

# Spirituality

May 19

“Believing is seeing,” a special friend once explained. Imagine the spiritual walk we take day-in and day-out, without sight, yet, trusting that all is well.

As we wake in the morning, the magic of life begins again. Our lungs provide life-sustaining air as our heart continues its work directing blood flow throughout our body. Our senses awaken to our world. We forget one fundamental fact—*our* power orchestrated none of this!

These are gifts, given to us by a Higher Power. Some of us still exist without faith, as others seem comfortable living in the moment only, realizing there may not be another breathe living within us. The instant we cease to exist there is no turning back, no bargaining. We never had power to negotiate these facts and we don’t have it now. Not even for the smallest of life that surrounds us.

Who, or what, dictates the timing of our birth and demise? Not having absolutes to control our world is, for some, the issue that brought us into recovery. We assumed a posture of omnipotence fueled by addictions which destroyed us, with or without faith.

We now accept that our best scientific thinking is worthless in understanding or predicting this thing called life. Humbled by how little we know, we welcome this acceptance. With faith, we *Let Go and Let God* and allow a Higher Power we cannot see to just be whatever It is.

## TODAY’S MEDITATION

I attune myself to your trust in me My God, a faith that is necessary to begin and complete my day.

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*“Spirituality is not a function of occupation or calling. ...  
Spirituality is determined by personal outlook and  
priorities. It is evident in our words and actions.” —  
Dallin H. Oaks*

