

# DAILY COMPANION FOR HEALING ADDICTIONS

MINUTE MEDITATIONS FOR EVERY DAY  
CONTAINING AN INSPIRATIONAL READING  
OR SCRIPTURE  
A REFLECTION, AND A PRAYER

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GETTING sober and living sober are not the same thing.

—Doris Kileen

JAN.  
21

### First steps first

**REFLECTION.** Getting sober, or stopping the use of drugs and alcohol, is only the first step. Living sober requires changes that support a healthy lifestyle. We need help to quit negative behaviors—whatever they may be—in order to continue on the road to sobriety.

God is also in our corner, cheering for us each step of the way, so lean on your faith.

**PRAYER.** *Almighty God, walk with me each step of the way and assure me of Your presence.*



BLESSED are those who take refuge in him!

—Ps 2:11

JAN.  
22

### Blessed are you who trust in Him

**REFLECTION.** Refuge is a beautiful thought. It speaks of a place where we are safe, at home, and comfortable. The Psalmist calls us to take refuge in God and that we will experience blessing when we do so. The blessing is God Himself.

The knowledge that God desires to be our safe place of refuge and place of comfort is a blessing indeed.

**PRAYER.** *Mary, Mother of God, pray for me and my loved ones.*



THE wise person is cautious and turns from evil; the fool is reckless and gets embroiled.

—Prov 14:16

FEB.  
14

### Proceed with caution

**REFLECTION.** A short definition of prudence is “right reason in action.” The problem with evil is that sometimes it’s difficult to discern if something is evil or bad for us.

The fool rushes in without thinking of the consequences while the wise person proceeds with caution. Pray, seek counsel, and then proceed knowing that you’re doing the best that you can.

**PRAYER.** *God of Love, may Your example of boundless love and mercy guide my actions each day.*



IT’S good to find your own path outside of scheduled meetings.

—Jordan Kelsey

FEB.  
15

### Walk slowly but surely

**REFLECTION.** Attending an addiction or substance recovery group is vital, especially in early recovery, but you will eventually need to find your own path outside of those meetings. This includes developing your own ways, other than meetings, to support your own recovery.

Volunteering, exercising, and picking up a hobby are all great options.

**PRAYER.** *Lord Jesus, thank You for the support that I have from those who care about me.*



**I**F YOU can't feed one hundred people feed just one.

—Mother Teresa

**JULY  
25**

### Do with what you have

**REFLECTION.** Mother Teresa brings us down to earth with her words and with the way she and her Missionaries of Charity live their vocation. The advice is good for us who are at various stages of recovery and healing.

We may wish to do great things and impact many people, but there is value in doing what you can with what you have even if it's for one person.

**PRAYER.** *Christ Jesus, may I always be attentive to the person right in front of me.*



**H**OW to bring about a revolution of the heart, a revolution which has to start with each one of us?

—Dorothy Day

**JULY  
26**

### Matters of the heart

**REFLECTION.** Our minds can usually make sense of equations and problem-solving through our power of reason. However, matters of the heart can be difficult to attend to. How many times do we know how to act yet fail to do so?

A revolution of the heart has to start with making a decision to change and asking God for the willpower to follow through.

**PRAYER.** *Lord God, pour Your Holy Spirit upon me so I may have the fortitude to change.*



IF WE claim that we are sinless, we deceive ourselves, and the truth is not in us. **AUG.**

—1 Jn 1:8

**12**

### Who's fooling who?

**REFLECTION.** No healing is possible when we refuse to take responsibility for our actions. We all know people who refuse to admit they have a problem with drugs, alcohol, food, or whatever the addiction may be.

It takes a good dose of humility to take the first step and admit we have an addiction. When we admit it we can accept His forgiveness.

**PRAYER.** *Lord, I admit my sin and failings and seek Your forgiveness and love each day.*



**BLESSED** is the man who places his trust in the Lord. **AUG.**

—Ps 40:5

**13**

### We have a choice

**REFLECTION.** We all like to be rewarded for the work we have accomplished and most of us like to be recognized for our achievements. The Christian realizes that they all come as a gift from God.

We can and should work hard and use the resources that are available to us, but at the end of the day we give praise to God.

**PRAYER.** *Lord, may my eyes always be turned towards You who give me life and heal my wounds.*