

**“One Day At A Time” “Just For Today”
-- Recovery Involves Learning Not To “Think Big”**

Lesson 8

“God grant me the SERENITY
To accept the things I cannot 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 hardships 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.”
-- Serenity Prayer, long version

Alcoholics Anonymous has always recommended taking recovery, and life in general, “one day at a time.” Some people don’t like that; they think we should be able to say things like, “My drinking days are all behind me. I’m fully recovered.” Look at some of the things the Bible has to say about how to live life:

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6:34)

“Now listen, you who say, ‘Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.’ Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, ‘If it is the Lord’s will, we will live and do this or that.’ (James 4:13-15)

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.” (Matthew 26:41)

“So, if you think you are standing firm, be careful that you don’t fall!”
(1 Corinthians 10:12)

1. Has thinking in big blocks of time, like, “from now on” and “never again” been a problem in your recovery?
2. Have you been afraid that you’re not acceptable until you’re a finished product?

Has God’s grace and unconditional acceptance of you changed that fear?

3. Has it helped your recovery to look at yourself as a work in progress?