

WINGS OF GLORY RECOVERY PROGRAM

Dedicated to my son Jonathan

I will always love you . . .

by Kristine Litster Fales

No One Is a Lost Cause

While most people use the word “addict” when referring to someone who is addicted, I do not. I never use the word “addict.” I think the word “addict” is all too often used as a label. I always say, “people who are addicted.” People who are addicted are people, not just addicts, and they have feelings, and hopes, and dreams—just like people who are not addicted. I don’t think anyone should ever slap the label “addict” on a person, think he or she is a lost cause, and walk away. These are *real* people we are talking about, and *no one* is a lost cause.

Recovering from Addiction

The “Wings of Glory” Recovery Program is a 13-week, self-help recovery program. It combines music, journal writing, specific daily and weekly goals, and workbook assignments to help people heal from their addictions. While this program was originally designed to help people with alcohol and drug addictions, it can also be used by those who suffer from any kind of addiction or compulsive behavior.

I would like to share the hope that *Wings of Glory* brought to my son, Jonathan, who struggled with both drug and alcohol addiction and acute depression during much of his lifetime. His recovery story spans twenty-one years from 1989-2010. I have told Jonathan’s story in my book, *Wings of Glory: Addiction, Recovery, and High Self-esteem* and in the memoir that I wrote about his life after he died, *Freedom from Addiction: A Mother’s Story of Hope*.

Wings of Glory

The same week my son, Ben, sent me the final version of our album, *Wings of Glory: Songs of Hope and Healing from Addiction*, my son, Jonathan, stopped by our home to see me. It was now late at night, and he had been drinking. He was extremely depressed about everything going on in his life. He had tried and failed so many times to get off drugs and alcohol that he now felt it was hopeless. For over twelve years now, he had been in and out of rehabilitation programs, hospitals, and jails and nothing seemed to help him maintain long-term sobriety. He was now living with people who were also abusing drugs and alcohol and just trying to survive day to day. When I greeted him at the door, he asked if he could talk to me alone outside.

After we walked out to the backyard together, he put his arms around me, pulled me close to him, and began talking to me in a way he had never done before. I started crying because I felt like he was saying his last goodbyes to me.

He said, “Look at you, Mom. You’re so beautiful. You’ve had eleven kids, and you’re still so beautiful!”

He touched my face, stroked my hair, and then he said, “I love you, Mom—always remember that. I really do love you. And I know you love me—I’ve always known that you loved me.”

Then he started to cry. Finally, he regained his composure and said, “I know you’ve done everything you could to try to help me. You’ve worked so hard on your *Wings of Glory* songs—I’m really happy for you—I know how important it has been to you to get it finished. But I have a song I’ve been writing too—I want to sing it for you.”

He then sang me a heart-wrenching song about death and dying and all of the pain he was going through, and how he couldn’t go on living in this kind of misery any longer.

I started crying again as I held him close to me, and then I said through my tears, “Don’t give up yet, my precious son. Please, don’t give up yet. Ben sent me a copy of *Wings of Glory* today. I have been praying for years that you would stay alive long enough to listen to this music. I know it’s already 1 o’clock in the morning, but I want you to come into the house and listen to it with me tonight.”

He resisted, but I gently pulled him into the house, and we sat down together on the couch. I turned on the CD player and then took both of his hands in mine and held them as we listened to all twelve songs on *Wings of Glory*.

When it was over, he sat there for several moments in silence, and then said quietly, “I think this music is going to help a lot of people.” I could see a flicker of hope in his eyes once again. The music had kept him alive that night.

Before he left, I gave him his own copy of *Wings of Glory*, but it was many more months before he would listen to it again. He wasn’t ready to stop drinking or doing drugs yet. My heart continued to break for him, but I knew there was nothing else I could do.

As our album was being produced, I decided to write down some of the experiences that had been going on in our family’s life and what inspired me to write each song.

As I wrote each of these stories, I would give Jonathan a copy to proofread for me. I wanted to make sure my facts were accurate and that what I was writing wouldn’t offend or embarrass him.

I will always remember the night he proofread the story and lyrics to the song, “Reaching Out.” I had been out of town and didn’t get back until the early morning hours. He had called me twice around 2 a.m., and his messages were waiting for me on my answering machine. I could tell by his voice that he’d been drinking, but the messages he left me were profound.

The first time he called he said, “I just finished reading the lyrics to ‘Reaching Out.’ I can’t believe that you know me so well. You’ve never even had a drink, but you know exactly how I feel.”

The second call came about fifteen minutes later. This time he was crying. He said, “I just finished reading the story to ‘Reaching Out.’ As I was reading what you wrote about friendship, I suddenly realized something I never knew before. *You* really are one of *my* best friends. I guess I should have known that before, but I didn’t. Anyway, I just wanted to say thanks for being my friend.”

My tears didn’t stop for a long time after I listened to his messages. When I called him the next day to thank him for his kind words, he laughingly apologized for calling me so late and then seriously replied, “I really meant what I said last night.” He then retold me everything he had said the night before—now that he was sober—because he wanted to make sure I knew his feelings were sincere.

While my relationship with Jonathan was improving during this period of time, he still kept relapsing and my concern over his drug use continued. I knew it was nothing I could control, but I kept hoping and praying that someday the music from *Wings of Glory* would touch his heart and help him heal.

The next few years were times of great struggle for him as he tried to get off drugs. After spending more time in jails, hospitals, and drug rehabs, he was in great despair. He had lost all hope that he would ever be able to stay sober. One day when I went to visit him, he calmly told me that he wasn’t even going to try anymore and wanted to say goodbye to our family forever. While I could intellectually accept his present decision, I knew I would never stop hoping and praying in my heart that he would one day find freedom from all his addictions.

Then two days later, to my surprise, Jonathan had a complete turn-around. He said he wanted to talk to me, so I went to pick him up. When he got in my car, he looked like he hadn’t slept for the last two days. He was very emotional and, with his voice breaking, quietly said, “Do you have *Wings of Glory* in your car?”

I said, “Yes. What song do you want to listen to?”

With a sigh of resignation, he quietly replied, “Whatever song you think I need to hear the most.”

I silently prayed for inspiration, and then turned on, “The Way Back – You Have a Savior.” He sat and listened to the all the words and music with his head dejectedly drooping to his chest. When the third verse began to play, he couldn’t hold back his weary, regretful tears any longer. The words were hitting too close to home.

When the song ended, he wiped away his tears and said with a determined resolve, “I know I need a Savior. I have been fighting this truth for years. But I now know there is no other way.”

That was the beginning of his way back. He later wrote to me and shared how *Wings of Glory* changed his life.

Jonathan’s *Wings of Glory* Testimonial

“When my mother and brother started making this Wings of Glory album, I didn’t really feel a part of it, but I knew they needed an outlet to express all their pain and sadness that came from seeing me abuse drugs and alcohol for so many years.

“My mother would ask my opinion about the lyrics from time to time, but I never thought these songs would ever be so powerful and inspiring. It wasn’t until late one night, after drinking, when I was reading the lyrics to ‘Reaching Out’ that I realized these words were exactly how I felt. It was so amazing to me that my mother could express in music the sorrow I’d talked to her about for so many years as she captured my feelings and put them into lyrics.

“It was then I could see my mother and brother weren’t just putting together another music album. They’d created something that would inspire people to want to get sober and remain clean. Each song touches the root of every problem drug addicts or alcoholics have in their lives.

