

ONE STEP TO FREEDOM
CHAPTER 1: Planning For Victory

Lesson 5
HOW TO OVERCOME ADDICTION

We need to establish specifically what God's Word says about the mind-altering effects of addiction. Take time to reflect about each verse and write down God's revelation to you.

Ephesians 5:18:

1 Corinthians 6:9-10:

1 Corinthians 6:18:

1 Corinthians 6:19-20:

ADDICTION DESTROYS

Read Galatians 5:19-20. Self-destruction, violence, sorrows, contentions, unexplainable wounds, and perversions in the heart are the results of all forms of addictions, which will hinder a person from inheriting God's kingdom (heaven).

God says to be filled with His Holy Spirit rather than to be drunk (Ephesians 5:18). With alcohol and drugs, these sins are evident, but with other sins you cannot immediately see their effects. But God sees everything and He knows the effects that sin has on our lives. The bottom line is that God knows how destructive these sins are to our bodies, minds, and our families and friends. Most importantly, sin destroys our ability to fellowship with God and to enter into all that He has for each one of us—now and eternally.

God knows that our sinful nature separates us from Him and condemns us to eternal death (Romans 6:23). This is exactly why Jesus Christ died on the cross for all of our sins, once and for all. The Bible tells us that God made Him (Jesus) who knew no sin to become sin on our behalf (2 Corinthians 5:21). God demonstrated His love for us when He gave His perfect, sinless Son to die in our place (John 3:16).

When Jesus died for our sins, He provided atonement on our behalf (1 John 2:2). That is why Jesus is the ONLY way a person can come to know God (John 14:6). By putting our trust in Jesus as our Lord and Savior, we can inherit God's kingdom. It is by faith in Jesus and Him only that you can be saved (Acts 16:30-31 and Acts 4:10-12).

HOW TO OVERCOME ADDICTION

In putting our trust in Jesus, we become what Jesus described as "born again" (John 3:3-6). We are born out of the flesh and its sinful ways (such as addictions), and born into the family of God (John 1:12-13). The Spirit of God begins to help us to overcome addiction the very moment we unconditionally accept Jesus as our Lord and Savior (John 7:38-39).

The Holy Spirit empowers the believer to overcome the works of the flesh (sin) and to walk in the Spirit. When this happens, love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control will be evident in our lives (Galatians 5:22-23).

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This is part of that perfect will God has for each of our lives. However, unless we turn away (repent) from our sin, we will never know the overwhelming joy that comes from a personal relationship with God.

CAN A PERSON BE HEALED FROM ADDICTION?

One more thing separates the opinions of man and God concerning addiction. Most of today's so-called experts say that if you were once an addict, you will always be one. There is no hope for you. God's Word settles the truth on this matter and gives us hope. In 2 Corinthians 5:17 it says, "If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."

1. In light of Colossians 2:8 and 1 Corinthians 2:5, explain why biblical counseling is more effective than psychological counseling for addicts or those who struggle with sin.

2. Would you say that you are perfect? What does this mean in God's terms? Can you therefore conclude that in God's eyes you are a sinner? How about in your own eyes? See 1 John 1:8-9. Write your conclusions below.

3. What did God do to enable sinners to inherit His kingdom? Refer to John 3:16-17.

4. Read John 1:12-13, John 3:6, John 7:38-39 and 2 Corinthians 5:17. In your own words, how can a man be born again, and what is the result of that new birth?