

I'm Not Going To Try To Control What I Feel

1st Step – Lesson 4

God grant me the Serenity to accept the things I can not change...
Courage to change the things I can
and Wisdom to know the difference...
Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as the pathway to peace.
Taking, as He did, this sinful world as it is, not as I would have it.
Trusting that He will make all things right if I surrender to His will.
That I may be reasonably happy in this life,
And supremely happy with Him forever in the next.
Amen.

John 14:27—"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

We get crazy and sick when we try to make sure we have only the "right" feelings:

- Wanting to feel happy all the time (denying or running away from unhappy realities)
- Wanting to feel excitement all the time (becoming undependable, causing chaos)
- Wanting to feel dramatic all the time (trying to impress everybody with how bad you have it or how bad things are)
- What else?

How has this helped keep your addiction going? How does this make your life crazy even when you're not getting high?

Does the fact that you have God's unconditional love and acceptance change your drive to control what you feel?

The peace and serenity that Jesus gives is something way more than just happiness or pleasant feelings. How does Jesus give you serenity and peace even during sad or scary or boring times? How does Jesus' peace change the sad and scary and boring times?