



# **New Day, New Me: Devotions of Acceptance, Courage, and Surrender Recovery Journal**

*Mike Shea*

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# New Day, New Me: Devotions of Acceptance, Courage, and Surrender Recovery Journal

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New Day, New Me is a devotional journal designed to help those in recovery--and everyone is in recovery from something--develop, strengthen, or renew a relationship with God. It's essential to depend on someone, or something, other than ourselves. Daily devotion, prayer, and meditation time are critical components of maintaining sobriety and building a strong foundation with God-free indeed! Just as our physical bodies need daily nourishment, we also need spiritual food every day to withstand life on life's terms. New Day, New Me incorporates scriptural references with practical, spiritual teachings that can be applied to everyday life circumstances.

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