

**CHAPTER 1: A PLAN FOR VICTORY**  
**Lesson 5 HOW TO OVERCOME ADDICTION**

What does God's Word say on how to overcome addiction (life-dominating sin)? First we need to acknowledge that sin and repent of it.

1. See Psalm 32:5.

Contrarily, what happens when we deny our sin?

2. See 1 John 1:8-9.

Once we confess our sin, the next step is to repent.

3. See Acts 3:19-20.

To repent means to acknowledge sin in my life and turn from it. Many people want the benefits of being identified with Christ without admitting their own disobedience and repenting. The key to forgiveness is confessing our sin and turning from it.

When we repent, God promises not only to cleanse us of our sins but also to bring spiritual refreshment. Turning away from sin may at first seem painful because it is hard to break old habits and give up certain sins. But God will give you a better way. When we admit our sin and trust Jesus to rule over our lives, we become "born again."

4. See John 3:3, 6-7.

We are all born with a sin nature and we all have sinful ways (like bad habits and addictions), but when we become born again, God's Spirit will help us overcome addiction the very moment we unconditionally accept Jesus as our Lord and Savior.

5. See Matthew 11:28-30.

When we come to Jesus and give him our addictions and the sin that dominates us, the Holy Spirit will empower us to overcome the works of the flesh (sin).

6. See John 16:33.

## **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.

7. See 2 Corinthians 5:17.

Once we are born again, we need to esteem God's Word over man's word. This is key to overcoming addiction.

8. See Colossians 2:8.

Once we openly address our sin, God always has a remedy. Take time to reflect about the following passage and find God's solution.

9. See 1 Corinthians 6:19-20.

Many people say they have the right to do whatever they want with their own bodies. Although they think that this is freedom, they are really enslaved to their own desires. When we become Christians, the Holy Spirit comes to live in us. Therefore, we no longer own our bodies. That we have been "bought at a price" refers to slaves purchased at an auction. Christ's death freed us from sin but also obligates us to his service.

To glorify God in your body is like if you live in a building owned by someone else, you try not to violate the building's rules. Because your body belongs to God, you must not violate his standards for living.

And finally, to overcome life-dominating sin, be thankful to Jesus!

10. See 1 Corinthians 15:57.

Knowing that Christ has won the ultimate victory should affect the way we live right now. Don't let discouragement over an apparent lack of results keep you from doing the right thing. Continue believing that God is working in you and through you to perfect you.

"Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ" (Philippians 1:6).