love be the driving force in all my actions. Let me fulfil my life's purpose in each moment, by sharing love with others, however big, however small.

Day 60

God, sometimes when I feel good, I feel most uncomfortable. My entire life has been self-sabotage, self-created chaos, self-pity, self... self... self!!!! I have thrived off negativity which is rooted in self. When something good comes along in recovery, I often question it. I don't trust it because I think I am undeserving. All I know is destruction so why would something good happen that didn't come with some kind of price, condition, or sacrifice?

I don't feel that I am allowed good feelings because my life has only ever consisted of negative exchange- "You'll give me something I want, as long as I do this thing for you." My whole world was based on an "eye for an eye" mentality.

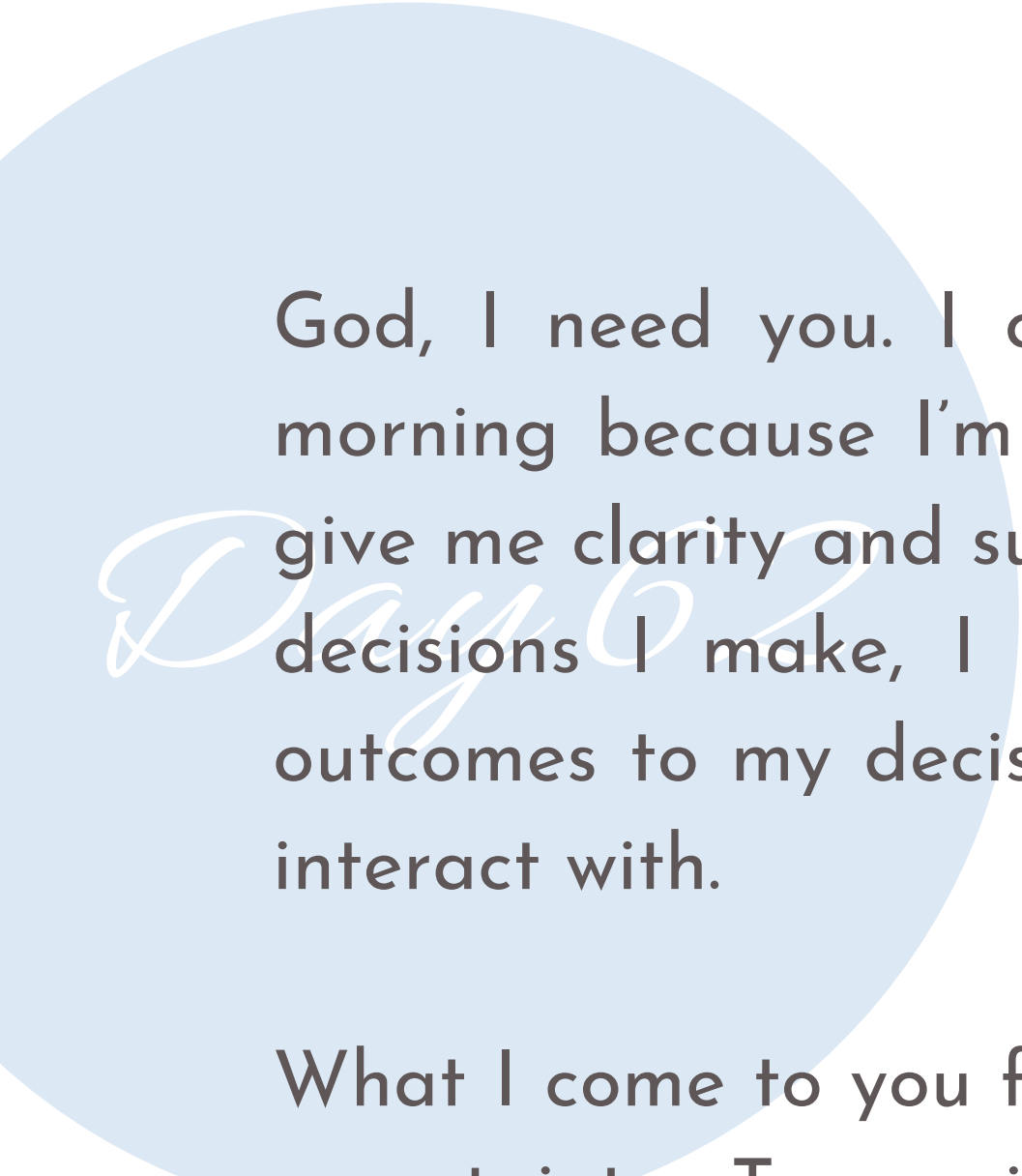
Today help me to see that I am worthy, I am deserving of good things, and that I can trust when happiness is present. I don't have to go and sabotage it just because that's what feels comfortable. Today I can feel uncomfortably peaceful and trust that no matter what- I am in your loving care.



God, how I choose to experience this day, has a lot to do with how I shall experience this day. I may have woken up feeling miserable for no reason, or I may have very valid reasons for feeling low. These tend to trap me, and I find it challenging to pull myself out of this space. My mind tells me that it's easier to stay here, down in the dumps, and that any kind of change would either take great effort or have to come from some external source.

This is so far from the truth. Right now, if I choose, I can try physically forcing a smile into my face. Even if my head tells me "this is ridiculous". I can lift both corners of my mouth, into a smile. I can then say out loud- "Today is GOING to be a great day!" A simple decision to at least try to change my perspective, will have ripple effects into my day (even on a deeper subconscious level) that I can't even begin to understand.

What I can then do is think - if today WERE a great day, what would I do? Then I can choose to do those things. I can choose to be kind to others, to move my body, to feed myself nourishing food, to pray, to connect. Today I choose greatness. Today I choose peace and joy. Today, without the use of drugs, or an eating disorder, I can feel okay, no, I can feel AWESOME!



God, I need you. I come to you in the early hours of this morning because I'm unsure. I am not coming to ask you to give me clarity and surety. I have learned that no matter what decisions I make, I am in your loving care. You hold the outcomes to my decisions that will grow me and the people I interact with.

