



Just for Today

This is NA Fellowship-approved literature.

Copyright © 1983 by
Narcotics Anonymous World Services, Inc.
All rights reserved.

Tell yourself:

Just for today my thoughts will be on my recovery, living and enjoying life without the use of drugs.

Just for today I will have faith in someone in NA who believes in me and wants to help me in my recovery.

Just for today I will have a program. I will try to follow it to the best of my ability.

Just for today, through NA, I will try to get a better perspective on my life.

Just for today I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life.
So long as I follow that way, I have nothing to fear.

When we came into the program of Narcotics Anonymous, we made a decision to turn our lives over to the care of a Higher Power. This surrender relieves the burden of the past and fear of the future. The gift of today is now in proper perspective. We accept and enjoy life as it is right now. When we refuse to accept the reality of today, we are denying our faith in our Higher Power. This can only bring more suffering.

We learn that today is a gift with no guarantees. With this in mind, the insignificance of the past and future, and the importance of our actions today, become real for us. This simplifies our lives.

When we focus our thoughts on today the nightmare of drugs fades away, overshadowed by the dawn of a new reality. We find that, when we are troubled, we can trust our feelings to another recovering addict. In sharing our past with other addicts we discover we are not unique, that we share common bonds. Talking to other NA members, whether to share the trials and tribulations of our day with them or allowing them to share theirs with us, is a way our Higher Power works through us.

We have no need to fear if today we stay clean, close to our Higher Power and our NA friends. God has forgiven us for our past mistakes, and tomorrow is not yet here. Meditation and a personal inventory will help us to gain serenity and guidance throughout this day. We take a few moments out of our daily routine to thank God, as we understand God, for giving us the ability to cope with today.

“Just for today” applies to all areas of our lives, not just abstinence from drugs. Reality has to be dealt with on a daily basis. Many of us feel that God expects no more of us than to do the things that we are able to do today.

Working the program, the Twelve Steps of NA, has given us a new outlook on our lives. Today, we no longer need to make excuses for who we are. Our daily contact with a Higher Power fills the empty places inside that could never be filled before. We find fulfillment in

living today. With our Higher Power guiding us we lose the desire to use. Perfection is no longer a goal today; we can achieve adequacy.

It is important to remember that any addict who can stay clean for one day is a miracle. Going to meetings, working the steps, daily meditation, and talking with people in the program are things we do to stay spiritually healthy. Responsible living is possible.

We can replace loneliness and fear with the love of the fellowship and the security of a new way of life. We never have to be alone again. In the fellowship, we have made more true friends than we ever believed possible. Self-pity and resentments are replaced by tolerance and faith. We are given the freedom, serenity, and happiness we so desperately sought.

A lot happens in one day, both negative and positive. If we do not take time to appreciate both, perhaps we will miss something that will help us grow. Our principles for living will guide us in recovery when we use them. We find it necessary to continue to do so on a daily basis.