

Miracles of Recovery

January 2

“Don’t leave before your miracle happens!” Most of us new to recovery hear this and think to ourselves, *Yeah, right, but it won’t happen for me.*

Overcoming fear and self-doubt, while making the decision to seek help is the greatest and **first** miracle. Our **second** miracle is finding our way to the rooms of recovery. We didn’t just fall upon recovery nor was it a roll of the dice. Our **third** miracle is that, regardless of *how* we felt, we sought help, and we followed suggestions. Our **fourth** miracle is the choice we made to remain clean and sober just for the rest of the day.

Those not in recovery ask, “So, what’s the big deal?” They do not understand that we have a disease of perception, and that our inability to stop the thoughts brought on by our stinking-thinking seeks to kill us. They will never get it, because they don’t *have* it. And until we seek recovery, we don’t get it either. We must come to understand how our disease drives us to insanity, or death. This acceptance is our **fifth** miracle.

From here, miracles drop like shooting stars.

We hit our knees at night and thank a power greater than ourselves for doing what we were powerless to do, no matter how hard we tried. Each morning we begin again and ask throughout the day we ask in silent prayer, “Please Help Me!” We invoke divine energy of our Higher Power as our minds open to suggestions from others. Each time we choose to do something different, we *are* the miracle that could not occur without our Higher Power.

We become part of a fellowship as we move closer to passing through the doorway of our deliverance, co-creators of miracles that transform us, one day at a time.

TODAY’S MEDITATION

We don’t have to leave before our miracle happens. We don’t ever have to leave. Each day we remain clean and sober, *we are the miracle* we once thought impossible.

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“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” — Albert Einstein