What I come to you for, is the courage to be peaceful despite uncertainty. To remind myself that in the bigger picture, whatever is causing me mental anguish in this day, is temporary. This is not my forever place. This day will roll into the hundreds of days that have come before me where I have been taken care of, even through difficulties.

It will also fade as the hundreds of days to come will bring new challenges and rewards. My outer circumstances are fleeting. My inner state of serenity is what I strive for today. I need You. I come to you. I will try being silent for a moment today and ground myself as best I can with the one certainty I can hold onto- that all is well, and all will be well, as I continue to come to You.

Day 63

God, so often in recovery, the rewards come when we are not looking for anything but the next right thing to do. Today I carry a peacefulness inside me that knows, when things get tough, I must persevere.

Perseverance sees me through every time. Perseverance does not mean becoming superhuman and denying myself rest and timeout it means doing the next right thing as best I can in every way. Have I over-committed myself lately? It's OKAY to withdraw respectfully from a commitment.

Have I become complacent in terms of eating for strength and energy, or maintaining balanced and nourishing exercise? Let me change some less than helpful habits. Am I experiencing pain or grief? Let me reach out to others and to You to share the load and find comfort as it will pass (even if it doesn't fully pass, the intensity will). Am I worrying about money? Let me look at my spending habits or my job situation. Am I being abused? Let me stand up for myself or seek help from others.

There is always a way to persevere through the difficulties I am facing. There is always a solution. And when I persevere by doing the next right thing, the gifts that come to me (some I never imagined I would have or never imagined would make me happy), are beyond my wildest dreams.

Thank You for these gifts. Thank You for my recovery.

God, how am I carrying Your light to others? Life may be going well for me, or it might be going horribly- but if I am to best experience Your light, I need to act upon it. I need to remember that one day of being clean and sober was once the most difficult thing in the world for me to even imagine being able to do.

Now that You have restored some semblance of sanity in my life, and I'm able to get through the highs and lows of this day, let me help someone who hasn't got that right, by sharing my experience or offering them some similar kindness that was offered to me when I started this journey.

If I have a hand holding onto my new way of life - so that I am always hopeful for my future and working on my growth, and one hand holding up someone else - so that I may remain humble enough to never think I'm better than others, I will have no hands to act out on my addictive behaviour. Today I can find a way to be of service and to help someone who may be struggling. Even if it's simply a message of encouragement, let me see how I can help someone else, how I can show them Your light.

Day 05

God, I have phases of my life where I feel so spiritually connected. It's as if my life is operating on an entirely different level. I feel eager to meditate, to tell others how magnificent You are, I feel elated. No matter what bad is going on in my life, I feel peaceful inside.

Other times - NOTHING external could have changed, yet I feel disconnected. Prayer feels like empty words, when good things happen I still feel sour, and fear sinks in.

Am I doing "enough?" And if I'm not- shall I now face "punishment" because I'm not getting it right? Am I bad? All this negativity creates further fear that reinforces a false belief - if I'm not perfect then I'm nothing. And the feeling of nothingness is something I cannot handle, and when I can't handle things- surely, the only answer is to go back to my addictive behaviour?

WOW look at that negative projection already!! So, let me backtrack a bit-

If I can't handle things, it doesn't mean I WILL engage in my eating disorder or use substances. I never have to do those things again if I am looking to You for my solutions to difficult situations.

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Day 55

If I feel nothingness, it doesn't mean I can't handle things. It doesn't mean I'm broken or bad. My feelings don't have to define the way I act in my life.

If I am not perfect it doesn't mean I am nothing. I am human and I will never be perfect. I need to accept and love my imperfections knowing that I try the best I can each day to live spiritually. Beating myself up whilst being clean is no different from how I beat myself up in active addiction. I do not deserve to be punished, but rather I am loved enough by You to be forgiven.

So, if I feel I have not been doing "enough", I can be grateful that today I have awareness of my feelings. I also have a solution that comes at no cost to me - the simple act of reminding myself of how You think of me. I can stop overthinking, analyzing the why's and how's, should be's, or regrets. I can look at this moment right now, put one foot in front of the other, and do the best I can, knowing that I AM ENOUGH because You say I am.

Day 66

God, recovery has brought me a sense of awareness. The ability to step back, observe myself, others, or a situation is something most people never learn to do. I may be feeling a million things at once- but I am aware of what I am feeling, and therefore I can make a decision to respond rather than to react.

I may not always get it right at the moment, but I am then blessed with the ability to reflect on my thoughts and actions and change things if needs be.

Today, help me remain aware and if at any time I am unable to respond sanely- I know that I can physically take a step back, breathe, and re-enter once I have brought a greater sense of awareness to the situation. I can then approach the situation with a fresh mind, and try my best to respond under Your love and Grace.



Day 67

God, patience is a virtue. I can choose to quieten the rushing demand of needing to know things NOW, of needing to change my circumstances NOW, or to talk to that person NOW!!!

If I have to wait a few hours, days, weeks, or even months to find some resolve in an area of my life, let me do so with peaceful patience. If I know that I have done as best I can to put in action in this area of my life, that is enough. I cannot control others; I cannot control Your timing of things.

For today, instead of getting frustrated by something I am waiting for I will try to focus my attention elsewhere, to be accepting and appreciative of where I'm at. I can be sure that I matter, and I am enough. Nothing outside of myself can affect how I view and react to my reality. I am grounded in Your love. Because of that, I can put my impatience aside just for today, and use my assets to make someone else's day a bit brighter.

God, I've spent my entire life over-analyzing everything that I, or others, think, feel, say or do. I've needed answers and reasons, conclusions, and clear understandings.

Day 68

I never realized how simple my thinking could be until I began living a spiritual experience. I never realized that today is as simple as the moment I am in. It doesn't have to go deeper than that all the time. I am drinking my coffee, driving to work, or watching a TV show, and that's it. Moments are all that I have.

