

Living Circumspectly

It is by living “circumspectly” that we can keep what God has given us.

In this life of recovery, we must live “circumspectly” to maintain and grow our spiritual lives. We thank God that he has set us free, delivered, and healed us from a disease that will, if pursued, kill us. Our spiritual growth and development are the keys to our continuing growth and development in a sober lifestyle. The disease that once caused chaos, conflict, confusion, and calamity in our lives still waits patiently, ready to spring the trap if we give it the opportunity.

The word “circumspectly” is a Bible word. It is found in Ephesians 5:15. As part of a challenging teaching on holy living, the apostle Paul writes, “See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Therefore do not be unwise, but understand what the will of the Lord is” (Ephesians 5:15–17, NKJV). To be circumspect is to be wary; the word comes from a Latin word literally meaning “look around.” “Walk circumspectly” is Paul’s way of urging believers to look very carefully at how they live and behave. That same application is applied to our recovery lives. As people in recovery, we must be very careful in the things we think, say, and do.

This is a daily accomplishment. We are alert and ready to deal with what life throws our way. We find that the God way of life really works.

Daily prayer, working the steps, regular meeting attendance, and choosing not to compromise spiritual principles for the softer, easier way, are acts of people who live “circumspectly”. We take inventory as necessary, share with others whenever we are asked, carefully nurture our recovery, and carry the principles of recovery into all we do each day. Nightly, we thank God, who through the power of the Holy Spirit, gave us another day clean and sober.