



The Clibb

**A 15 day Recovery Devotional for
Women
Part 1**

How to use this Devotion

I am so happy that you have this daily devotional to help you spiritually through this recovery journey.

NOTE: While my examples are focused on Eating Disorder Recovery, this devotional can be used in any recovery journey: alcohol, depression, drugs, PTSD, anxiety, etc.

At the beginning of the 15 Day Journey, it's important to express your goals and dreams. The only way to get to recovery is to do the hard things. Make a recovery centered goal for the month. For example, mine for this next 15 days is to eat out at least once a week. My ED is really loud about contamination and food safety. Trusting others with the preparation of my food is something that I still need to work on to achieve the recovered life I want. What is your goal? If you need help writing this goal, reach out to your treatment team, or to me! I'm glad to help.

Throughout the 15 days come back to this page and see how you are doing with your recovery goal. Also, when you pray for people or situations, write them down here. See how God is moving in that situation or with that person.

It will have a reflection piece with it as well. I encourage you to do this DAILY. Set a timer or make a schedule. Just make this a priority this month! See how a shift in thinking and perspective changes your ED, anxiety, depression, situation, etc.

At the end of the 15 days, you are asked to reflect on the successes, as well as what you could work on in your recovery journey. Also, look back at how God has changed your mind or spirit this month. Reflection on our journey is important to our overall recovery.

I can't wait to hear about what God has done in your life, how this devotional has helped your recovery, your mindset and your peace.

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Goals

My Recovery Goals:

People I'm Praying for:

Situations I'm Praying for:

Day 1

Day 1 - Reflection

JOB 42:1-2- "THEN JOB REPLIED TO THE LORD: I KNOW THAT YOU CAN DO ALL THE THINGS; NO PURPOSE OF YOURS CAN BE THWARTED."

Going back to your 'old life' after time spent in treatment or while you are trying to recover is really hard. No one really prepared me for that, not even my treatment team. When I went back to my job, I expected to be able to do all of the things that I had done before. I expected myself to be this new and improved version that didn't struggle.

But that thought is absolutely ridiculous. And it wasn't until 4 months after I left treatment that I finally admitted what others around me had kept telling me. I can't do it all. Physically or mentally.

Finally admitting that I cannot do it all, that I have to put down something in my life so that I can have balance was so difficult. But, it is okay. I am here to tell you today that you do not have to have it all together. That you do not have to do all of the things that people are expecting you to do.

Make a list of all of them, pray about it, then drop what God tells you to drop. Because you know who can do all the things? GOD! God can do all the things! And if He is telling you to drop something, drop it.

You are causing yourself unnecessary stress by holding onto something that God has told you to put down. 'I'm going to disappoint someone, I don't want to let anyone down,' may be your next thoughts.

God can handle all things. God will call someone else to do that thing if it is important, I promise. Because God is orchestrating everything in this life of ours, and He can do all things!

Today, I encourage you to stop doing all the things. Talk to God about it. Then, drop what He tells you to. It will be clear what you need to do.

How do you feel today? Name the feeling!

What is your biggest worry today?

What Are you Struggling With Today?

What is overwhelming you today? Write your List Here:

Who Needs your Prayer Today?

Turn to God in Prayer now! Pray over everything that you just wrote and read about.

Day 2

James 3: 9 "With the tongue we praise our Lord and Father, and with it we curse human being, who have been made in God's likeness."

↳ The words that we say out loud can make or break a person's day. Have you ever seen someone light up when you compliment them, or ask how they are? Showing compassion for others is so important!

The words that we say to ourselves need to be just as important and just as compassionate. God created YOU, just like he created the strangers that you see online. God made ALL of us in his image. Shaming anyone that God made is disrespectful to your Father. Yes, that means talking bad about yourself too.

That negative self talk can get so loud. That voice of comparison, jealousy, shame and embarrassment can be deafening sometimes. That voice isn't from God. That voice is from the enemy, trying to belittle you.

Today, watch how you speak to yourself. Watch your tone, your attitude and your specific language. Try to not judge it. Take it out of your head and examine it today.

Day 2- Reflection

How do you feel today? Name the feeling!

What is your biggest worry today?

What Are you Struggling With Today?

Who Needs your Prayer Today?

Day 2- Self Discovery

Take one negative thing that you say to yourself and write it here
Example: I'm a failure.

Why do you believe this about yourself?
Example: Because I can't stick to a plan.

What would God say in response to this thought?
Example: You are my child. Keep walking with me. I am with you.

What thought are you committing to reframe today? Every time that you think this thought, you are going to say THIS back to yourself.
Example: I'm a failure----- I'm a child of God. I am exactly who he created me to be. My actions do not define my worth.

LET'S PRAY! PRAY ABOUT EVERYTHING YOU'VE WRITTEN HERE TODAY.

Day 3

Mark 12:30 - "Love the Lord your God with all your heart and with all your soul and with all your mind and all your strength."

What do you love? Do you love like God is telling you to love Him? Or do you worship something else like this in your life? Your body image, your addiction or maybe even your instagram image? Putting these things before God is not okay. Not loving God fully hurts Him.

What do you love? How can you change your patterns and habits to love God so whole hearted that your brain shifts from self-centered, body centered, friend-centered to God-centered.

Day 3 - Reflection

How do you feel today? Name the feeling!

What is your biggest worry today?

What Are you Struggling With Today?

Who Needs your Prayer Today?

Day 3 - Self Discovery

What do you feel like you idolize? Or shifts your attention away from God?

Example: I am on social media a lot. Comparison takes my attention away from God.

What PRACTICAL steps can you take to start to shift your perspective?

Example: 1) I can limit my social technology time to 2 hours a day. 2) I can unfollow toxic content.
3) I can follow more uplifting content

How can you show God's love today (to yourself and to others)?

Example: I can say positive things about my body in my mirror- "God created me to be exactly who I am". I can talk more positive to others.

Let's Pray! Pray about everything that you have written here today!