Yes, I have concerns about my future, relationships, career, and all that jazz, but all of these things are only built up of moments. Just as I could not be a physical functioning body without each tiny atom that makes up my whole- I cannot be in this experience of life without each moment I experience in its entirety.

I am certain that each atom of my being is important to my existence- surely each moment should be too? Today- allow me to see each moment as a vital component of the greater whole that is my life. Allow me to treasure it and see it as a miracle. Allow me to feel serenity in each moment as I trust it is in your hands.

God, I believe that there is more to life than my selfish obsessions.

Day 69

There's more to life than whether I look good enough or whether I have a certain amount of money.

There is more to life than worrying what others think about me or getting angered by others.

There is more to life than rigid routines and trying to be perfect.

The thing is- this "more to life" that I'm seeking is found in what I perceive as "less". One would not think that by simplifying life, and letting go, one would be filled with a greater sense of satisfaction and peacefulness in all areas- the paradoxical cliché runs true "Less is more".

Today, let me keep things simple. As I let go, I grow. As I love, I grow. As I listen, I grow. Today I can grow.

God, the most vital action I take to remain alive, every single moment of every single day, is to breathe. Ironically, it is also the most effortless experience. If I bring my attention to my breath, becoming aware of the ease at which I carry out something so important to my existence- I can learn from it.

As I live, I breathe.

Inhaling, I bring into my body the most important thing- air. If I try to hold onto this air, holding my breath, I will eventually suffocate. So, just as much as I need to bring air in, I also need to let it go. This letting go comes naturally with ease. I don't question letting this air go, my body trusts that there will be another breath that follows.

In my life, I must let things go with this ease as well, knowing that I will be taken care of. This letting go doesn't mean letting go of thoughts, feelings, or emotions so that we don't have them anymore- it means letting go of the resistance to our experiences as we have them, or letting go of an attempt to manipulate or hold onto our experiences, or to try and change how we or others feel.

Today I can be an observer- noticing when I am trying to manipulate or resist my experience. I can remember my breath, and with an easy exhale, I can let go of my fear and my resistance. It can be as effortless as breathing.

God, how do I tell the difference between intuitive guidance and the desire to control the outcomes of a situation? How do I know what is God-driven or fear-driven? How do I know when to act on something I feel - how can I trust that feeling?

“Don’t turn that corner”, “Take that phone call”, “Go for that interview”, “Don’t get into that car”. All these little guiding thoughts that come from a deep part of myself - my God voice - I can often confuse with fear or impulsivity.

One way to discern between the two is to practice. I can practice by listening. Listening in quiet time and meditation, listen to people with greater wisdom than me. I can also play with it- I can go for a drive one day and try to listen for the voice that says “turn left! Go down that road!” And see where I end up. Allow me to be open to hearing my God voice. If I am feeling anxious, tense, insecure, or worried, my ego is likely driving me. If I feel uplifted and as if the thought or emotion is coming from a place of love, I can be certain that it is You.

Today let me listen for my God voice even in the smallest of tasks or actions. Let me pay attention to the feeling behind the thought and where it is coming from. Let me practice what it is to follow my inner guidance.

Day 72

God, as I am learning to live in this world without my addictions, I am too, learning that portraying an honest version of myself to others is not nearly as scary as I built it up to be.

When I find myself interacting with other people, I no longer need to twist my words to what I think they may want to hear just so that I can be “accepted”. This is because I am becoming more comfortable with who I am. Assets and defects are all a part of who I am, and I am ok with that.

Today I can say that through Your love, I have grown to a gentle place of self-acceptance. The gentler I am with who I am, the more kindness and forgiveness I practice inwardly. With this, I can be more comfortable in social settings or within my personal relationships.

Today, I no longer have to hide who I am to feel protected. I am perfectly safe in Your loving care, and every moment of my life I have entrusted unto You. I am safe. I am worthy. I am loved. I am who you say I am.

God, a new way of life has been given to me through recovery. I am filled with living hope. Even the strongest gold must be tested by fire in its process of becoming a glamorous piece of jewellery. So too, have I been tested by spiritual fire- I have had to endure difficult and sometimes incredibly painful challenges to grow into the person I am today.

May I hold onto the fact that faith in goodness and love has pulled me through my darkest hours, and will continue to do so, should I trust and endure.

Today I can get through **ANYTHING** with strength afforded to me by your grace. Never again, never alone. I am safe and I am home.

God, often my responses come from a place of heightened emotion. Let me be reminded that if I am dealing with other people, there is no rush. I can step away, take my time to gather myself and my thoughts.

Day 74

As I live through each day, it may take time to process or to progress. Just as some tasks may need to be dealt with in bite-sized pieces, so my thoughts and feelings can be approached with care.

I may be struggling to get my head around something, some relationship, some feeling. When I bring these troubles to you in prayer and then reflect on them through journaling or talking to someone, I can see what is rational and what is not.

I can see where selfish motives are, where there is self-pity or resentment. I can see my part. Once I sift through the mess of my emotions in a safe place, I can bring clear thoughts to the person involved.

Today let me act from a place of thoughtfulness, reminded that it is my goal to understand rather than to be understood, to love rather than to be loved, and to forgive rather than to be forgiven.

God, deciding to behave in positive ways I never have before and going against all that I've known up until this point, I open myself up to new experiences in which I can grow. I excitedly seek to know myself on deeper and deeper levels. Through challenging my old ways, curiosity wells up inside and I want to know more! So, I become more willing! And when I find things uncomfortable, I no longer have to run or try to cover things up. I use my quiet time to reflect on who this human being inside me is.

I ask for the courage to address these uncomfortable feelings within myself and with another person without fear of rejection. When I open myself up to learning the intricate ways of my personality, without fear of what I may find, I open an entire universe of possibility.

I find that those things I feared the most and held within me for so long can be resolved or dealt with in a five-minute conversation. I make myself vulnerable no matter what. I leave no stone unturned. And because of this, I can learn not only to love and laugh at myself but also to love others despite their shortcomings.

