

Purpose

God placed in me a desire to proclaim good news to the poor and needy. My purpose is to proclaim freedom for the captives living in bondage, recovery of sight for the blind, to set the oppressed free, and minister love, mercy and compassion of the Lord's favor.

My heart desires to see the Messiah illuminate His people and bring new life and hope for souls seeking peace and joy. My prayer is for the eyes of the blind be opened and the ears of the deaf unstopped. Jesus opened my eyes and ears in 1981 as I cried out to Him for forgiveness and ask for help.

I spent 4 decades of my life searching for answers to age old questions we all have. Who am I? Why am I here? What is my purpose? Does God really care about me? Is Jesus the only way to the Father? Why are there so many different religions? What is the truth?

I realize many people hear the call of God which comes through His revelation of Himself through two things—the creation and the conscience within us. But only the "few" will respond because they are the ones who are truly hearing. The "many" hear, but there is no interest or there is outright antagonism toward God. The point is that everyone has ears but only a few are listening and responding. Seek and you shall find your God given purpose. Open your heart and receive new life. ***"Awake, you who sleep, and arise from among the dead and The Messiah will illuminate you." Ephesians 5:14***

I have come to believe and know, "Unless I can be true to myself first, I cannot be true to others." To thine own self be true ... How many of us have a hard time being true to ourselves? Those of us that have given our life to another at the cost of losing who we are in the process will have a hard time being true to ourselves. Allowing someone or something else to define who we are, we lose our ability to discover and grow inwardly. We no longer are able to discern a truth from a lie. For many of us, we have accepted lies for so long, that finding out what is true takes time. Having done this very thing, I know how difficult the journey to self-discovery can be. When you're ready to change your life, you will!

I will give you my witness, and then you can apply these small examples to your own situation. I give of my time, talent and treasure to serve and love God with all my heart and my neighbor as myself. I serve the poor in spirit, the widows, orphans, and recovering addicts that come into my life

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. Psalm 139:23-24

Not everyone who hears the gospel receives it but only the "few" who have ears to hear. Jesus said many times "He who has ears to hear, let him hear" (Matthew 11:15; Mark 4:9; Luke 8:8, 14:35). Many are called or invited into the kingdom, but none are able to come on their own. God must draw the hearts of those whom come; otherwise they will not (John 6:44) Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me. John 14:6.

***'Dry bones, hear the word of the Lord! This is what the Sovereign Lord says to these bones: I will make breath[a] enter you, and you will come to life. I will attach tendons to you and make flesh come upon you and cover you with skin; I will put breath in you, and you will come to life. Then you will know that I am the Lord.'* Ezekiel 37:5-6**

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Submitted By: Pat Allison Sept. 22, 2016

Problem

Many of us found that we had several characteristics in common as a result of being brought up in an alcoholic or dysfunctional household. We had come to feel isolated and uneasy with other people, especially authority figures. To protect ourselves, we became people-pleasers, even though we lost our own identities in the process. All the same we would mistake any personal criticism as a threat. We either became alcoholics (or practiced other addictive behavior) ourselves, or married them, or both. Failing that, we found other compulsive personalities, such as a workaholic, to fulfill our sick need for abandonment.

We lived life from the standpoint of victims. Having an overdeveloped sense of responsibility, we preferred to be concerned with others rather than ourselves. We got guilt feelings when we stood up for ourselves rather than giving in to others. Thus, we became reactors, rather than actors, letting others take the initiative. We were dependent personalities, terrified of abandonment, willing to do almost anything to hold on to a relationship in order not to be abandoned emotionally. Yet we kept choosing insecure relationships because they matched our childhood relationship with alcoholic or dysfunctional parents.

These symptoms of the family disease of alcoholism or other dysfunction made us "co-victims", those who take on the characteristics of the disease without necessarily ever taking a drink. We learned to keep our feelings down as children and kept them buried as adults. As a result of this conditioning, we confused love with pity, tending to love those we could rescue. Even more self-defeating, we became addicted to excitement in all our affairs, preferring constant upset to workable relationships.

This is a description, not an indictment.

Adapted from The Laundry List

Solution

As ACA becomes a safe place for you, you will find freedom to express all the hurts and fears you have kept inside and to free yourself from the shame and blame that are carryovers from the past. You will become an adult who is imprisoned no longer by childhood reactions. You will recover the child within you, learning to accept and love yourself.

The healing begins when we risk moving out of isolation. Feelings and buried memories will return. By gradually releasing the burden of unexpressed grief, we slowly move out of the past. We learn to re-parent ourselves with gentleness, humor, love and respect.

This process allows us to see our biological parents as the instruments of our existence. Our actual parent is a Higher Power whom some of us choose to call God. Although we had alcoholic or dysfunctional parents, our Higher Power gave us the Twelve Steps of Recovery.

This is the action and work that heals us: we use the Steps; we use the meetings; we use the telephone. We share our experience, strength, and hope with each other. We learn to restructure our sick thinking one day at a time. When we release our parents from responsibility for our actions today, we become free to make healthful decisions as actors, not reactors. We progress from hurting, to healing, to helping. We awaken to a sense of wholeness we never knew was possible.

By attending these meetings on a regular basis, you will come to see parental alcoholism or family dysfunction for what it is: a disease that infected you as a child and continues to affect you as an adult. You will learn to keep the focus on yourself in the here and now. You will take responsibility for your own life and supply your own parenting. You will not do this alone. Look around you and you will see others who know how you feel. We will love and encourage you no matter what. We ask you to accept us just as we accept you.

This is a spiritual program based on action coming from love. We are sure that as the love grows inside you, you will see beautiful changes in all your relationships, especially with God, yourself, and your parents.

<http://www.adultchildren.org/literature>