



Word of God Ministry Church Under The Son

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Chemical Dependency

Habitual and excessive use of alcohol, prescription drugs, or “recreational” drugs can often result in addiction to those substances. There are many reasons someone may become dependent on chemicals, including emotional struggles or inadvertent addiction because of a physical condition. Regardless of the reason, someone addicted to drugs or alcohol can find hope and healing through a relationship with God. Successful recovery is typically not an easy process, but God offers comfort and help through even the most difficult circumstances.

If you struggle with an addiction, God wants to be your strength as you face this battle.

- The Problem Of Chemical Dependency

Psalm 119:76 ⁷⁶Let, I pray, Your merciful kindness be for my comfort, According to Your word to Your servant.

Chemical dependency is a problem of the whole person – spiritual, physical, emotional, and social. Chemical dependency may begin because a person is looking for relief from the pressure and pain of daily life. Some chemical dependency begins from necessary use of prescribed medication, but then turns into a controlling addiction. Regardless of the reason for addiction, God does not want us to be under the control of a substance. He wants us to yield full control to Him and His Holy Spirit in our lives. No amount of drugs or alcohol can resolve our issues, nor can they help us face our trials. Chemical dependence not only damages our daily lives and our relationships with others, it also draws us away from depending on God.

- Personal Responsibility

Galatians 6:7, 8 ⁷Do not be deceived, God is not mocked; for whatever a man sows, that he will reap. ⁸For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.

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This first step in the healing process is to admit your problem and be willing to accept help. Taking personal responsibility means admitting that you are responsible for your choices and 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. Confess your addition to God and get counsel from other mature believers.

Those with chemical dependency issues often face the temptation of denial. It is hard to face addiction, the issues that created it, and the problems it now creates. You might be tempted to hide the addiction and blame family members, employers, friends, or the “bad luck” you’ve experienced. Pray for God’s help to overcome the temptation of denial.

Be honest about your weaknesses. 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. The apostle Paul said, “*And He said to me, ‘My grace is sufficient for you, for My strength is made perfect in weakness.’ Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distress, for Christ’s sake. For when I am weak, then I am strong*” (2 Corinthians 12:9, 10).

- Recovery From Dependency

Proverbs 28:13 ¹³ *He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.*

Healing and forgiveness begin with confession. Regardless of the cause of an addiction, as Christians we can ask God to forgive us and help us to heal. You can repent from the use of chemicals and confess that using them is actually a rejection of God’s mercy and grace in your life. You can confess that you need God’s help to overcome temptation and that you know you cannot do it on your own.

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Page 2



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Even after confession and repentance, recovery takes daily work to resist the temptation of dependence on drugs or alcohol. Underlying emotional issues need healing. The way chemicals have been your means of dealing with the needs to be unlearned. To continue in your recovery process, surround yourself with godly people and activities; become involved with the Church, whose teachings are based on the Bible. Spend time with mature Christians who can pray with you and for you, encourage you, and hold you accountable. You will need to stop seeing old friends who tempt you to continue in your addiction. Many people benefit from a formal rehabilitation program that helps those who are chemically dependent establish a solid foundation for recovery.

- A Victorious Life

Matthew 11:28-30 ²⁸ Come to Me, all you who labor and are heavy laden, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For My yoke is easy and My burden is light.”

Overcoming chemical dependency is a daily battle. The victory comes as you grow to depend more on God and less on the solutions offered by this world. *“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God” (Romans 12:1, 2).* As you spend time in Bible study, prayer, and fellowship with other mature Christians, God will transform your mind and help you resist temptation.

Even if you experience a relapse, God’s forgiveness is still available. Go before Him and humbly confess your sins; He will forgive you (1 John 1:9). God knows the desire of your heart and will hear you when you want to please Him and ask for help.

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