I have a greater sense of empathy for those around me. I carry the spirit of forgiveness toward myself and others. All this is possible, should I decide to become completely vulnerable.

Today let me seek guidance from someone I trust spiritually and use them as a resource for growth, rather than viewing them as an authoritative figure dictating my life. Let me see them as a mirror of who I am, rather than a voice of judgement. Let me view them in as gentle a light I can and let me open myself up to their guidance without fear.

God, - as I find myself stuck in obsessive thinking, my thoughts become unmanageable, and I can't focus on putting one foot in front of the other. Once I'm in it, no amount of sanity spoken to me can stop the snowball effect. I find myself at war in my head. I need a solution immediately, and I need it to be perfect. I need a result that I can control, that pleases everyone, that leaves me with no "bad feelings" and gets me exactly what I want.

But often there is no "solution" or answer to this obsession. Often, I am trying to control the things I have no power over, or I'm being deeply dishonest with myself about what my God voice is telling me. Often, I give the thing I'm obsessing over far too much power.

Let me try to think back to what my biggest obsession this time last year was. Or even last week! Surely those things have been resolved, let go of, or ended up being far less important than I had thought? Can I even remember these obsessions? Probably not!

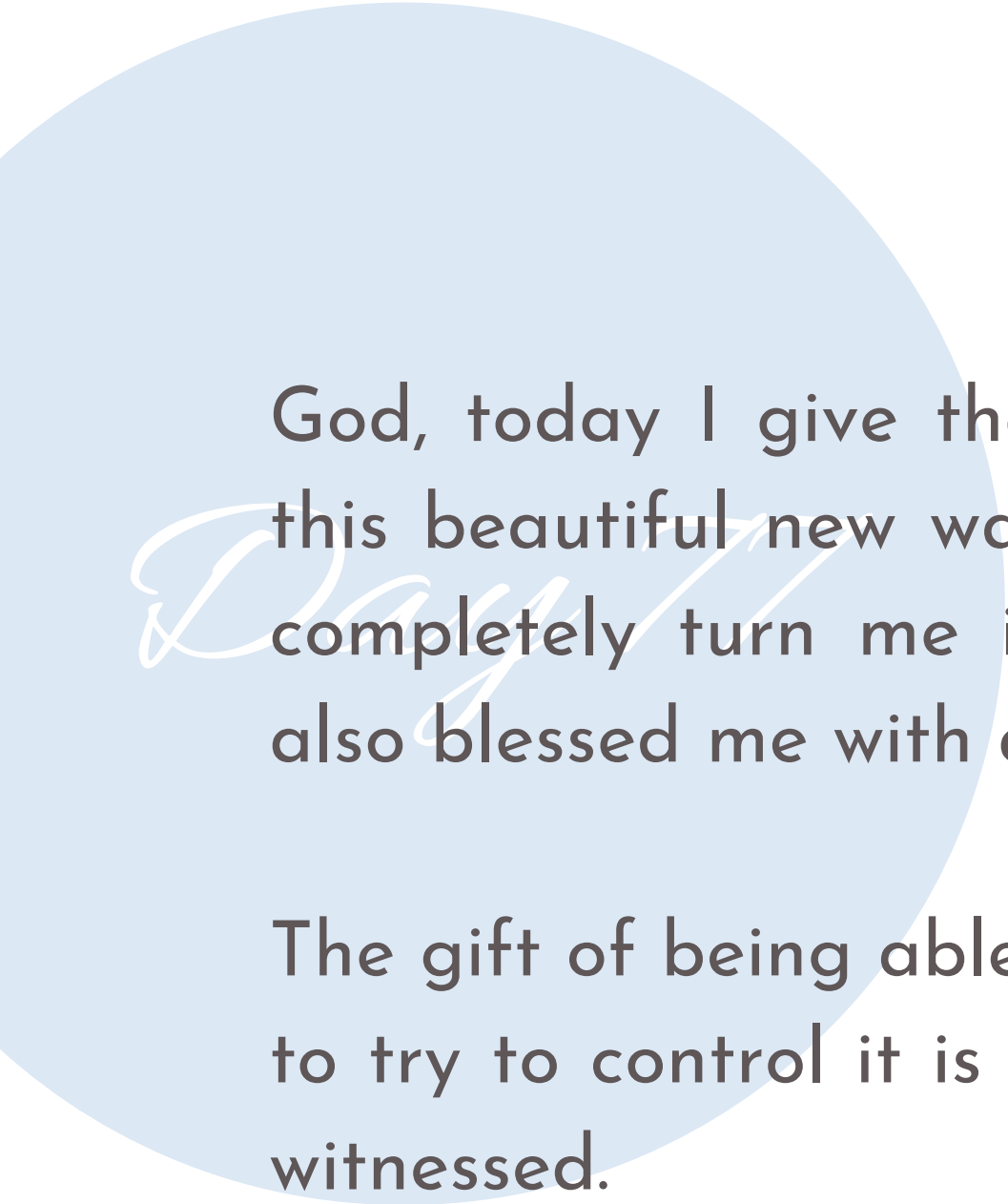
To be relieved of my current obsessions, let me take some time today to sit quietly on my own and breathe- let me release the obsession with each exhale, visualizing it physically leaving my body. Let me still my mind and allow myself to sit in a peaceful state.

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Day 76

Then let me listen- to what's going on inside, and let me share this either through journaling, talking to someone I trust, or through prayer.

I have a choice today- whether I will continue to allow obsession to rule my thoughts or not. I can choose to find stillness and to let go. Even if I have to find this quiet place 100 times today, I know that it is available to me and that I can hand over my fears and my obsessions.



God, today I give thanks. You have not only brought me to this beautiful new way of life in recovery and are helping to completely turn me inside out for the better, but you have also blessed me with a multitude of gifts.

The gift of being able to get through the pain and not act out to try to control it is one of the greatest miracles I have ever witnessed.

