

Freedom from Addictions

Truths to Set You Free

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Dedication

I would like to dedicate this book to all who struggle with addictions and to those who have overcome and are free from their addictions!

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All scripture was taken from the following translations:
King James Version
New King James Version
Amplified Bible
Contemporary English Version
New International Version
Berean Standard Bible
Tree of Life Version
New Living Translation
English Standard Version

Chapter 1

The How and Why of Addictions

Statistics have proven that life is full of so many opportunities to go down the wrong road. The road for most is chosen many times by the home and families that we are brought up in. Some attribute it to genetics, poverty, or ethnicity.

A good definition of addiction is the fact or condition of being addicted to a particular substance, thing, or activity (Oxford Languages). Addiction comes in many forms. It doesn't have to be only substance abuse. Like the definition says it can be a thing or activity, also.

The old saying can or might apply that the apple doesn't fall far from the tree seems to be a life's given. Here is a narrative from the Christian perspective in the Bible from the book of Genesis.

Genesis 2:15-17 NIV, 15 The LORD God took the man and put him in the Garden of Eden to work it and take care of it. 16 And the LORD God commanded the man, "You are free to eat from any tree in the garden; 17 but

you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.”

Genesis 3:1-7 NIV, Now the serpent was craftier than any of the wild animals the LORD God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden’?” The woman said to the serpent, “We may eat fruit from the trees in the garden, ³ but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’” ⁴ “You will not certainly die,” the serpent said to the woman. ⁵ “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.” ⁶ When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

Can you see in the narrative above God spoke truth when He said, “do not eat from the tree of knowledge of good and evil”? Then the serpent beguiled Eve which means to deceive, mislead, use flattery and

trickery. Satan lied against a fundamental truth. The outcome was bondage, regret, and a spiritual outcome that separated man from truth. God is truth.

Adam and Eve did not die for many years after their poor choice to disobey truth, but they chose and made their own way by going against truth and wanted to do their own thing. The life age old story of Johnny's mother asking him if he was in the cookie jar. "No, mommy," as he has crumbs all over his face.

So, what they were told not to do they went ahead and did and made the wrong choice. They suffered the consequences of the only one choice they were warned in advance not to make.

Adam and Eve communed with God daily and lived by their spirit. After deception they began living by the flesh. They went from talking with God in the cool of the day to hiding from Him.

After disobeying they had to rely on the psyche/soul/mind and the fallen nature was inherited from their choice of eating from the tree knowledge of good and evil. We see this when the Lord asked them

where they were they said they were naked and afraid. He asked, “who told you that you were naked. Did you eat of the tree which I commanded you not to eat?”

Now fast forward in time. Addicts always like to stay in the dark and the shame it brings. From that moment they could no longer enjoy eating from the tree of life. They were driven out of the garden and loss their connection with truth/God.

Now man must work, toil, and make his own way and the women have pain with childbirth and the entire world was taken from man and given to the serpent or Satan, the new god of this world.

We live in a fallen world or a dog-eat-dog world as the saying goes. Life's negative choices spiral out of control where there seems to be no way out. Have you ever heard the saying give the devil an inch he will take a mile?

With this thought in mind, think about all the choices we have now and all the temptations. The devil has made it easy to sin. Lotto tickets, gambling, drugs,

alcohol, food anytime day or night, pornography, technology overload, send pictures, Facebook, etc. The mind and carnal appetites tell us what addiction has become out of control. It's the one that brings pleasure.

Hebrews 11:25 KJV, Moses' chose rather to suffer affliction with the people of God, than enjoy the pleasures of sin for a season.

Have you ever been driving down the road and you took a wrong turn? Was it happenstance, ignorance, intentionally or on purpose? Either way for many the question is asked, "how did I get here?" or "I never dreamed I would end up in a death cycle of seemingly having no way out."

I led close to 2000 spiritual groups over 5 years as a Chaplain in the Stephens' Mental Health Units at Freeman Hospital in Joplin, Missouri. Most were coming in for a 96-hour hold. They had stories of attempted suicides, drugs and alcohol addictions, legal troubles, loss of loved ones, divorce, violence, depression, anxiety, unemployed and poverty.

