

week 4, Day 5

The Lord is my rock and my fortress and my deliverer; my God, my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold and my refuge; my savior, you save me from violence.

2 Samuel 22:2-3 (*New American Standard Bible*)

Every single one of us has messed up at some point in our lives. Every one of us. That's why our Bible states so clearly: "all have sinned and fall short of the glory of God" (Romans 3:23). We all have some sort of "hurt, habit, or hang-up." We have all fallen short of the goal set for us by God.

That is why it is such a relief to know that you don't need to go through it alone. There are people who will help you, giving you guidance and accountability. And, even more importantly, you have a God who wants— desperately— for you to have a healed and whole life. God wants to be your secure refuge.

your turn...

If you, or someone you know, was struggling with addiction, would you know where to turn for help? What actions can you take, and who can you reach out to for help? What does "addiction" mean to you?