The gift of self-awareness.

The gift of serenity through change.

These, and many other gifts have flowed into my life as I have continued to work myself.

Let me be reminded that the work I put in is what I will get out. I give thanks that hard work pays off. I give thanks for the people in my life and that I have my basic needs met. Today let me find some way to show thanks and appreciation for how much joy and abundance You have brought me and let me give this thanks in Your name.

God, the only way I can reach true serenity and peace in my day, is when I thoroughly and completely hand over the outcomes of my decisions to you.

Day 78

Letting go is often the hardest thing to do, as it comes with frustration and uncertainty. It doesn't happen overnight, and some things are a lot harder to release. My illusion of control is a strong one but You are stronger.

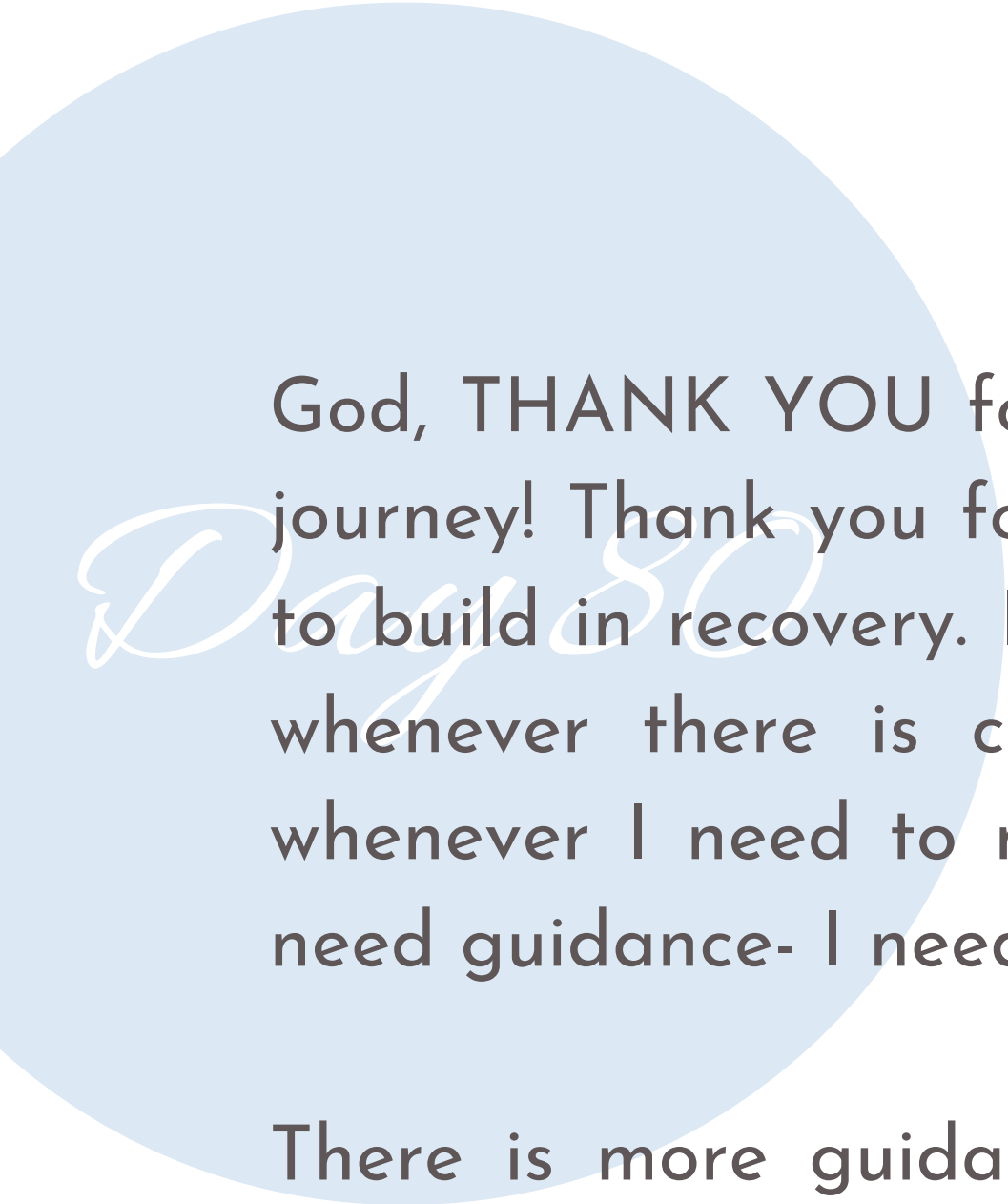
On this day, help me to do as best I can with what I have in each moment. Help me let go of control. Help me hand over my outcomes to you.

Day 79

God, the worst thing I can do is deny, avoid or be unforgiving toward myself and my humanness. If I try to be perfect, I will fail miserably. Perfection is unattainable. Let me rejoice and have joy for my humanness, knowing that it further reminds me of the fact that I am not God. I am not the one who runs the show of life.

I have failings and for that very reason, it becomes necessary for me to seek Your will for me so that I can attempt to become a more spiritual person in my everyday life.

When I face my humanness today- let me see this as an opportunity to bring myself to You and to see where I can improve, rather than as a chance to criticize myself or self-sabotage my recovery.



God, THANK YOU for the people in my life that support my journey! Thank you for the close and loving connections I get to build in recovery. I trust that whenever I am feeling stuck, whenever there is chaos around me, whenever I am sad, whenever I need to make an important decision, whenever I need guidance- I needn't look far.

There is more guidance available to me than I could have ever imagined if I simply turn to the right people - people who know what a life of recovery entails, and who know You!

There is an incredible amount of wisdom and life experience available to me through the people you have placed in positions of mentorship and guidance in my life, even if that guidance comes from books or blog posts!

