

For Today, September 25

"Peace and diligence, like faith, move mountains." William Penn

All the slogans we hear - One Day at a Time, Let Go and Let God, Easy Does It are all meant to slow us down and help us to have patience in this instant society.

A lifetime of sad limited thinking can't be overcome in a short time. Those patterns were in place for years and have deep grooves.

It takes time, patience, perseverance, support and practice to replace those character defenses. I certainly can't do that on my own. If I could have all my Monday resolutions would have worked. The sponsor helps me to stay here while I am waiting for these changes.

The ego does not know the good that lies ahead. It tries to keep the status quo so that we are "safe". Anything different is a threat. I have to cancel the fearful thoughts and that is a decision.

As a result of working the steps, I developed a faith in a Higher Power, something outside of myself. I did not get it instantly. It came from my experience and from just trying to do the next right thing. Noticing synchronicities that happened and having my sponsor point out that perhaps that grace was God taking care of me.

Mysterious how this program works as I just keep my head in today.

Have a good day.