“When my mother first gave me a copy of Wings of Glory, I really had no desire to listen to it. I was smoking crack daily, and I was always high. My soul was hardened. I didn’t have the need for good little things that make you feel warm inside. I wanted to stay cold and hard for life.

“It wasn’t until I finally made the decision to get clean that I started looking for any means for sobriety. I looked at the Wings of Glory album and said to myself, ‘Is this music really going to help me stay clean?’ Even though I was still struggling with drug abuse, I put the album in and started listening to it. The music and the voice of my

brother singing the lyrics penetrated the walls of my heart and soul that had been hardened through years of drug abuse. This was the beginning of my transformation into the person whom I knew God wanted me to be.

“I’d made many attempts throughout my life to get sober through different means. Many times, I’d pray I could stop. But all the prayers in the world couldn’t stop me. I’d feel guilty, but guilt didn’t stop me either. Listening to this music has given me the desire more than anything else in the world to get clean. Every song describes a part of my life.

“When I’m through listening to this music, I feel a peaceful feeling about my life. I’ve made a lot of mistakes, but I don’t have to keep beating myself up. I can change.

“The lyrics in Wings of Glory are of God. My mother was truly inspired, in the realm of her talent, to see into the perspective of the addict, the addict’s family, and into my own mind. I know it was only through the true nature of God’s influence that she could have done this. I bear witness that the Spirit of God and Jesus lives in this music, in the words, and in the testimony of others who have used this album to cope and overcome destructive behaviors. I am a witness of this.

“I am also a witness to the shattering wreckage of heroin, crystal meth, crack/cocaine, and all types of hallucinogens—and the unhealthy behaviors that go along with them.

“My hope is that those of you who struggle in this hopeless battle against drugs and alcohol—that only ends in murder, suicide, or prison—will find strength and wisdom within yourself by listening to Wings of Glory.

“When in a rehab, as you all probably know, the environment is still not always healthy. But, by listening to the Wings of Glory album once a day, throughout the day, or even just one song, whichever one I feel inspired to listen to at the moment, keeps me in the spirit of recovery. It reminds me to stay focused on the task at hand—which is to separate myself from my addiction (which I now refer to as the “Beast”)—so that I may be one with our Heavenly Father in purpose and in thought.

“My mother did a wonderful job capturing the excitement that God wants us to have while here on earth in the album’s song “Wings of Glory.” I have captured this song within my own heart. This music restores my conviction to stay clean every time I hear it.

“I would exhort whomever listens to Wings of Glory as a tool to overcome drug and alcohol addiction to also search the scriptures—for this is why they exist on the earth today—and they will guide and direct your path.”

Helping Others with *Wings of Glory*

The first day I went to visit Jonathan at another rehab in California, I brought a copy of my album, *Wings of Glory: Songs of Hope and Healing from Addiction*, and the companion book, *Wings of Glory: The Story behind the Songs*.

As I was waiting to speak to the director to get permission to give these two items to Jonathan, I visited with a gentleman who was acting as the receptionist. This man was a client who’d been in the program for a long time and was now on the last level before graduation. He was an older, black man with kind eyes and a cheery laugh. He went out of his way to be friendly and explained how their program worked. He reassured me that my son was in good hands and would get the help he needed while he was there.

I noticed he had a large, well-worn book on his desk that he’d been reading when I walked in. I asked him the name of his book and if it had anything to do with the program. He replied that it was called *The Life Recovery Bible* but it wasn’t part of the program, but twice a week he met with other clients to study its teachings together. He then laughed and said, “Everyone tells me I need to get a new copy of this book because it’s so old, but this one was given to me years ago by a good friend who had read it for years himself. My friend is now dead, and every time I look at this book I remember how he took the time to teach me about Jesus. I’ve been carrying this book with me ever since the day he first gave it to me. I’ll never get rid of this book.”

I asked him if I could look at his book, and he carefully handed it to me and let me look through its pages. He told me where I could get a copy if I were interested, and I told him I would like to get a copy for myself someday. He said if Jonathan was religious he could be in their study group when he got on the next level.

When the director of the program arrived, I went into his office and showed him my music album and book and asked if I could give them to Jonathan. He said that Jonathan couldn’t have any outside music or

reading materials while he was on this first level, but I could bring it back to him when he was on the next level.

As I left the director's office, the gentleman I'd been speaking with was still sitting at his desk in the lobby. I went over to him and said, "I brought this album and book that I wrote to give to my son, but he can't have them right now. I was wondering if you would like to have them."

He carefully took the album and book from my hands and read the titles out loud, "*Wings of Glory: Songs of Hope and Healing from Addiction. Wings of Glory: The Story behind the Songs.*"

He turned the album and book over and looked at my picture on the back of each one and then looked up at me and said, "You wrote these? You really want to give them to me? I would love to have them! Will you autograph them for me, please?"

No one had ever asked for my autograph before, and I felt a little bit embarrassed. He was making me feel like I was some kind of celebrity, which I was not. But he was so humble and sincere in his request that I took the pen that he was holding out to me and carefully signed them and gave them back to him. I then shook his hand as he thanked me profusely for my gift. As I walked out of the lobby, he put the *Wings of Glory* album in his CD player on his desk and began listening to it.

After leaving the lobby, a funny memory popped into my mind as I reflected back to my childhood when my father would make me practice my penmanship every day and stressed the importance of having legible handwriting. I didn't want to do it, but he said that I would thank him someday. I thought to myself, "Maybe this is why he insisted I practice my penmanship! Okay, Dad, thank you!"

I went to another room and waited for over an hour till Jonathan could visit with me. We had a long, meaningful talk, and I felt hopeful he'd make some good friends here and learn something that would help him stay sober long-term. As our visit came to an end, I stood up to say goodbye to Jonathan, but saw the gentleman whom I had met in the lobby walk in and look around the room. When he spotted me, he quickly walked over and said, "I was hoping you hadn't left yet because I need to talk to you for a minute."

I saw that he had tears in his eyes and seemed quite emotional. He looked at me for a few moments and then hesitatingly began to speak, "I just finished listening to your *Wings of Glory* music and read your little book. I just want to thank you again for giving them to me. They've changed my life."

He then handed me his special book, *The Life Recovery Bible*, and said, "I want you to have this."

I was totally shocked and exclaimed, "Oh, no! You don't need to give me anything! I know what this book means to you, and you should keep it. You have treasured it for years. Seriously, you don't need to repay me in any way. I gave you my album and book as a gift. You don't owe me anything in return."

Haltingly he said, "I am a poor man. The only thing I own is this book. The reason I want you to have it is because your *Wings of Glory* music and book are incredible. They have transformed me. I never believed in myself before, but now I do. I feel I can go out and accomplish anything I want to in the future. You're a special lady. I will feel honored if you will accept my book as my thanks to you."

I started to cry as I took his precious book and held it in my hands. I looked in his gentle, tear-filled eyes and said, "If you really want me to have it, I will accept it. Thank you. I will always remember you when I read your book."

I gave him a hug and said goodbye, and he slowly walked out of the room. I then turned back to Jonathan to give him a hug and a kiss goodbye. As he kissed me on the cheek, he whispered in my ear, "I told you your music and book were good, Mom!"

I smiled at Jonathan through my tears and walked to my car carefully carrying the well-worn, much-loved book. Although I knew I would probably never see this wonderful man again, we had become friends. As I drove home, I felt overwhelmed as I thought about the significance of his gift to me. It had always been my hope that *Wings of Glory* would help other people besides those in my own family. Now I knew for sure that it would.