I am reminded that I am never alone unless I choose to be. Thank you for working through others, thank you for these incredible resources of information on recovery, free to me should I simply open myself up ask, and then listen. Today, whatever is on my mind, let me find someone with experience in this area and see how their experience can help me, and how I can apply tips, tools, and techniques to my own life.

God, I have dreams and desires. I have goals I would love to achieve. How much closer do I get to accomplishing these goals by merely thinking about them? I have always sought instant gratification. Hard work and baby steps are not only foreign to me, but they can be outright annoying! Why can't I have all that I want right now!?

Well- because that's not how it works.

My achievements come through consistency and diligence. Whether it's reaching a goal, finishing studies, learning an instrument, reading a book, working on a relationship, or simply cleaning my bedroom- I need to start where I can start and go from there.

Wishful thinking will get me nowhere. Fear of the magnitude of the task will keep me stuck, from ever trying. If I start to learn a language today- then in a year, I will know how to speak that language much better than if I only start learning in a year.

Now is what I have.

I am WORTHY of achieving my dreams.

I can accomplish difficult tasks.

All I need to do is put one foot in front of the other from this moment. Here. Now.

God, I used to feel too much or nothing at all. Sadness, anger, joy, fear, any emotion would overwhelm me and drive me to act out so I could expel the feeling I was experiencing.

Day 82

Today through recovery I can feel my feelings to the end rather than dwell in them or let them dictate my behaviour. Feelings are not good or bad, fact or fiction. They are just feelings! Let me be open to allowing my feelings in, listening to them, sharing them, and then letting them go to get on with my day. It is not healthy for me to sit and wallow in what I feel, neither is it healthy for me to completely switch off by distracting myself. I must find the balance.

Day 83

God, in any given moment, it is my choice to do the following:

Clean House, Trust God, Help others.

It sounds like a simple task yet the moment I am stuck in self-obsession, depression, worry, anger, or fear, I forget these simple steps. How beautiful is it though, that I am learning how to start doing this sooner than later?

This is because every time I apply these three action steps, I see results. So, my trust in these simple steps working for me increases.

Let me be reminded that when things feel shaky within my spirit, it is usually because I have not done one or more of these steps. Let me be reminded that they do not work in isolation either. I will only see and feel the true change when I combine all three in all areas of my life.

Day 84

God, I see others go about their daily routines, coasting along and filling their time up with business. I see the value in forming routines and keeping busy, but I underestimate how much I need the power that daily meditation, prayer, and reflection bring.

I must sit down at some point in my day, to quiet my mind, evaluate where I'm at emotionally, mentally, spiritually, and physically, and then ask for your guidance - prepared to listen.

When I'm not allowing myself this simple moment in my day, I am easily lost to my obsession or detachment. I am easily swayed into bad habits and uncomfortable defects of character. Help me today, to remember that my connection with You, is not only the thing that keeps me from acting out, but more importantly, it is the thing that restores me to sanity.

Day 35

God, all I've ever known when an uncomfortable feeling is present (whether I'm physically, emotionally, mentally, or spiritually uncomfortable) is to try to escape this feeling.

This pattern has repeated itself over and over. I feel something I don't like, and my reaction is to try to escape it or to try and forcefully change it. In recovery, I am learning that these feelings don't have to mean that I have to act out. There is no scientific formula that states the following "uncomfortable feeling + me = act out".

In recovery, I can sit through my uncomfortable feelings, knowing that they are not my forever place. If there is a relationship I am struggling with, I can approach it peacefully and realize that I can't control others, but I can control my reactions.

If I am not happy with my body, or am physically ill, I can allow my body to rest and nourish it with wholesome food and balanced, loving movement.

If I am stuck in a mental obsession, I can go out and help someone else. If I am feeling lost and empty inside, I can fill the void with You.

Today I have the tools to overcome any obstacle. Best of all today through You, I can have faith that I never have to use the eating disorder or any addictive behaviour ever again to escape my feelings.

Day 86

God, when life is hard and I face challenges, I do not doubt that turning to You will bring me a greater sense of peace in that area. Whether you do for me that which I cannot do for myself, or You change a situation or bless me with greater levels of acceptance (which I FEEL).

Amazingly, You answer my prayers every single time I reach out to you for help.

So now that things are looking a bit brighter than they used to be, and life is running more smoothly, I should focus my prayer and attention on you even MORE!!! I often forget to include you in my life when things are good!

I easily pray "God! This person is causing me pain! Help!" Or "God, this area of my life is difficult- Help!"

But do I ever pray, "God, this person brings me joy, THANK you so much!!!" Or "God, this area of my life feels so natural and comes with ease, THANK you so much!"

Let me remember that you are a part of my life during the good and the bad. Let me include you like I would a lover, a best friend, or a family member- rejoicing during times of light and love that you afford me in my recovery.

God, there is one simple action I can take when I am finding an area of my life or a situation frustrating, difficult, or even depressing - and that is saying a small prayer.

Even if all I can muster up is whispering the word "God" out loud. In these times you hear me- you know I'm unable to see clearly, yet I desire Your guidance and grace.

A simple prayer sets a ripple effect in motion. Even if it just shifts me back into the right mind frame for five minutes, I find relief in prayer. Most of the time I get more than I bargained for and am often even able to enjoy where I'm at by changing my perspective.

Today, let me not forget that everything in my life, no matter how strange, mundane, humorous, depressing, big or small, can be brought before you. And I will find relief.

Day 88

God, let me measure my success from the inside. Real and lasting growth happens over time. I'll catch myself in a situation that used to baffle me, yet today I'm taking it in my stride.

I often don't value these areas of growth as much as my material "success" because people can't see the transformation that has happened within me - they only see the things I do outwardly. I'm always comparing someone else's external life to mine but when I snap back into reality, I look inside myself, I see a change I never thought possible. I feel a calmness in my heart that was not there before my recovery. It might not be perfect, but it's definitely different. I have definitely grown spiritually, internally, with You.

This is the true measure of how successful my life is.

Day 89

God, there is so much joy to be had today. Let me start this day by getting on my knees- making my bed, opening my curtains, and breathing in the beauty of a clean life.

