

Day 1:

God's Story and Mine

This is the word that came to Jeremiah from the Lord, "Write in a book all the words I have spoken to you. The days are coming when I will bring my people Israel and Judah back from captivity and restore them to the land I gave their forefathers to possess." Jeremiah 30:2-3 NIV

I love books. Always have. Always will. My mother passed on her love of reading and it stuck like multi-colored sprinkles on an ice cream cone. There's nothing sweeter in my world than a good book and a cup of steaming hot coffee.

God knew before he formed me that my life experiences would be chronicled one day as a way of helping others in similar situations. Three attempts at writing our story fell short. I found no satisfaction in rehashing all the bad things our family experienced over the years. The story made me sad, so I shelved the idea of writing a book. But God had other plans for our family's experiences.

The Cosby saga is another tale among thousands. You and I probably aren't that much different from one another. We go to work, raise our children, cook dinner at night, worship each week, pay our taxes, and have an addict in our family.

On October 8, 2009, when I collapsed into the lap of Jeremiah 30 and 31, I decided to write a book about God's story—not my story.

I chose to write about what changed my life that early October morning instead of retelling the negatives of my family. The book is about the One who spoke life, health, and encouragement into my worn-out heart. The real story is the scriptures in Jeremiah 30 and 31 that caught my attention like a drill sergeant barking orders. But the Holy Spirit's touch was gentle. He didn't shake me up and smack me around. He quietly and gently wrapped me in his arms and whispered, "Go ahead, Sharron, cry your tears of sorrow; tomorrow I will bring you tears of joy."

Do you write words of hope and encouragement to your addict? You don't have to write a book or a short story. A simple heartfelt note from you is a tangible reminder of your love apart from the drugs or alcohol. Start small. Test the waters with "I love you and I've missed spending time with you." These words can open doors to a renewed relationship.

Daily Prayer

Father, bless my words as I speak and write to my loved one. May my words be acceptable in your sight and soothing to his spirit. Grant that I choose my words wisely, to build up and not tear down, to encourage and speak words of life. Amen.

Reflection

Consider journaling what God is doing in your life. Jot down thoughts about your loved one.