

For Today, June 15

"The truth shall set you free."
The Bible:John

This is true but first the truth may pinch. That still happens today when I notice one of my character defenses in play. That's where Step 6 and 7 come in. I get to practice different behaviors and as I do, a new foundation for living is built.

God removes those defenses in his own time - when I am right and the time is right. I know this has happened because my reactions change to people and situations. I can't force it, it just changes in it's own time.

It takes a lot of practice to practice this program. We are all worth the effort it takes.

We each bring our own unique sensitivity and genius to this life. We are all beautiful and valuable.

Have a good day!