Writing the Recovery Program

I wrote the *Wings of Glory Recovery Program* for a compelling reason. While Jonathan had the desire to change after he began listening to *Wings of Glory*, he didn't seem to know how to do it. I could see how *Wings of Glory* was creating a desire within Jonathan and many other people to *want* to change, but for some reason they *couldn't* change. They were inspired, they were motivated, they were determined—but they kept relapsing. It was if they were all dressed up on a Saturday night, they had gas in their gas tanks, their cars were running, they were ready to go—but they had no place to go. I realized then that the music alone was not enough to help Jonathan heal.

I could tell by watching his behavior that Jonathan desperately needed to have something concrete in his life to give him the structure, routine, and continual encouragement he needed to stay sober. This was my motivation to develop the self-help “Wings of Glory” Recovery Program.

The night I had my first draft completed was the same night Jonathan called me once again in deep despair and told me he couldn't go on living anymore. As I explained the basic concepts of my program to him, he expressed a little bit of hope that it might help him. I asked for his help to finish the program, and he agreed to come back home for a while, follow the house rules, and help me to work on this program.

After being with us off and on for a few months, Jonathan continued to struggle and decided he needed to check himself into a long-term rehab. One night he called me from this rehab to tell me what had happened that day. He said:

“This morning when I woke up I was so depressed that I didn't want to get out of bed, but I decided I would force myself to get up and just brush my teeth so I could at least check one thing off my list today. So, I got out of bed, brushed my teeth, and checked it off the list.

“I had been planning to immediately go back to bed, but then a strange thing happened. The thought popped into my head that as long as I was up, I should go take a shower and get dressed. After I did that, the thought came to me that I should listen to Wings of Glory while I read a few scriptures. So, I did. And then I just kept going. By the end of the day I had checked everything off the list, and I felt great!

“I realized that the reason I ended up having a great day was because of you. When I was feeling so depressed in bed this morning, I remember you once saying to me, ‘If you are too depressed to do anything else, at least get up and brush your teeth every day.’ I did it, and it was awesome! Your little program really works! Thanks, Mom!”

When Jonathan started listening to *Wings of Glory* every day, reading the scriptures, praying, and following the “Wings of Gory” Recovery Program, he stayed drug-free after leaving the rehab and was so proud of himself.

Jonathan stayed sober this time for over three years, but his mental health was taking a steep decline. He quit using my recovery program, isolated from his friends, and was exhibiting some very strange behaviors. One night, my brother and I made the difficult decision to check him into a psychiatric hospital against his will. He was so angry with us, but over several weeks the doctors were able to stabilize him after finding a combination of medications that finally worked. When Jonathan left the hospital, he continued taking his medication for a while, but then he made the unwise decision to stop using them because he didn't like the side effects and how it made him feel. A few months later, in a state of extreme depression, Jonathan committed suicide.

While Jonathan's life was now over, I knew he was proud of himself for his three years of sobriety. He once told me, “I'll kill myself before I'll ever use drugs or start drinking again.”

I knew my *Wings of Glory* album and recovery program had helped him stay alive, be drug-free, and do much good to help others for many years. The first time he told me he wanted to commit suicide was when he was only fifteen. He died when he was thirty-five on March 5, 2010. I think his medication might have kept him alive; I wish he would have been willing to use it. One major problem was that we couldn't find any housing for people with severe psychiatric problems. What Jonathan really needed was a safe place to live with a trained staff that could help monitor his medications. Instead, all Jonathan could do was go from place to place living temporarily with different relatives and trying to do the best he could on his own.

One of the missions I want to accomplish in the future is to help other people who suffer from addictions and mental illness to find safe housing and respectable employment. I want all people to have the joy and peace that comes from living happy, purposeful, productive lives.

Using the *Wings of Glory* Album for Recovery

I want to address this part of my story to any person who is suffering from addiction at this time.

Although I have not had to personally face the difficulties of drug and alcohol addiction, my heart goes out to the many wonderful people I've known throughout my life—family members, friends, neighbors, and acquaintances—who have had to deal with the pain of their own addictions on a daily basis.

It is my prayer that the songs from *Wings of Glory* will give you the desire to change. I know change is usually a gradual process, and relapse sometimes happens, but I encourage you to never give up—no matter how many times you may have tried and failed.

After listening to this music, if you have even a spark of hope that you can be healed from your addictions someday, I will feel that all of our family's efforts have been worthwhile. I know as you push forward with faith and implement the principles taught in this book, that you can still lead a productive and fulfilling life.

Music has proven effective in helping people heal from many types of major health issues, both mental and physical. If you are addicted, the simple act of listening to inspiring music can be a valuable therapy tool as you seek true freedom from addiction.

The *Wings of Glory* music is not an end-all, cure-all. You may need a rehabilitation center or halfway house. You may need to find a good doctor and the right medication. You may need the help of a support group. You may need to get individual counseling. Be humble and willing to accept direction in your life. Continually pray for the right people to come into your life who can guide you. Most people can't recover by themselves. If you need help, ask for it.

Recovery is an individual journey. No one can make you take the journey. No one can take the journey for you. It is completely up to you. You must be willing to keep trying, and trying, and trying. But always

remember, you are not alone. There are people who care about you and can help you if you will do your part.

Each of the twelve songs has a special message for you, but the most important message of *Wings of Glory* is that your Heavenly Father loves you. No matter what you have done, no matter what mistakes you have made, no matter how bad you have messed up your life, you must believe that you are still of great worth in the sight of your Father in Heaven. He truly loves you.

Never forget the eternal truth that you are a child of God.

Our Heavenly Father knew that we would all make mistakes and need help in purifying our lives so we could return to His presence after our earth-life experience is finished. That is why he sent His son, Jesus Christ, to atone for our sins. Our Savior loves you with all his heart.

He will make your sins “as white as snow” (Isaiah 1:18) through your sincere repentance and the miracle of His grace.

There is a spiritual power in these songs that is intended to help you increase your faith in God, instill in you a desire to change, and give you the confidence that you can build a new life for yourself.

My purpose in writing these songs was threefold. First, I wanted to inspire Jonathan with the confidence that he could break free from addiction's chains of bondage. Second, I wanted to help each of my children, my husband, and myself heal from the pain and sorrow we have endured as a family the last several years. Third, I wanted to reach out with a message of hope to all who have suffered from the devastation and despair of addiction.

Wings of Glory is about sorrow. It is about hope. It is about healing. It is about creating a life for yourselves and your loved ones that is filled with faith, love, and real joy. It is a message I share with enthusiasm because I know the ideas taught through these songs are correct principles that can transform lives.

The Program

The “Wings of Glory” Recovery Program is a 13-week, self-help recovery program, which encourages the achievement of specific daily and weekly goals. It also uses the music album, *Wings of Glory: Songs of Hope and Healing from Addiction*, the booklet, *Wings of Glory: The Story behind the Songs*, and the *Living Drug-free Workbook* to teach

correct principles about living a life free from all addictions. For more information about using this program successfully, please read the booklet, *Explanation of Self-Help Programs*.

The “Wings of Glory” Recovery Program is designed to be simple. The only hard part about this program is being consistent. But, consistency will gradually come over time as you commit yourself to the program. This program can be completed in thirteen weeks, but you can take longer if you need more time.