No matter how far down I've gone, there is love to be shared, experience to be had, laughter to be heard, sun to bath in, people to meet, and passion for life to be felt. These are non-material gifts you bestow upon me when I choose Recovery. When I choose life. Don't let me waste this beautiful day in self-pity, regret, fear, or anger.

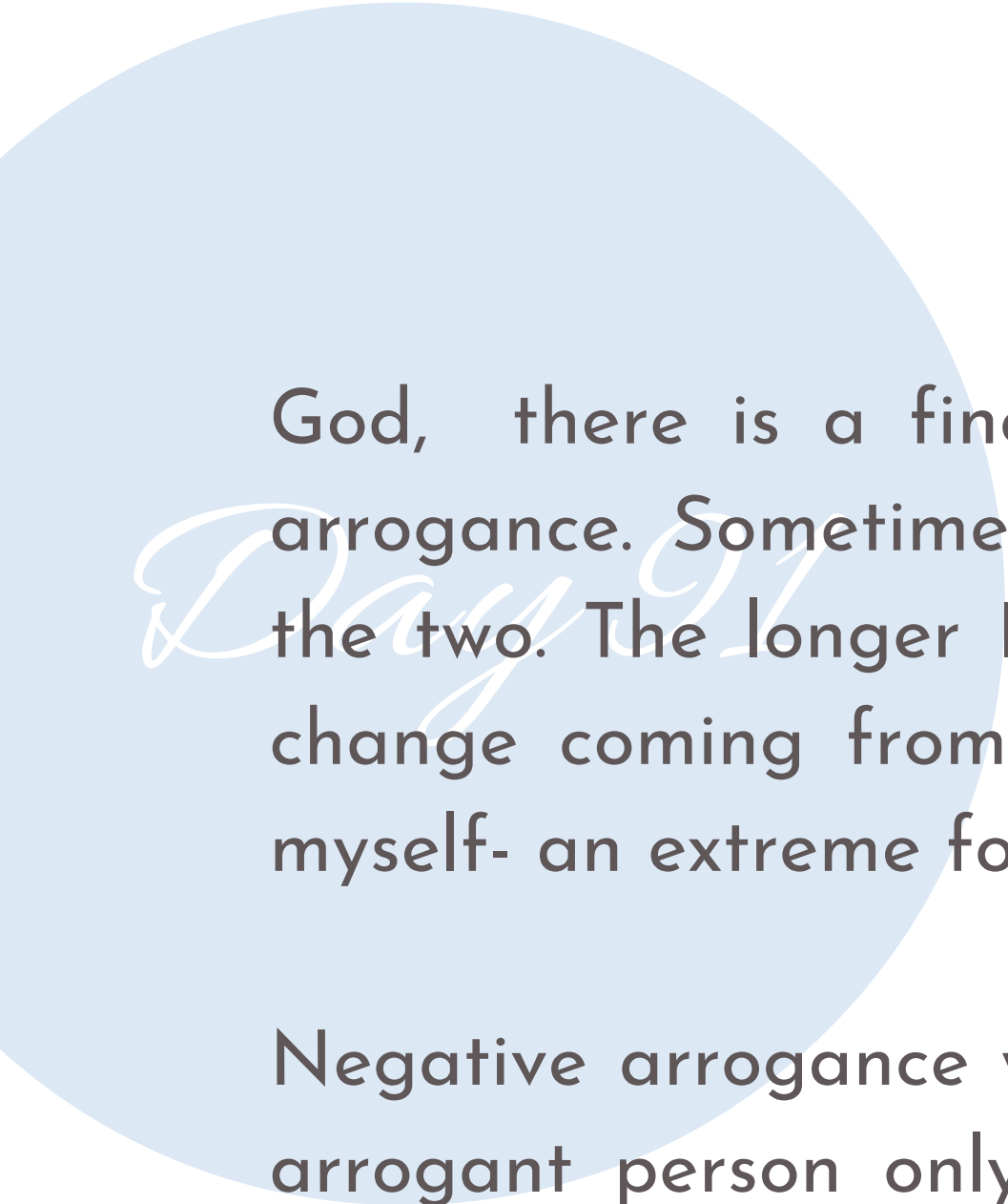
Let me actively seek the abundance of energy and light this day has to offer.

Day 90

God, one of the greatest challenges I face each day is the need for patience. Not only patience with others but patience with myself.

All my life I have restlessly rushed and worried. And I have had complications because I make things complicated. Today in recovery I can practice patience and keep things simple. I can cease looking back on what I "could have" or "should have" done, had I "known more back then", and rather use what I have learned to beautifully experience what you put in my path today.

Today I pray to have patience for myself. Patience in this process. Patience in my heart.



God, there is a fine line between healthy self-esteem and arrogance. Sometimes I have trouble distinguishing between the two. The longer I am in recovery, the more I feel a real change coming from within. Previously, I could only despise myself- an extreme form of negative arrogance.

Negative arrogance was rooted in self-obsession - just as an arrogant person only thinks of themselves, a person full of self-hatred does the same.

Today I have self-esteem- which involves being proud of myself and confident in who I am, without having to prove it to others. Self-esteem happens in the small, daily changes I've been making, that only you see. Believing in myself and staying true to who I am, is a way of developing healthy self-esteem without it turning into arrogance.

Today let me afford myself a smile of healthy pride - one which says "Hey, I'm doing well", and not fear that my celebration of self is going to turn into arrogance.

Day 9

God, I know that when I am in line with Your will, I find contentment, peace, and joy. These are peculiar things for me to feel and I often don't know how to be in this place.

In early recovery, I had no conscience. No concept of right and wrong. I had to learn this.

Today I have an internal compass that guides me, but I sometimes still need to run it by someone else I trust spiritually so that I can be sure I am heading in the right direction.

Please help me be attentive when I hear You speak, and give me a heart willing and courageous enough to follow your voice, even if it is heard through others.