I would be asked, “Chaplain why does God allow these bad things to happen to me.” Most issues were self-inflicted, but my response usually was “I am not God and even if I was, maybe you are looking for an answer that you might never know why or maybe you’re directing your energy into the why instead of how I can look ahead and make the changes for a new purpose charting a new life course.”

Most people do not know if it is even attainable. Is it possible to leave life controlling addictions behind forever? Yes, it is! There is hope!

From the Christian perspective and my own life of living over forty-one years free from the destructive life choices that I was living, I had to find a purpose greater than the life controlling addictions to which I was imprisoned. In jest I told others I was going nowhere to happen. The truth is I was living a lie.

When leading groups, I use the saying most have heard “one step forward and two steps back.” That means you are never moving forward as you are always behind by one step.

I like to say life has a law that is always working. It is the law of diminishing returns. When you take two steps forward and one step back at least I am moving forward and my purpose in my life is taking me further down the road to a freedom that many never experience.

This is why I have authored this book to help you the reader to envision a **greater purpose** for yourself. You can break free from the addictions in this life from this day forward never to return. I did not say you would never be tempted again. Temptation comes but you can stay free with the Lord's help, the help of others and putting guards in place not to fall into temptation.

Chapter 2

A Greater Purpose

Then Any Life Controlling Addiction

I would like to share how I have found a purpose greater than myself and the life controlling addictions I was in.

My experience with Jesus Christ began as a young boy. I was drawn to attend church even though my parents didn't attend. I would walk up the street to a nearby church. This church preached a basic salvation message. I went faithfully to Sunday school and enjoyed the fun, games, and free candy. During a program for children at age 11, I gave my heart to the Lord Jesus and asked Him to be the Lord of my life.

I continued to attend the same neighborhood church until I graduated from high school. The church was good, but there was no real passion, purpose, or fire in the lives of the people. I'm not being judgmental but realistic. Just like life controlling addictions, religion with no relationship and passion to serve God holds

you in bondage to the rules and regulations that the Lord Jesus never died for a believer to live under.

Shortly after going off to college, I made a big mess of my life, as many young people do. A message taught in many churches, which I also had engrained in me was “once saved—always saved.” For many people that’s a license to sin. Of course no one needs a license, it comes naturally. So, I thought I could go out and live it up, and it didn’t matter how I lived because nothing would affect my salvation. I began smoking two packs of cigarettes a day and drinking too much alcohol and began dating a girl I met at the bar. We decided to get married even though we had only known each other for a short time. I had no way of knowing that she had lived a troubled life a long time before we met; however, I soon found out. As two people with messed up lives, our marriage was a bad combination, and it brought grief to both of us.

One night while I was getting drunk, we got into a spat. She went to her sister’s house next door. I went over to talk to her, but they wouldn’t let me in the house. I began to pound on the kitchen window to get their attention. Because I was drunk, I hit the window

so hard with my fist I broke the window out. Sounds like something a drunk person would do. They called the police and when they arrived, I spoke with the two police officers telling them how I used to go to church. Each police officer gave me a different story. In some ways it was the good cop bad cop technique.

As I explained this to one of the police officers, he said, "Oh, you're my brother in the Lord." At the time I thought that was kind of weird, considering the shape I was in. Despite my drunken stupor, I could see God in his life. The other police officer talked to me and explained the facts of life according to the way he lived. He let me know in crude and vulgar detail how life is to be experienced. It was amazing how that night I witnessed both heaven and hell through two different people. I could see that each one of them lived in a totally different way. I shared with them that I was in school studying to become a policeman. Since I had no previous record and this was my first violation, they extended mercy to me.

The next night the Christian policeman came by to see me and asked if I wanted to ride patrol with him. I began to ride with him on a regular basis. He used the time while I was riding with him to speak into my life.

He said things that grew me up that I really needed to hear. For several years he made a significant impact on my life just by being my friend.

