



Word of God Ministry Church Under The Son

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Addiction

Addiction is not just a physiological dependence on chemical substances. It is any habitual occupation with or involvement in a behavior or appetite that controls you. Addictions to sex, food, work, gambling, or other things can be debilitating and must be dealt with as any other addiction.

The first step to gaining control over your life is to surrender control of your life to Jesus Christ. You will then have the Holy Spirit living in you to give you strength and victory over sin. That only comes through a relationship with Jesus Christ. If you have already invited Christ into your life but feel unsure of where you stand with God today, see *Salvation Assurance*.

You are commended for turning to God's Word for help - no addiction is too big for Him to deal with. He is able to deliver you.

- Abounding In Self-Control

2 Peter 1:5-9 ⁵But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, ⁶to knowledge self-control, to self-control perseverance, to perseverance godliness, ⁷to godliness brotherly kindness, and to brotherly kindness love. ⁸For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. ⁹For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins.

God wants to enable you to “abound” in self-control, perseverance, godliness, and all of the qualities that make you more like His Son, Jesus. Addiction, and the way it has robbed you of your ability for self-control, is a problem of the whole person - spiritual, physical, emotional, and social. Your addiction probably began by seeking relief from the pressure, pain, or emptiness of daily life. But what you are relying on for comfort does not resolve your issues or help you face life and its trials. Your inadequacies, faults, and problems become intensified by your addiction; your personality may even change as a result.

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You may find it difficult to admit your addiction and the problems it creates; you may be more inclined to blame others or blame circumstances for your problems. This denial, and the deviousness and dishonesty required to cover up your addiction, leads to a life of masquerade. Admitting your problem is the first step on the road to recovery.

- Taking Responsibility And Taking Action

Ezekiel 18:30-32 ³⁰“Therefore I will judge you, O house of Israel, every one according to his ways,” says the Lord God. “Repent, and turn from all your transgressions, so that iniquity will not be your ruin. ³¹Cast away from you all transgressions which you have committed, and get yourselves a new heart and a new spirit. For why should you die, O house of Israel? ³²For I have no pleasure in the death of one who dies,” says the Lord God. “Therefore turn and live!”

All of life’s choices have consequences. God is just and He requires you to repent so that your sins “will not be your ruin.” When you turn away from your sin, God will give you a “new heart and a new spirit.”

Admitting weakness often goes against how we’re conditioned to behave, but it is exactly what God wants of you. His strength becomes evident in you when you acknowledge your weakness. “My grace is sufficient for you, for My strength is made perfect in weakness” (2 Corinthians 12:9). The first step in the healing process is to admit your problem and be willing to accept help. Taking personal responsibility means an admission that you are not capable on your own of dealing with the addiction or the issues that drove you there. As a Christian, confession and repentance are critical in taking personal responsibility for your problem (1 John 1:9). Confess your addiction to God, and ask for help from the Pastor or other mature Christians.

- Real Freedom

John 8:34-36 ³⁴Jesus answered them, “Most assuredly, I say to you, whoever commits sin is a slave of sin. ³⁵And a slave does not abide in the house forever, but a son abides forever. ³⁶Therefore if the Son makes you free, you shall be free indeed.

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Victory over addiction comes as you grow to depend more on God and less on the solutions offered by this world. It is Jesus' death on the cross and resurrection from the dead that bought your freedom from addiction and from all of the sin in your life.

As you spend time in Bible study, talking with God in prayer, and fellowship with other mature Christians, God will transform your mind and help you resist temptation. Even if you experience a relapse, God forgives. Go before Him and humbly confess your sin.

Resisting the temptation of your addiction takes daily work. Underlying emotional issues need healing. The way you have been dealing with life needs to be unlearned. To continue in your recovery process, surround yourself with godly people and activities; become involved with the Church. Spend time with mature Christians who can pray for you, encourage you, and hold you accountable. You will need to stop seeing old friends who tempt you to continue in your addiction. *"Do not be deceived: 'Evil company corrupts good habits'" (1 Corinthians 15:33).*

Many rehabilitation programs exist for various addictions that can help you establish a solid foundation for recovery. A Christian Counselor or the Pastor may be able to recommend such a program to you.