Please read “Healing Scriptures from the New Testament” and check off the “Daily Dozen” and “Five Elements” goals. This will help you keep track of the progress you are making. Remember, “. . . by small and simple things are great things brought to pass” (Alma 37:6). Also, please read the “13 Choices for Happiness & High Self-esteem” and “Believe” each day. These are both located at the end of this program.

Listen to at least one song from *Wings of Glory* every day and the entire album once a week. Also, find other beautiful music that uplifts and inspires you. Music has the power to help heal you and draw you out of the darkness from addiction. New inspiration will come that helps you understand who you really are and how to move forward with your life in a positive, confident way.

After completing this recovery program, it is important for the continued healing from your addictions to begin the “13 Choices Happy Life Program,” which follows the same format as the recovery program. It will help you discover true happiness and high self-esteem while maintaining an addiction-free life.

Five Elements of Recovery

The information I share about recovery from addiction comes from my own personal experiences with my family and friends. I am not a trained professional. I am simply a concerned mother and citizen.

Everything I have learned about recovery from addiction I have learned the hard way—one principle at a time.

I have talked to many professionals. I have sat through many therapy sessions and self-help groups. I have listened to many lectures.

I have talked to many parents. I have cut out many magazine and newspaper articles. I have read many books.

I have talked to many teenagers. I have walked through many hospitals and rehabilitation centers. I have visited many jails.

Gradually, over the years I began to form my own opinions as to what really works and what doesn't work. I finally came to the conclusion that people must have Five Elements of Recovery in their lives to break free from the cycle of addiction:

The Five Elements of Recovery are:

1. Faith in God
2. Desire to Change
3. Accountability
4. Family Love
5. Friends with Integrity

I believe all five of these elements are essential to recovery. With all five of them, there will eventually be success. Without all five of them, recovery will be much more difficult.

When people consistently exercise faith in God's healing power, have the desire to change, take accountability for their actions, learn how to give and receive unconditional family love, and only associate with friends with integrity who don't use alcohol or drugs, they can break free from the bondage of their addictions and become the people they truly want to be.

1. Faith in God

Lacking faith and having feelings of bitterness or unworthiness keep people who are addicted from ever tapping into the greatest source of strength there is around them—Faith in God's healing power. Once you experience God's power, you will never forget it. Once you embrace God's power, you will never want to let it go.

2. Desire to Change

The desire to change must come from within. No one can force another person to change. The physical and emotional suffering that comes from addiction often instills the desire to change. Equally important, there must be hope. People who are addicted must know there really is a way back through Jesus Christ, who will really help them change their lives.

3. Accountability

Willpower alone is usually not enough to heal people's addictions. If you are addicted, find a mentor, professional counselor, or some type of structured program with people who will hold you accountable as you learn how to make necessary changes in your life. Report back to these people as you set and achieve your personal goals for sobriety.

4. Family Love

Unconditional love within families is vital. No matter how hurt and rejected your family members might feel, you all need to learn how to love and forgive one another. Love from your family does not mean enabling you or being codependent. Love means radiating real affection from the heart. You will recover faster from your addictions if you will love your family members and receive love from them in return.

5. Friends with Integrity

One of the hardest trials people who are addicted have to face is finding new, strong friends who do not use alcohol and drugs and who will support them in their recovery. Saying good-bye to old friends and habits may leave people feeling lonely and vulnerable, but, like a snake shedding its old skin, it must be done.

Individual self-worth can be restored, friendships can be mended, and families can become strong once again.

“WINGS OF GLORY” RECOVERY PROGRAM

Week 1

Date

Healing Scriptures from the New Testament Jesus Preaches Repentance and Heals the Sick

From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand.

And Jesus, walking by the sea of Galilee, saw two brethren, Simon called Peter, and Andrew his brother, casting a net into the sea: for they were fishers.

And he saith unto them, Follow me, and I will make you fishers of men. And they straightway left their nets, and followed him.

And going on from thence, he saw other two brethren, James the son of Zebedee, and John his brother, in a ship with Zebedee their father, mending their nets; and he called them. And they immediately left the ship and their father, and followed him.

*And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and **healing** all manner of sickness and all manner of disease among the people.*

*And his fame went throughout all Syria: and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with palsy; and he **healed** them.*

And there followed him great multitudes of people from Galilee, and from Decapolis, and from Jerusalem, and from Judaea, and from beyond Jordan.

—Matthew 4:17-24

DAILY DOZEN

*5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF RECOVERY

- 1. Faith in God**
Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
Listen to *Wings of Glory*; do Lesson #1 in the *Living Drug-free Workbook* _____
- 3. Accountability**
Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

“WINGS OF GLORY” RECOVERY PROGRAM

Week 2

Date

Healing Scriptures from the New Testament Jesus Teaches in His Own Country and Heals the Sick

And he went out from thence, and came into his own country; and his disciples follow him.

And when the sabbath day was come, he began to teach in the synagogue: and many hearing him were astonished, saying,

From whence hath this man these things? and what wisdom is this which is given unto him, that even such mighty works are wrought by his hands?

Is not this the carpenter, the son of Mary, the brother of James, and Joses, and of Juda, and Simon? and are not his sisters here with us? And they were offended at him.

*But Jesus said unto them, A prophet is not without honour, but in his own country, and among his own kin, and in his own house. And he could there do no mighty work, save that he laid his hands upon a few sick folk, and **healed** them.*

And he marvelled because of their unbelief. And he went round about the villages, teaching.

And he called unto him the twelve, and began to send them forth by two and two; and gave them power over unclean spirits; And they went out, and preached that men should repent.

*And they cast out many devils, and anointed with oil many that were sick, and **healed** them.*

—Mark 6:1-7, 12-13

DAILY DOZEN

*5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF RECOVERY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Listen to *Wings of Glory*; do Lesson #2 in the *Living Drug-free Workbook* _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

“WINGS OF GLORY” RECOVERY PROGRAM

Week 3

Date

Healing Scriptures from the New Testament

Jesus Heals Women from Evil Spirits and Chronic Illness

And it came to pass afterward, that he went throughout every city and village, preaching and shewing the glad tidings of the kingdom of God: and the twelve were with him,

*And certain women, which had been **healed** of evil spirits and infirmities, Mary called Magdalene, out of whom went seven devils, And Joanna the wife of Chuza Herod’s steward, and Susanna, and many others, which ministered unto him of their substance.*

*And a woman having an issue of blood twelve years, which had spent all her living upon physicians, neither could be **healed** of any, Came behind him, and touched the border of his garment: and immediately her issue of blood stanchèd.*

And Jesus said, Who touched me? When all denied, Peter and they that were with him said, Master, the multitude throng thee and press thee, and sayest thou, Who touched me?

And Jesus said, Somebody hath touched me: for I perceive that virtue is gone out of me.

*And when the woman saw that she was not hid, she came trembling, and falling down before him, she declared unto him before all the people for what cause she had touched him, and how she was **healed** immediately.*

And he said unto her, Daughter, be of good comfort: thy faith hath made thee whole; go in peace.

—Luke 8:1-3, 43-48

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF RECOVERY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Listen to *Wings of Glory*; do Lesson #3 in the *Living Drug-free Workbook* _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

“WINGS OF GLORY” RECOVERY PROGRAM

Week 4

Date

Healing Scriptures from the New Testament Jesus Heals Man’s Son Who Is Dumb and Deaf

And one of the multitude answered and said, Master, I have brought unto thee my son, which hath a dumb spirit; And wheresoever he taketh him, he teareth him: and he foameth, and gnasheth with his teeth, and pineth away: and I spake to thy disciples that they should cast him out; and they could not.

