

Freedom From Addiction

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have [it] more abundantly. John 10:10

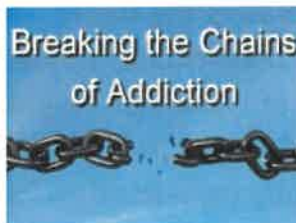
1Corinthians 9:24-27: "... every man that striveth for the mastery is temperate in all things."

Temperance:

Abstaining from everything that is harmful and moderation in the things that are good.

Three Distinct Meanings:

1. Moderation in the use of that which is good;
2. Total abstinence from that which is harmful;
3. Self-control.



No I am NOT addicted!!!



SIX QUESTIONS:

1. Have I stopped the habit in the past, only to consistently relapse?
2. Have I become abnormally preoccupied with the habit?

3. Have I continued the habit in spite of suffering negative consequences?
4. Have I engaged in the habit more and more often over time in order to achieve the same mood-altering experience I had in the beginning?
5. Have I practiced this habit primarily because it changes my mood or comforts me?
6. Have I persisted in this habit even though it is harmful to me?

A made up mind: Daniel 1:8

“For as he thinketh in his heart, so is he.” Proverbs 23:7

“Practice, often repeated, grows into confirmed habit, and becomes character.”

Habits and Addictions Defined:

- *Habits* are learned patterns of behavior or attitudes repeated so often they become typical of a person. In the New Testament, the Greek word *manthano* means “to learn” (in any way) or to “get into the habit.” Titus 3:14
- *Habits* are based on thinking and reflects the heart. The Greek word *hodos*, meaning “a natural path or way,” is used metaphorically in Scripture to mean, “a course of conduct or way of thinking.” Hebrews 3:10.
- *Habits*, when based on trusting God, result in being consistently on the right path. The Hebrew word *derek*, usually translated as “way” or “road”, means habit or habitual way of behavior. Proverbs 3:5-6.
- *Addictions* are a compulsive, enslaving dependence on something resulting in detrimental patterns of thinking and behavior. 2 Peter 2:19.
- *Addictive habits*, when based on deceitful desires, result in a corrupt way of life. The Greek noun *anastrophe*, usually translated “life” or “way of life,” means “one conduct of behavior.” Ephesians 4:22.

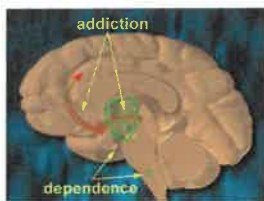
Inclination-Habits-Addictions:

- **Inclination**-A natural desire that compels a person to act a certain way under a given set of circumstances. The Word of God says everyone comes into this world with the natural inclination to sin. Psalm 58:3.
- **Impulse**-A sudden, spontaneous inclination to act impetuously. Eccl. 5:2.
- **Habits**-A pattern of behavior acquired by frequent repetition. 2 Kings 17:40.
- **Obsession**-A persistent, disturbing preoccupation with an unreasonable idea. Acts 26:11.
- **Compulsion**-An irresistible, irrational impulse to act against one's will. 1Cor.7:37
- **Addiction**-A compulsive, overpowering dependence on an object, an action, or a feeling, resulting in major life problems. Titus 2:3.

Behavioral Addiction:

Behavioral addiction and Addictive behavior:

The term *addiction* is also sometimes applied to compulsions that are not substance-related, such as compulsive shopping, sex addiction/compulsive sex, overeating, problem gambling, exercise/sport and computer addiction. In these kinds of common usages, the term *addiction* is used to describe a recurring compulsion by an individual to engage in some specific activity, despite harmful consequences, as deemed by the user themselves to their individual health, mental state, or social life. There may be biological and psychological factors contributing to these addictions.



God's Heart on Habits:

- Habits can be beneficial and profitable- Pro. 8:32
- Habits can be evil and destructive- 1 Tim. 5:13
- Habits can be passed down from generation to generation – 2 Chron. 17:3
- Habits can reflect devotion to God and God's character – 2 Chron. 17:6

- Habits can increase consistency and strengthen character – Job 17:9
- Habits are a choice – Job 22:28
- Habits can lead hearts astray and hurt the cause of Christ – 2 Peter 2:2
- Habits can be overcome through Christ – 1 John 4:4
- Habits can be a positive witness to others.- Matt. 5:16

All Habits Are....

- H Habitual – They occur with regularity.
- A Automatic – They happen without thinking
- B Behavioral – They outwardly reflect inner morals and character.
- I Intense – They grow stronger and more ingrained with repetition.
- T Tenacious – They persist and become hard to change over time.
- S Satisfying – They are purposeful and provide a degree of pleasure.

Habits Reflect the Heart: Your habits reflect your heart and communicate your devotion to God or the things of this world.

(Luke 16:13)

BREAKING A BAD HABIT:

HABIT

ABIT

BIT

IT



Strength of character consists of two things:

- 1. Power of The Will**
- 2. Power of Self-control**

The highest evidence of nobility in a Christian is self-control.

The Truth Will Set You Free:

You can recover from any abusive situation any negative pattern keeping you from being all God

created you to be. How? Romans 12:2 says “Be Not conformed to this world (pattern of this world), but be transformed by *the renewing of mind.*” Therefore, with a renewed mind, you can be set free. John 8:32 says, “You shall know the Truth and the truth shall set you free.”

F.R.E.E.

Here is the path to becoming F.R.E.E.:

F- Face the truth of your own negative habit.

Pray Psalm 139:23.

Evaluate: Write down your area of struggle:

“My biggest struggle has been lying.”

R- Recognize the inner need(s) you are trying to meet through this negative habit.

Are you trying to meet your own need for *love*, or *significance*, or *security*, or a combination of these? Read Psalm 51:6.

Evaluate: Do you make up stories to impress people because you feel *insignificant*? Or do you lie when you are afraid because you feel *insecure*?

E – Exchange trying to meet your own need for allowing Christ to meet that need. Philippians 4:19.

Solution: “Jesus is my security. People were angry with Jesus, yet He was totally truthful-so if someone gets angry with me, I can be totally truthful. **He is the Way, the Truth, the Life.** I will replace my fear with faith because I have the Truth inside of me.”

E – Experience Christ’s inner strength as your source for change and restoration. Claim Philippians 4:13.

Solution: “Instead of relying on my lies to ‘keep the peace,’ I will rely on Christ’s power to tell the truth. That, in turn, will produce inner peace. I will live with a new plan through His power. I will be a person of honesty, integrity, and truth.

1Corinthians 10:13: “There hath no temptation taken you but such is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able bear it.”
Jeremiah 32:27: “Behold, I am the LORD, the God of all flesh. Is anything too hard for me?”

Your habits reflect your heart and communicate your devotion to God or the things of this world. (Luke 16:13)



My Declaration of Faith:

God helping me, I will live up to the light I have and will seek more light by a faithful study of the Bible and fervent prayer; claiming victory moment by moment, hour by hour, and day by day, until habit becomes character and victory is mine.

“Practice often repeated, grows into confirmed habit and becomes character.”

3John 2: “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”