I know for certain, that when I don't listen to my "inner God voice", I land up in chaos- externally or internally. When I do follow You, a richness fills my life.

Day 93
God, forgiveness towards others comes far more easily to me, now that I have had some time to learn what forgiveness means. I tend not to hold grudges, because I can see people as beautifully and imperfectly human.

When wrong is done to me, I can let it go after doing some reflecting and practising spiritual principles around the situation. So, I've been under the illusion that I am a forgiving person in all areas of my life.

However, when it comes to self-forgiveness, I struggle to muster up an ounce of compassion for myself. I've got to do things perfectly. Whether it's to do with relationships, my job, my physical body, even my thoughts! I cannot seem to forgive myself for being imperfect and am always beating myself up for the slightest "wrong" thought or action. And when I beat myself up, it's horrible. I can take one hell of a beating, and it never seems enough.

Please help me to see myself as I would see a friend or another person I love. Please help me extend myself the same grace I would another. Only then will I truly be practising the spiritual principle of forgiveness.

Day 94

God, in the next 24 hours, quite literally, ANYTHING could happen. Chances are, it's going to be another normal day, where I follow a normal routine and do my normal stuff- but even doing "normal" life each day, requires your guidance and help.

So, whether I'm dealing with the same old drab at work, or whether something disastrous or incredible happens to me today- I ask you to come into my day fully. Giving me power where I am powerless, wisdom where I am foolish, courage where I am a coward, and serenity where I am anxious or depressed.

Day 95

God, let me learn from the youngest of us. Just as innocently as they do, let me trust you. Just as joyous as they are, let me be entertained by the simplest elements of life. Just as fearfully as they express themselves, let me be myself, let me be honest. Just as curious as they are, let me be open to learning.

God, let me also be more like the oldest of us. Just as humbly as they do, let me realize life isn't all about me. Just as cheerfully, let me appreciate others. Just as patiently, let me allow others a chance to speak. Just as bravely, let me let go of all that I once thought was "the stuff I needed in life".

God, I know my view of what is important in life can be clouded. I am no longer young enough to be ignorant or experienced enough to be serene. Help me to let go of all those things that I think will bring me happiness. The job, the car, the spouse, the money... and see that a happy, joyous and free life, is one where I am simply present in this moment and where I practice closer connection to you each day.

Day 96

God, when I act on selfless service, it allows me to step outside of my self-obsessed fears. Drawing the attention away from my insane thinking, and toward helping someone else helps keeps me sane. I can notice a direct relationship between how ok I'm doing mentally, emotionally, and spiritually, with how willing I am to be of service and to help someone else.

Even when I am initially filled with resentment toward having to help others- because I've become trapped in selfishness and self-pity- once I have been of service, something shifts. Because the opposite of an isolated, self-centred addict mindset, is an attitude of selflessness and connection. Please help me get out of my stubborn head today, and to be reminded that helping others truly is the answer.

Day 97

God, sometimes I think I know it all. That my way is the only way. But, sometimes the things that make THE most sense to me in my head, still need to be changed or thought of differently, for me to learn the lessons I need to learn.

That means I need to be willing to change my behaviour or mindset even if it doesn't make sense at the time. I need to try to see how the smallest change in behaviour now, could have majorly positive ripple effects for my future.

God, today help me to not only have the willingness and open-mindedness to try new ways of doing things but to have the courage to carry those things out - even if it's just to learn a lesson.

God, I am frustratingly forgetful.

Day 98

I forget that being honest relieves me of guilt and shame.

I forget that being vulnerable relieves me of arrogance.

I forget that patience relieves me from impulsive wilfulness.

I forget that acceptance relieves me from obsession.

I forget that action relieves me from self-pity and procrastination.

I forget that service relieves me from the ego-self.

And worst of all sometimes I forget that sobriety is the first step that relieves me from insanity.

I forget. Over and over and over. Sometimes it takes me 1000 times of messing up, to finally learn the lesson. And even then, I have to work at keeping it fresh in my mind.

I know to not forget, I need to be looking at myself daily and continuing to practice the spiritual principles in all areas of my life. Without this, I fall too easily back into the abyss of my diseased mind.

God, please put the right words in my mouth, so that I can deal with others today. But first, please put sane thoughts in my mind, so that I can deal with myself.

I cannot forget that the way I react to the external forces in my life, is directly related to how much I'm dealing with my internal stuff.

Today I am passionate about building a relationship with You, and this requires me to build a relationship with myself too. I know that through these relationships, I will be able to handle others with more grace and serenity.

Day 100
God, you desire that I seek and live out your will, but I know you'll never force me to do it. That's why each morning I pray for knowledge of your will coupled with the courage and power to carry it out. Sometimes I get it right, sometimes I get it wrong.

One thing I'm grateful for is that over the past 100 days, I have had the time to contemplate my relationship with You. How it looks, who You are, who I am, and who I want to be. I have been taught some necessary tools that help me to deal with both my successes and my failures, without resorting to old behaviours of the eating disorder and I know that life in continued relationship to you, will mean that that will stay my truth. That is a miracle I cannot ignore.

Today, through my imperfections, let me remember the miracle of each step taken toward the healing of my spiritual self.

You've laid unique paths before each of us. Help me not to envy your plans for others or compare my circumstances to my fellows. I am neither superior nor inferior to anyone. Let me complete my own life's work and journey with joy.

Today, let me choose love and joy in all that I do, and hope that by following You, I will inspire others to do the same.



thank you

I pray that your recovery has been strengthened, that your relationship with God has grown, and that you have felt a sense of joy and inspiration through these past 100 days.

May you continue to live a life dedicated to self-development. May you always be willing to examine your thoughts, emotions, fears, and soul. May you nourish yourself in every way possible, inside and out.

May you find peace.

All my light,

Kirsten Hunneyball

If you are struggling, feel free to drop me a message.

www.kirstenhunneyball.co.za

@kirstenhunneyball

kirsten@kirstenhunneyball.co.za