

## WHY ONE STEP TO FREEDOM?

Victoria is an interventionist and sober coach for the rich and famous. She is paid on average \$1,500.00 per day to reside with a patient 24/7 to do everything possible within her strength and ability as a medical professional to aid in her client's sobriety. She counsels, educates and encourages each patient with his or her sobriety every day for six to twelve months.

The success rate? One percent. Ninety-nine out of 100 clients will relapse within a year's time.

When asked about that one who makes it, she nonchalantly replies, "The one-percent are those who choose Jesus Christ as their Savior and Lord."

As we think about that, we realize that our world is filled with differing opinions concerning those who struggle with addiction. The most popular theory is that most addicts have a "disease." Conversely, according to the Word of God (the Bible), drug abuse, alcoholism, and other types of addictive and compulsive behaviors are not diseases but sins of choice.

Colossians 2:8 reads, "Don't let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking and from the spiritual powers of this world, rather than from Christ" (NLT). God also said, "Your faith should not be in the wisdom of men but in the power of God" (1 Corinthians 2:5).

This is the concept behind the *One Step To Freedom* curriculum. *OSTF* is a survey of God's Word to study biblical principles that lead to restoration and wholeness from life-dominating sins. You don't have to manage sin. Jesus will set you free.

Believing the philosophy that addictions are diseases, psychologists tell addicts that they are not responsible for their actions and they're hopeless. This philosophy states that addicts can never be cured of their disease, and therefore, must label themselves as addicts forever.

If this is your belief, please consider the following: What other diseases are self-inflicted and by choice? Is it not true that a substance abuser always has a choice? There is no question that the body learns to crave addictive substances, but this can be overcome. Even with withdrawal symptoms, the person always has two choices: to take that temporary fix or to endure through the discomfort of withdrawal.

Yes, there is a truth to science in regards to psychology that the brain operates in certain ways, but most of our problems deal with coping. That's the bad news. The good news is that the Word of God has an answer for these life-dominating sins. Even with the physiological issues with respect to neurological function, God's Word offers a solution.

Even if you do not believe that addiction is a disease, you may be tempted to suppose that drug and alcohol abuse is some kind of physical addiction that God cannot help people overcome—along with pornography, homosexuality, gambling, eating disorders, anger issues, or some other compulsive behavior. If you have come to the conclusion that those who have addictive or compulsive behaviors desperately want to stop but cannot, there's hope.

Jesus said, "Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls" (Matthew 11:28-29 NLT).

When a person chooses to endure through the withdrawal, they are limited, relying on their own strength. Yet if they rely on Jesus Christ as their Savior—to save them from their addiction—allowing God's Word to rule their thoughts and actions—they will have success. If Jesus is Lord of your life, you no longer have to manage your sin. Jesus sets you free.

Jesus made this amazing statement. He said, "Therefore if the Son makes you free, you shall be free indeed" (John 8:36). Jesus wants to free a person from addiction, not manage it. When a person receives Jesus as the Lord of their life, essentially they're inviting Him to rule their life. They now have a relationship where God comes and lives inside of them and changes them from the inside out. They recognize that those addictive habits are wrong and sinful. As they read God's Word and apply it to their lives in complete obedience, victory happens.

Jesus heals people differently. For some, there is an instant transformation, for others, it's a process. There are countless numbers of stories of how Jesus came into people's lives and brought transformation, brought change, and freed people from destructive patterns. For a believer, we have the hope of knowing that God is at work in us, that God is in the process of bringing that change, and God has the tools necessary to make that change.

*The One Step To Freedom* curriculum is a tool that God uses to bring victory. It only takes one step to Jesus to set you free.