And he asked his father, How long is it ago since this came unto him? And he said, Of a child. And oftentimes it hath cast him into the fire, and into the waters, to destroy him: but if thou canst do any thing, have compassion on us, and help us.

Jesus said unto him, If thou canst believe, all things are possible to him that believeth. And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief.

When Jesus saw that the people came running together, he rebuked the foul spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him. And the spirit cried, and rent him sore, and came out of him: and he was as one dead; insomuch that many said, He is dead. But Jesus took him by the hand, and lifted him up; and he arose.

And when he was come into the house, his disciples asked him privately, Why could not we cast him out? And he said unto them, This kind can come forth by nothing, but by prayer and fasting.

—Mark 9:17-18, 21-29

DAILY DOZEN

5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF RECOVERY

- 1. Faith in God**
Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
Listen to *Wings of Glory*; do Lesson #4 in the *Living Drug-free Workbook* _____
- 3. Accountability**
Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

“WINGS OF GLORY” RECOVERY PROGRAM

Week 5

Date

Healing Scriptures from the New Testament

Jesus Heals Woman of Eighteen-Year Infirmity

And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself.

And when Jesus saw her, he called her to him, and said unto her, Woman, thou art loosed from thine infirmity.

And he laid his hands on her: and immediately she was made straight, and glorified God.

*And the ruler of the synagogue answered with indignation, because that Jesus had **healed** on the sabbath day, and said unto the people,*

*There are six days in which men ought to work: in them therefore come and be **healed**, and not on the sabbath day.*

The Lord then answered him, and said, Thou hypocrite, doth not each one of you on the sabbath loose his ox or his ass from the stall, and lead him away to watering?

And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day?

And when he had said these things, all his adversaries were ashamed:

And all the people rejoiced for all the glorious things that were done by him.

—Luke 13:11-17

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF RECOVERY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Listen to *Wings of Glory*; do Lesson #5 in the *Living Drug-free Workbook* _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

“WINGS OF GLORY” RECOVERY PROGRAM

DAILY DOZEN

Week 6

5 Minute Magical Morning Devotional:
 Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
 Study the gospel of Jesus Christ for 30 minutes each day.

_____ Date

Healing Scriptures from the New Testament Jesus Heals the Sick and Calms the Sea

And when Jesus was come into Peter’s house, he saw his wife’s mother laid, and sick of a fever. And he touched her hand, and the fever left her: and she arose, and ministered unto them.

*When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and **healed** all that were sick: That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses.*

Now when Jesus saw great multitudes about him, he gave commandment to depart unto the other side. And a certain scribe came, and said unto him, Master, I will follow thee whithersoever thou goest. And Jesus saith unto him, The foxes have holes, and the birds of the air have nests; but the Son of man hath not where to lay his head.

And when he was entered into a ship, his disciples followed him. And, behold, there arose a great tempest in the sea, insomuch that the ship was covered with the waves: but he was asleep.

And his disciples came to him, and awoke him, saying, Lord, save us: we perish. And he saith unto them, Why are ye fearful, O ye of little faith? Then he arose, and rebuked the winds and the sea; and there was a great calm. But the men marvelled, saying, What manner of man is this, that even the winds and the sea obey him!

—Matthew 8:14-20, 23-27

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF RECOVERY

- 1. Faith in God**
Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
Listen to *Wings of Glory*; do Lesson #6 in the *Living Drug-free Workbook* _____
- 3. Accountability**
Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
 Philippians 4:13*

“WINGS OF GLORY” RECOVERY PROGRAM

DAILY DOZEN

Week 7

5 Minute Magical Morning Devotional:
 Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
 Study the gospel of Jesus Christ for 30 minutes each day.

_____ Date

Healing Scriptures from the New Testament Jesus Forgives Sins and Heals Man with Palsy

*And it came to pass on a certain day, as he was teaching, that there were Pharisees and doctors of the law sitting by, which were come out of every town of Galilee, and Judaea, and Jerusalem: and the power of the Lord was present to **heal** them. And, behold, men brought in a bed a man which was taken with a palsy: and they sought means to bring him in, and to lay him before him.*

And when they could not find by what way they might bring him in because of the multitude, they went upon the housetop, and let him down through the tiling with his couch into the midst before Jesus. And when he saw their faith, he said unto him, Man, thy sins are forgiven thee.

And the scribes and the Pharisees began to reason, saying, Who is this which speaketh blasphemies? Who can forgive sins, but God alone? But when Jesus perceived their thoughts, he answering said unto them, What reason ye in your hearts? Whether is easier, to say, Thy sins be forgiven thee; or to say, Rise up and walk?

But that ye may know that the Son of man hath power upon earth to forgive sins, (he said unto the sick of the palsy,) I say unto thee, Arise, and take up thy couch, and go into thine house. And immediately he rose up before them, and took up that whereon he lay, and departed to his own house, glorifying God.
 —Luke 5:17-25

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF RECOVERY

- 1. Faith in God**
 Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
 Listen to *Wings of Glory*; do Lesson #7 in the *Living Drug-free Workbook* _____
- 3. Accountability**
 Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
 Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
 Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

I can do all things through Christ which strengtheneth me.
Philippians 4:13

“WINGS OF GLORY” RECOVERY PROGRAM

Week 8

Date

Healing Scriptures from the New Testament Jesus Raises the Daughter of Jairus from the Dead

And, behold, there came a man named Jairus, and he was a ruler of the synagogue: and he fell down at Jesus' feet, and besought him that he would come into his house: For he had one only daughter, about twelve years of age, and she lay a dying. But as he went the people thronged him.

While he yet spake, there cometh one from the ruler of the synagogue's house, saying to him, Thy daughter is dead; trouble not the Master.

But when Jesus heard it, he answered him, saying, Fear not: believe only, and she shall be made whole.

And when he came into the house, he suffered no man to go in, save Peter, and James, and John, and the father and the mother of the maiden.

And all wept, and bewailed her: but he said, Weep not; she is not dead, but sleepeth. And they laughed him to scorn, knowing that she was dead.

And he put them all out, and took her by the hand, and called, saying, Maid, arise.

*And her **spirit came again**, and she arose straightway: and he commanded to give her meat.*

And her parents were astonished: but he charged them that they should tell no man what was done.

—Luke 8:41-42, 49-56

DAILY DOZEN

*5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF RECOVERY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Listen to *Wings of Glory*; do Lesson #8 in the *Living Drug-free Workbook* _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

“WINGS OF GLORY” RECOVERY PROGRAM

DAILY DOZEN

Week 9

5 Minute Magical Morning Devotional:
 Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
 Study the gospel of Jesus Christ for 30 minutes each day.

_____ Date

Healing Scriptures from the New Testament Jesus Heals the Sick and Feeds the Multitude

And Jesus departed from thence, and came nigh unto the sea of Galilee; and went up into a mountain, and sat down there.

*And great multitudes came unto him, having with them those that were lame, blind, dumb, maimed, and many others, and cast them down at Jesus' feet; and he **healed** them:*

Insomuch that the multitude wondered, when they saw the dumb to speak, the maimed to be whole, the lame to walk, and the blind to see: and they glorified the God of Israel.

Then Jesus called his disciples unto him, and said, I have compassion on the multitude, because they continue with me now three days, and have nothing to eat: and I will not send them away fasting, lest they faint in the way.