One day all hell literally broke loose in my life. When I got to work my wife called and said she was filing for a divorce. She left me and got married within nine months. During this time, I recommitted my life to the Lord. I became serious about my commitment to Christ and served God with my whole heart. All the while the Lord had something more for me, although I didn't know it at the time. In the next chapter I will share with you how the Lord worked in my life through His great power in the baptism of the Holy Spirit. If you have never made Jesus Christ the Lord and Savior of your life, I want to give you the opportunity to ask Him into your life right now. Let's pray together.

Prayer of Salvation:

Jesus, I ask You to forgive me of my sins. You are my Lord and Savior now. Come and live in my heart. I believe You arose from the dead and with my mouth I confess You as my Savior. Thank you for saving me! Amen!

Chapter 3

A Power Greater to be Delivered from Self and Addictions

As a young Christian without teaching and knowledge of God's Word, my life was a mess. My (former) wife had left me and wanted a divorce. It was one of the hardest times in my life. I recommitted my life to the Lord during this time. People in my church told me I needed to receive the power of the Holy Spirit in my life. There were many books given to me on the subject. I read them and was open to anything that the Lord had for me. I began to thank Jesus for filling me with the Holy Spirit and began to confess, "I thank You, Jesus. I believe I am filled with the Holy Spirit." I had done this for two months to no avail.

A member of the congregation said I needed to talk to a lawyer in our church. He had just gone through the same life crisis the year before. They gave me his office number, and I called him the next day sharing with him everything that was going on. He said he could understand fully what I was going through. We decided to meet for lunch the next day.

The next day at 11 AM sharp he knocked on my door. Just think what a miracle it was for a lawyer to come to the house of a perfect stranger to give free counsel. I went to the door and let him in. We introduced ourselves since we had never met in person. He got right down to business.

He opened a bag of Doritos and said, "Have you been baptized in the Holy Spirit since you believed?"

"No, I have not."

"Would you like to?"

I said, "No, maybe some other time." I was afraid of the unknown.

"I am not leaving this house until you do," he said. He was determined that I would receive.

Thank God for Holy Ghost boldness! I could tell he was a bit nervous, but he was willing to be used of God. We sat down and he shared with me how to be filled with the Holy Spirit. He led me in a prayer and had me repeat it after Him. After praying with him, I

soon began speaking in other tongues. We rejoiced together praising God. He left and went back to work.

Wow! What a life change for me! It was so great to have Jesus become real in my life. I began praying in other tongues for hours upon end. I had such an overflow of the Holy Spirit that when I answered the phone at work, I would have to tell myself to speak in English, not in tongues. During the biggest crisis of my life, I walked in love. I was a blessing to my wife even though we were separated. She went ahead with the divorce and was remarried within nine months. People were amazed that I could respond in love amid such anger and strife.

I was beginning to live an overcoming life. Within four months I was delivered from cigarettes and alcohol. I began giving to our local church and giving financially to others in need. The Bible had become so alive and exciting to read; it finally made sense. I understood

the great truths it held. What freedom to be free of self and to be consumed with my walk with God.

God is no respecter of persons. He will do the same for you. The same power that sets me free will set you free!

Prayer to Receive the Holy Spirit: *I thank You for baptizing me in the Holy Spirit. I release my tongue to You as the Spirit of God gives me utterance. In the power of the name of Jesus! Amen!*

Now yield to the Spirit of God and begin to speak forth those words you hear in your heart.

Chapter 4

How to Gain a New Mindset to Live a New Way of Life.

Through the years I have met many people that have a spiritual experience and felt the freedom as I have shared with you in my own life controlling addiction, a God experience through accepting Christ and the power of the Holy Spirit that had led me into the journey that I have known for over 41 years. So, I tell people it's one thing to get free, it's another thing to stay free. How might this be done, you may ask?

Someone gave me a cassette tape back in the 80's, so this tells you I am dated. It was titled *Battleground of the Mind*. The premise of this teaching is on how a person's deceptive thinking takes a person into bondage. You can then take truth and turn it around and transform your life into freedom.

