Just for This Day

In D.A. sometimes we hear people say, "It's not about the money." In the beginning, for the newcomer, this sounds crazy. It's all about the money when our financial lives are completely unmanabeable. . . . All it takes is "willingness, honesty, and open mindedness" to open the door to a life that is serene, abundant, and filled with the love of our Higher Power. *

Just for this day, I will be grateful that I have enough food to eat and a place to sleep. If I lack either of these, I will ask for help.

Just for this day, I will ask my Higher Power to remove my compulsion to debt, under earn, or overspend. I am willing to go to any lengths not to debt today.

Just for this day, I will be clear with my money. I will keep a record of every penny I earn or spend, knowing that clarity leads to freedom.

Just for this day, I will accept that I cannot solve all my problems at once. I will take at least one small action toward my recovery.

Just for this day, I will live in this moment, right here, right now. I will set aside my fears of the future and my regrets about the past, accepting everything exactly as it is at this moment.

Just for this day, I will remember that there are infinite sources of help available to me. I do not have to be alone. I will reach out to another D.A. member and find hope and encouragement for my situation, even if it seems hopeless to me right now.

Just for this day, I am willing to believe in a Power greater than myself-even if my current understanding of that power is limited.

Just for this day, I will face my life with courage. With the help of D.A. and my Higher Power, I have what I need to live through whatever this day brings.

Just for this day, I will be of service. I will help someone else and allow someone else to help me.

Just for this day, I will refrain from comparing myself to others. I will honor my own unique gifts and experiences.

Just for this day, I will set aside time for quiet reflection, prayer, or meditation. I will set aside time for quiet reflection, prayer, or meditation. I will let this nourish and replenish my soul.

Just for this day, I will be grateful for the abundance in my life. I will recognize that there is enough money, enough time, and enough love.

* Excerpted from "Spirituality" pamphlet of D. A. #P-126, page 12.

DEBTORS ANONYMOUS™

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