And his disciples say unto him, Whence should we have so much bread in the wilderness, as to fill so great a multitude? And Jesus saith unto them, How many loaves have ye? And they said, Seven, and a few little fishes.

And he commanded the multitude to sit down on the ground. And he took the seven loaves and the fishes, and gave thanks, and brake them, and gave to his disciples, and the disciples to the multitude.

And they did all eat, and were filled: and they took up of the broken meat that was left seven baskets full. And they that did eat were four thousand men, beside women and children.

—Matthew 15:29-38

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF RECOVERY

- 1. Faith in God**
Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
Listen to *Wings of Glory*; do Lesson #9 in the *Living Drug-free Workbook* _____
- 3. Accountability**
Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

I can do all things through Christ which strengtheneth me.
Philippians 4:13

“WINGS OF GLORY” RECOVERY PROGRAM

Week 10

Date

Healing Scriptures from the New Testament

Jesus Heals a Man’s Withered Hand and Other Diseases

And it came to pass also on another sabbath, that he entered into the synagogue and taught: and there was a man whose right hand was withered.

*And the scribes and Pharisees watched him, whether he would **heal** on the sabbath day; that they might find an accusation against him.*

But he knew their thoughts, and said to the man which had the withered hand, Rise up, and stand forth in the midst. And he arose and stood forth.

Then said Jesus unto them, I will ask you one thing: Is it lawful on the sabbath days to do good, or to do evil? to save life, or to destroy it?

And looking round about upon them all, he said unto the man, Stretch forth thy hand. And he did so: and his hand was restored whole as the other.

*And he came down with them, and stood in the plain, and the company of his disciples, and a great multitude of people out of all Judaea and Jerusalem, and from the sea coast of Tyre and Sidon, which came to hear him, and to be **healed** of their diseases; And they that were vexed with unclean spirits: and they were **healed**.*

*And the whole multitude sought to touch him: for there went virtue out of him, and **healed** them all.*

—Luke 6:6-10, 17-19

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF RECOVERY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Listen to *Wings of Glory*; do Lesson #10 in the *Living Drug-free Workbook* _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

“WINGS OF GLORY” RECOVERY PROGRAM

Week 11

Date

Healing Scriptures from the New Testament Jesus Heals the Leper and the Centurion’s Servant

When he was come down from the mountain, great multitudes followed him. And, behold, there came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean.

And Jesus put forth his hand, and touched him, saying, I will; be thou clean. And immediately his leprosy was cleansed.

And when Jesus was entered into Capernaum, there came unto him a centurion, beseeching him, And saying, Lord, my servant lieth at home sick of the palsy, grievously tormented.

And Jesus saith unto him, I will come and heal him.

The centurion answered and said, Lord, I am not worthy that thou shouldest come under my roof: but speak the word only, and my servant shall be healed.

For I am a man under authority, having soldiers under me: and I say to this man, Go, and he goeth; and to another, Come, and he cometh; and to my servant, Do this, and he doeth it.

When Jesus heard it, he marvelled, and said to them that followed, Verily I say unto you, I have not found so great faith, no, not in Israel.

And Jesus said unto the centurion, Go thy way; and as thou hast believed, so be it done unto thee.

And his servant was healed in the selfsame hour.
—Matthew 8:1-3, 5-10, 13

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Philippians 4:13

“WINGS OF GLORY” RECOVERY PROGRAM

Week 12

Date

Healing Scriptures from the New Testament

Jesus Raises Lazarus from the Dead

Then when Mary was come where Jesus was, and saw him, she fell down at his feet, saying unto him, Lord, if thou hadst been here, my brother had not died. When Jesus therefore saw her weeping, and the Jews also weeping which came with her, he groaned in the spirit, and was troubled, And said, Where have ye laid him? They said unto him, Lord, come and see. Jesus wept.

Then said the Jews, Behold how he loved him! And some of them said, Could not this man, which opened the eyes of the blind, have caused that even this man should not have died? Jesus therefore again groaning in himself cometh to the grave. It was a cave, and a stone lay upon it. Jesus said, Take ye away the stone. Martha, the sister of him that was dead, saith unto him, Lord, by this time he stinketh: for he hath been dead four days. Jesus saith unto her, Said I not unto thee, that, if thou wouldest believe, thou shouldest see the glory of God? Then they took away the stone from the place where the dead was laid.

*And Jesus lifted up his eyes, and said, Father, I thank thee that thou hast heard me. And I knew that thou hearest me always: but because of the people which stand by I said it, that they may believe that thou hast sent me. And when he thus had spoken, he cried with a loud voice, Lazarus, come forth. And he that was dead **came forth**, bound hand and foot with graveclothes: and his face was bound about with a napkin. Jesus saith unto them, Loose him, and let him go. Then many of the Jews which came to Mary, and had seen the things which Jesus did, believed on him.*

—John 11:30-45

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Philippians 4:13*

“WINGS OF GLORY” RECOVERY PROGRAM

Week 13

Date

Healing Scriptures from the New Testament

Jesus Heals Men Who Are Blind and Dumb

And when Jesus departed thence, two blind men followed him, crying, and saying, Thou Son of David, have mercy on us.

And when he was come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord.

Then touched he their eyes, saying, According to your faith be it unto you.

And their eyes were opened; and Jesus straitly charged them, saying, See that no man know it.

But they, when they were departed, spread abroad his fame in all that country.

As they went out, behold, they brought to him a dumb man possessed with a devil.

And when the devil was cast out, the dumb spake: and the multitudes marvelled, saying, It was never so seen in Israel.

But the Pharisees said, He casteth out devils through the prince of the devils.

*And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and **healing** every sickness and every disease among the people.*

—Matthew 9:27-35

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13 CHOICES FOR HAPPINESS & HIGH SELF-ESTEEM

Feeling God's Love—Achieving My Dreams

1.

Spiritual

I choose to worship my Father in Heaven every day and live a Christ-centered life.

2.

Physical

I choose to keep my body healthy and clean and avoid addictive substances at all times.

3.

Mental

I choose to use my mind to create, explore the universe, and find my place in it.

4.

Emotional

I choose to share my feelings kindly and honestly with others and strive to be peaceful.

5.

Social

I choose to look at all people as equals and never judge or compare others to myself.

6.

Psychological

I choose to accept full responsibility for all of my choices and never blame others.

7.

Intellectual

I choose to educate myself on a daily basis so I'll be useful to the betterment of society.

8.

Organizational

I choose to work within the time frame I'm given without being stressed or rushed.

9.

Environmental

I choose to keep my surroundings clean and beautiful and live in a house of order.

10.

Financial

I choose to enjoy my work, live frugally, and use my means to help other people.

11.

Recreational

I choose to only see and listen to those things that uplift and inspire the human mind.

12.

Ancestral

I choose to be the transitional figure in my family to free future generations from abuse.

13.

Moral

I choose to obey all of God's commandments and love and honor each of His children.

BELIEVE

The *Wings of Glory* message is simple, yet powerful—believe.

Believe . . .

God truly exists as our Father in Heaven, and He knows us each by name.

Believe . . .

He has given us a Savior who will help carry our burdens and heal us from sin and sorrow.

Believe . . .

He has placed us here on earth in families so we can protect and nurture one another.

Believe . . .

He has given us friends to help us truly enjoy life and lift each other up during personal trials.

Believe . . .

