



# Mastering Recovery

*Rooted in the Steps. Growing Through Connection*

With Barry Lehman

**#5.34- God Beyond Structures**

**February 18, 2026**

## What I'm Thinking



### Getting the Message

Last week we began to reorient.

When the center no longer holds, we look for something steady. And often, without realizing it, we reach for the image of God that once made sense to us.

But what if the crisis is not the loss of God — but the loosening of the box we once kept God in?

I've noticed something in myself.



My logical mind wants structure. Definitions. A clear map. A reliable formula. Something small enough to understand and stable enough to follow.

But another part of me — quieter, less defensive — simply wants to experience.

To trust. To be.

When the world feels chaotic and people push and argue and certainty gets louder, the structured part of me runs toward old answers.

The quieter part whispers something else:

*Just be.*

Recovery has taught me something important: control does not save me.

I have learned surrender once before. I have learned that what felt like collapse was, in another season, the doorway to hope.

So what if this moment is not abandonment — but invitation?

Many spiritual crises are not about the absence of God. They are about the collapse of an image of God that can no longer carry the weight of our lives.

Just when the box loosens, something in us rises up again.



### **The Problem and the Movement**

*It's not fair. God,  
You moved the goal posts.*

Joe said it in the meeting room that night. I've said it more quietly in my own way.

We thought we understood how this worked. We did the right things. We followed the structure. We stayed sober. We prayed. We showed up.

And now the rules seem different.

That protest is not weakness. It's the logical mind trying to regain footing.

It's the part of us that wants stability, clarity, and assurance that the path we walked yesterday will still carry us today.



### **The Heart of the Week:**

But what if the shifting goal posts are not betrayal — but growth?

What if the structure that once held us did its work — and now something deeper is asking to emerge?

Perhaps the work now is not to replace the old structure with a new certainty.

Perhaps the work is to re-enter relationship —

with ourselves,  
with others, and  
with a power beyond our control.

You have been here before — in another form.

What carried you then may not look the same now.  
But it may not be gone.

### ✓ Taking a Step Beyond

**I pray God to rid me of God.**

— Meister Eckhart

Not to lose faith,  
but to release the image that no longer holds.

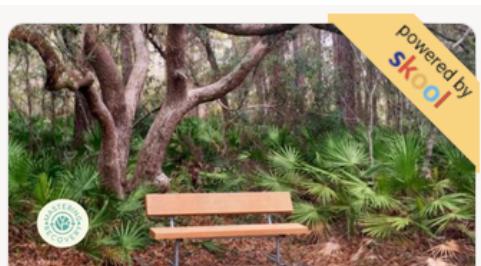
### 🌱 A Closing Invitation

**What might you loosen this week —  
not in rebellion, but in trust?**



Back issues can be found at: [Newsletter Hub](#).

[Email me.](#) I always look forward to hearing from you.



**Safe Haven-Mastering  
Recovery**

I've opened a small, quiet online space called **Safe Haven- a community within Mastering Recovery.**

It's not a program or a discussion group. It is a quiet space for steadiness, reflection, and room to breathe in long-term recovery.

If you're curious, you're welcome to step in and see if it feels like a fit.

[LINK](#)



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