

CAN YOU BE SET FREE FROM ADDICTION?

[Why Am I here this morning?](#) [John's Testimony](#)

Let's define addiction:

A compulsive desire or need to do or use something despite loss of control and negative consequences where tolerance requires increased usage for the desired affect and withdrawal ensues in the absence of usage.

Some of the addictions that many people battle:

- Drugs/alcohol [addiction \(15-18% population\)](#) each affects 5 others
[70,000 drug overdose deaths a year](#)
[88,000 deaths per year caused by alcohol](#)
- Pornography addiction ([47% of families in the United States reported that pornography is a problem in their home](#)) [33% female](#)
- Gambling addiction ([3% of the population](#)).
- Co-Dependency ([50% Population has medium to high level](#))

Is Addiction a spiritual, biological, psychological, or social cause? Yes

Involves element of choice.

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. **Romans 7:15 NLT**

Addictive Cycle Slide. [Solution Problem not addiction problem](#)

Spiritual Battle against a **Spiritual** Stronghold.

²⁹ Who has anguish? Who has sorrow? Who is always fighting? Who is always complaining? Who has unnecessary bruises? Who has bloodshot eyes? ³⁰ It is the one who spends long hours in the taverns, trying out new drinks. ³¹ Don't gaze at the wine, seeing how red it is, how it sparkles in the cup, how smoothly it goes down. ³² For in the end it bites like a poisonous snake; it stings like a viper. ³³ You will see hallucinations, and you will say crazy things. ³⁴ You will stagger like a sailor tossed at sea, clinging to a swaying mast. ³⁵ And you will say, "They hit me, but I didn't feel it. I didn't even know it when they beat me up. When will I wake up so I can look for another drink?" **Proverbs 23:29-35 NLT**

There is **Hope** for recovery in Christ! [My POW story](#)

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. **Matthew 11:28 NLT**

And he said to her, "Daughter, your faith has made you well. Go in peace. Your suffering is over." **Mark 5:34 NLT**

Freedom (not just coping) from Addiction is Possible. [My story](#)

³¹ Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. ³² And you will know the truth, and the truth will set you free." **John 8:31-32 NLT**

¹⁵ He died for everyone so that those who receive his new life will no longer live for themselves. Instead, they will live for Christ, who died and was raised for them. ¹⁶ So we have stopped evaluating others from a human point of view. At one time we thought of Christ merely from a human point of view. How differently we know him now! ¹⁷ This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! ¹⁸ And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him. **2 Corinthians 5:15-18 NLT**

Healing from Hurts, Hang-ups, and Habits is Possible! [Amends with Mom](#)

⁵ Trust in the Lord with all your heart; do not depend on your own understanding. ⁶ Seek his will in all you do, and he will show you which path to take. ⁷ Don't be impressed with your own wisdom. Instead, fear the Lord and turn away from evil. ⁸ Then you will have **healing** for your body and strength for your bones. **Proverbs 3:5-8 NLT**

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. **James 5:16 NLT**

What Does Recovery Look Like?

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. **Romans 12:2 NLT**

[Celebrate Recovery 8 Principles Slide](#)

Do you trust God to do what His word says He will do? [My life...mess to message](#)

...I am come that they might have life, and that they might have it more abundantly. **John 10:10 KJV**

Next steps and resources to help you find freedom:

- Celebrate Recovery Monday Nights at 6:15 @ Journey Church

- “Life’s Healing Choices” John Baker
- “Every Man’s Battle” Stephen Arterburn
- “Healing the Wounds of Sexual Addiction” Mark Laaser
- “Boundaries” Henry Cloud and John Townsend