He wants us to feel the natural highs that come from the rich outpouring of His love.

Believe . . .

He blessed each of us with high self-esteem when we were born.

Believe . . .

He will bless us to discover high self-esteem within ourselves once again.

Believe . . .

He has given each one of us our own wings of glory.

Believe . . .

He has given us the power within ourselves to fly.

Believe . . .

*Jesus saith unto him,
Thomas, because thou hast seen me,
thou hast believed:
blessed are they that have not seen,
and yet have believed.
—John 20:29*

*Then said Jesus unto the twelve,
Will ye also go away?
Then Simon Peter answered him,
Lord, to whom shall we go?
Thou hast the words of eternal life.
And we believe and are sure
that thou art that Christ,
the Son of the living God.
—John 6:67-69*

I believe Jesus Christ has the power to heal all illnesses and addictions.

*But he was wounded for our transgressions,
he was bruised for our iniquities:
the chastisement of our peace was upon him;
and with his stripes we are healed.
—Isaiah 53:5*

*But unto you that fear my name shall the Sun of righteousness
arise with healing in his wings . . .
—Malachi 4:2*

*I said, Lord, be merciful unto me: heal my soul;
for I have sinned against thee.
—Psalms 41:4*

*Heal me, O Lord, and I shall be healed; save me,
and I shall be saved: for thou art my praise.
—Jeremiah 17:14*

*. . . I have heard thy prayer, I have seen thy tears:
behold, I will heal thee:
—2 Kings 20:5
Believe.*

Excerpts from

Wings of Glory: Addiction, Recovery, and High Self-esteem

The Three C's of Addiction

Individuals often try alcohol and drugs for one of three reasons. These are called the “Three C's of Addiction”—Curiosity, Conformity, and Confusion.

Curiosity. Some individuals are so curious about what others are saying about alcohol and drugs that they want to find out for themselves if it's true. They don't really think about the risks involved in experimentation and often act impulsively. By the time they learn they don't really want to be involved, they're trapped.

Conformity. Other individuals want to be part of a group so much that they are willing to do anything it takes to fit in—even if conformity means going against their own conscience and using alcohol and drugs. Generally, these people's self-esteem is so low that they are always looking to others for approval and acceptance.

Confusion. There are also the high-risk individuals who are just so confused about life that they don't know what else to do. They make a conscious decision to use alcohol or drugs in the hope that they can find some relief from their feelings of isolation, depression, or emotional pain. Of course, their pain only gets worse.

The Three I's of Prevention

The “Three C's of Addiction” must be avoided and replaced with the “Three I's of Prevention”—Intelligence, Independence, and Intuition.

Intelligence. First, you must replace curiosity about drugs by using your own intelligence to gather the facts. Gaining knowledge of the long-term consequences of alcohol and drug use will educate you without having to experiment with drugs and learn the hard way.

Independence. Second, you must not give in to conformity, but prize your independence. As you begin to value yourself as an individual and always think for yourself, you will keep your values and standards high and be able to act as a leader to those around you.

Intuition. Third, you must avoid the confusion of life by listening to your intuition. As you get in tune with your feelings, you will sense spiritual promptings and feel personal guidance in your life. There is always a feeling of peace when making the right decision.

The bedrock of intelligence, independence, and intuition is concrete. These “Three I's of Prevention” provide a firm foundation upon which all people can build their lives.

Overcoming Addictions and Compulsive Behaviors

When talking about discovering high self-esteem, it is necessary to talk about addictive and compulsive behavior. Unfortunately, they always seem to walk hand-in-hand.

One dictionary definition of self-esteem is “to think well of oneself,” and one dictionary definition of addiction is “the condition of being a slave to a habit.” If we suffer from any type of addiction or compulsive behavior, we will not be able to think well of ourselves as long as we continue doing those things which make us slaves.

People who suffer from any kind of addictive or compulsive behavior are most likely also suffering from low self-esteem. These problems are enormous, the consequences are severe, and there are so many people—children and adults alike—who are suffering from these debilitating feelings.

Low self-esteem affects not only their feelings towards themselves, but it also has a rippling effect that undermines their ability to make and maintain lasting relationships with parents, children, or spouses and all other people they may want to associate with throughout their lives.

Avoiding Entrapments

We are all one step away from getting on a road that leads to an addictive or compulsive behavior. Each hour of the day we are faced with many decisions. The environmental influences around us, or our own poor choices, can start us down a spiraling path that takes us away from everything we love and cherish.

A moment of weakness when faced with peer pressure may contribute to drug abuse. Continuing to take prescription drugs after an injury is healed may contribute to an unplanned addiction. Misguided competitiveness and physical insecurities may contribute to steroid use.

The click of a mouse on the Internet may contribute to an addiction to pornography or gambling. An obsessive concern about looks, or compulsive need for self-control, may contribute to eating disorders. Using food to soothe emotional needs may contribute to obesity. The impulsive use of glittering credit cards or falling into schemes to “get rich quick” may contribute to crushing debt. The list goes on and on.

Entrapments are all around us. We must continually be on guard against every enticement that can enslave us.

Finding Peace

People who suffer from low self-esteem will predictably find some type of addictive or compulsive behavior to mask their negative feelings about themselves. Until they seek help for these demoralizing challenges and embrace God’s healing power, they cannot have high self-esteem. Once they discover high self-esteem, they will find the strength within themselves to resist these traps that bring such unhappiness.

Some people mistakenly think they have high self-esteem when what they really have is self-confidence. While having self-confidence is an important part of having high self-esteem, it’s not everything. Self-confidence gives people the courage to stand up and do or say whatever they feel is right at the time. Self-esteem is the quiet whisperings of the soul that allow people to feel completely at peace with themselves when no one else is around.

*Peace I leave with you, my peace I give unto you:
not as the world giveth, give I unto you.
Let not your heart be troubled, neither let it be afraid.
(John 14:27)*

“When I Do Good, I Feel Good”

There is a quote by Abraham Lincoln that is so true: “When I do good, I feel good. When I don’t do good, I don’t feel good.” You cannot expect to feel good about yourself if you continue to do those things that you know from your past experiences will cause you to feel bad about yourself. Life is a continuing series of trial and error experiences.

While you will learn from your mistakes, you don’t have to learn everything the hard way. You can also learn from other people’s experiences. But even after you know what you should do, changing your behavior may still be extremely difficult.

Sometimes it is the easiest things in life that are the hardest to do: getting up in the morning when the alarm clock rings, having a little daily exercise, eating like we know we should, being on time. The list goes on and on. The question is, “Why do we not change?” It might be because of low self-esteem.

When people have low self-esteem, they doubt their ability to make real progress in their lives. They often live with masked feelings of lingering depression. Every time they try and fail at something, they often become too discouraged to try any more. However, as you discover high self-esteem, your confidence in your ability to change will rise dramatically.

Seven Suggestions for a Peaceful Life

The following suggestions are a few practical ideas that contribute to a peaceful life. It is a short list that teaches you, as Abraham Lincoln said, to “do good” so you will “feel good” as you strive for the goals you desire in life.

Sunshine. Spend time outdoors every day. The early morning sunshine is especially good for lifting feelings of depression. Find a quiet retreat where you can enjoy nature.

Art. What goes into your eyes goes into your mind and soul. Spend time looking at art that reflects the beauty of God's creations. Use your hands to create your own works of art.

Work. Look forward to choosing a vocation that brings personal satisfaction. Be willing to gain more education and training to achieve your goals. Volunteer your skills to help other people succeed.

Balance. Try to organize your priorities to maintain a "balanced life" as taught by Brigham Young: Eight hours of sleep, eight hours of work, and eight hours of recreation and service to others.

Moral Purity. Do not view pornography—it is addictive and destructive. Be pure and chaste before marriage and true and faithful to covenants between husband and wife after marriage.

Environment. Your environment affects your behavior. Whenever possible, do not live where other people smoke, drink, or use illegal drugs. Keep your belongings clean and orderly.

Health. Never use tobacco, alcohol, or illegal drugs. The use of any one of these addictive substances encourages the use of the others. Be a leader and encourage all your friends to also avoid these substances.

Making Friends

For some people, meeting new people and making new friends is not difficult. For other people, meeting new people and making new friends is one of the most painful things they ever do in their lives. Here are some ideas to remember when trying to make new friends:

Have a heart full of love. If you are sincerely interested in someone else, they will feel those feelings of care and concern coming from you and it will help them feel comfortable around you.

Be willing to talk. Start talking a little bit about yourself to someone new so they can get to know you, and then start asking questions about them. If you have been willing to share a little bit about yourself, they will be more willing to open up and share with you.

Enjoy the moment. While you are in the company of someone else, see what you can learn from them in the few minutes you are together. You may never see that person again, but things may work out where you become lifelong friends.

Friends can be found at school, church, work, sporting events, parks, libraries, grocery stores, movies, or even standing in line at the airport. Just start talking and being friendly and see what happens. You might meet the kind of friend you need right now.

Keeping Friends

In all honesty, it is very difficult to find and keep good friends. We never know what people are really like when we first get to know them. So, we must keep trying out different relationships and see which ones are going to grow into mutually satisfying, long-term friendships.

Friends can be from many walks of life. In an ideal world, we would be friends with everyone, but we don't live in an ideal world. So, we need to learn to be discerning about whom we choose to have as our closest friends.

Pray for guidance in finding good friends. With some relationships, you must choose to end the friendship when you feel it is necessary. Some friends want us to lower our standards. Some friends are emotionally draining. Some friends become physically abusive. Although it is sometimes quite difficult, we need to pull away from these types of friends and start looking for different friends.

It is better to be without friends for a while until we can develop new friendships with people who share our same values. Remember, "He is rich who hath two friends."

Getting Out of Unhealthy Relationships

An unhealthy relationship is any relationship that is emotionally and/or physically abusive, is filled with negativity that pulls you down, or is one that you simply feel in your heart isn't right. If you find yourself in an unhealthy relationship, you must get out of it. Abraham Lincoln once said: "Stand with anybody that stands right . . . and part with him when he goes wrong." President Lincoln had experience dealing with disappointing friendships. His counsel is concise. If your friends are doing things you don't like, and they aren't willing to change, it is time to part ways and find new friends. The most important thing it takes to get out of an unhealthy relationship is courage:

Courage to listen to your inner feelings that are telling you what you should do.

Courage to go through the feelings of grief, loss, and loneliness that come with any separation.

Courage to go to new places and meet new people to find real friendships that will be rich and rewarding.

Good friends are out there. God will bring them into your life as you put your trust and confidence in Him.

Trust in the Lord

Changing friends is one of the hardest things you may ever have to do in your life. It is especially difficult when you need to break off a wedding engagement with your fiancé—even when you know in your heart it is what you should do. Sometimes you might feel afraid of being alone or emotionally responsible for taking care of your girlfriend or boyfriend.

But if this relationship is pulling you down, you must make the break as soon as you are certain that you should, or your own life will suffer because of it. The scriptures teach us to trust in the Lord. When we put aside fear and increase our faith in the Lord, he blesses with the courage we need to get out of unhealthy relationships and the confidence in ourselves that we can make new, better relationships over time.

*The Lord is on my side;
I will not fear:
what can man do unto me?
It is better to trust in the Lord
than to put confidence in man.
It is better to trust in the Lord
than to put confidence in princes.
(Psalms 118:6, 8, 9)*

Family Friendships

Within our families, we need to continually try to nurture these relationships and develop long-lasting friendships whenever possible. If we have repeated negative experiences with certain family members, we can choose to limit how we interact with them, while not cutting them off completely except when it's necessary for our physical or emotional health. We can continually pray for our family members that we can all be healed from our past mistakes and become good friends over time.

Each of us is always in the process of growth and change. We are changing and all our family members are changing. During all these changes, we need to learn how to be tolerant, understanding, and forgiving of one another.

When we make a mistake, or offend someone, we need to apologize. Apologies won't change the past, but they do provide peace for the present and a brightness of hope for the future. The best way for nurturing friendships within the family is the age-old "Golden Rule":

*And as ye would that men should do to you,
do ye also to them likewise.
(Luke 6:31)*

Three Eternal Friends

Gordon B. Hinckley lovingly taught, "Always let your Father in Heaven be your **friend**, to whom you may go in prayer. Never assume that you can make it alone. You need the help of the Lord."

Neal A. Maxwell testified: “I witness that Jesus Christ is the only name under heaven whereby one can be saved! I testify that He is utterly incomparable in what He *is*, what He *knows*, what He has *accomplished*, and what He has *experienced*. Yet, movingly, He calls us His **friends**” (John 15:15).

Lorenzo Snow encouraged, “Make up your minds to live humbly and in such a way that you will always have the Spirit of the Lord (Holy Ghost) to be your **friend** to make such suggestions to you from time to time as shall be needed under the peculiar circumstances in which you may be placed.”

Friends come and go in all our lives. Some friends are loyal and faithful. Some friends are not. Yet, there are three constant friends you can keep throughout your life. They are Heavenly Father, Jesus Christ and the Holy Ghost.

You are not alone.

Biographical Sketch

Kristine Litster Fales and her husband David have lived with their eleven children in many different cities throughout the United States. Her creative writing has been greatly influenced by her family, the many people she has come to know across the country, and her diverse geographical experiences.

As a mother, and now a grandmother, Kristine has always felt a deep love for children and has had a great desire to help strengthen families. She is the principal writer and executive producer of the CD *Wings of Glory: Songs of Hope and Healing from Addiction* and author of its companion book, *Wings of Glory: The Story behind the Songs*. Kristine is also the author of *ABC's for a Happy Marriage: A Collection of Free-verse Poetry and Biblical Scriptures*.

Kristine is a member of the Church of Jesus Christ of Latter-day Saints and a devout follower of Jesus Christ. She is grateful for her Savior, and knows that it is through His infinite Atonement that she and her family are enjoying the peace and happiness they have in their lives today. In her efforts to help her oldest son, Jonathan, find healing from his addictions, she gained a strong testimony that Jesus Christ is the master healer not only from sin and sorrow, but also from all illnesses addictions. She explains these beliefs in her soon to be published books, *Wings of Glory: Addiction, Recovery, and High Self-esteem* and *Freedom from Addiction: A Mother's Story of Hope*. When Jonathan committed suicide at the age of thirty-five after battling acute depression for many years, she was committed to doing what he requested that she do a few weeks before he passed on—to continue telling his story so that others can receive these messages of hope.

Kristine has an Associate of Arts Degree in University Studies with an emphasis in Child Development and Family Relations from Brigham Young University and has also studied English at California State University Northridge. With all their adult children now living around the United States, Kristine and David live in Cody, Wyoming, the hometown of David's birth.