2 Corinthians 5:17 Berean, Therefore, if anyone is in Christ, he is a new creation. The old has passed away. Behold, the new has come!

The new nature begins when a person is reunited to God through accepting Christ as their Lord and Savior. Many share how they feel a weight has lifted

when they confess their sins and enter a new way of eternal life through the shed blood of Jesus.

This is great but where does a person go from there? It's no time at all and the old way of thinking crowds out the freedom of the inner man. We still think the way we always have in the past, many relationships that took us down the road of addictions are still part of our lives, the negative effects of past poor decisions still are with us. Legal issues, higher rates of car insurance when drinking and drugs carry over into a DWI arrest and conviction or out-of-control behaviors. Relationships issues with divorce, child support, a work history of many jobs and or a felony that makes certain jobs unattainable. So how to start a life afresh begins with a changed mindset.

The greatest victory a person has is to be independent from the old self, the old way. The world or humanity left to itself will always take the path of the least resistance. A friend of mine said his father would say poor people have poor ways. So, let's begin to see what needs to be done to get free and live a continued life of staying free.

2 Corinthians 10:3-6 Tree of Life Version, for though we walk in the flesh, we do not wage war according to the flesh. ⁴ For the weapons of our warfare are not fleshly but powerful through God for the tearing down of strongholds. We are tearing down false arguments ⁵ and every high-minded thing that exalts itself against the knowledge of God. We are taking every thought captive to the obedience of Christ.

What is a stronghold? It is a mindset that imprisons your mind that leads you down the path of destruction. Here is the cycle of distorted thinking that brings a person's life to destruction.

1. A thought enters your mind
2. It is acted upon
3. The action created a habit
4. A habit leads to a lifestyle
5. This new lifestyle takes you into your destiny

In Paul's writings to the church of Rome (If scripture is new to you, it is a letter to the church in Rome. Bible translators use chapter and verses to locate the information) it says in **Romans 12:1-2** from the New International Version reads: Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer

your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing, and perfect will.

Paul's first theme in this passage to the church of Rome is to dedicate your life to the will of God. It is a sacrificial offering of yourself from this lower life full of untruth to live a life of truth pure and holy unto HIM.

The second theme is do not conform to the pattern of this world but be transformed by the renewing of your mind. We renew our mind by reading and meditating on scripture. The scripture brings life to us and helps us defeat what the enemy is doing in our life. Read these scriptures repeatedly to let the truth permeate your very being.

1 John 2:16 Amplified Bible

For all that is in the world—the lust *and* sensual craving of the flesh and the lust *and* longing of the eyes and the boastful pride of life [pretentious confidence in one's resources or in the stability of

earthly things]—these do not come from the Father, but are from the world.

2 Peter 1:4 Contemporary English Version

God made great and marvelous promises, so His nature would become part of us. Then we could escape our evil desires and the corrupt influences of this world.

Galatians 5:16-17 Berean Standard Bible

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh craves what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are opposed to each other, so that you do not do what you want.

Romans 13:14 New Living Translation

Instead, clothe yourself with the presence of the Lord Jesus Christ. And don't let yourself think about ways to indulge your evil desires.

1 Peter 2:11 Contemporary English Version

Dear friends, you are foreigners and strangers on this earth. So, I beg you not to surrender to those desires that fight against you.

1 Thessalonians 5:23 King James Version

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ

The word sanctify means to set apart for a Holy purpose in every area of your being. You are a Spirit, you possess a soul (mind, will and emotions), and you live in a body. Your Spirit contacts the Spiritual realm. Jesus said those that worship Me worship Me in Spirit and truth. Your mind connects you with the mental and intellectual realm and your body the natural or flesh realm.

Your body has the flesh or fallen nature. It will always gravitate to the carnal and fleshly lower nature. Your mind needs to be renewed on a continual basis because without truth you will always be conformed to this world system where Satan is the god of this world. Renewing your mind is a lifelong process. Daily our minds need to stay in truth. Renewing your mind is always keeping truth before you and your way of thinking in line with the will of God in your life.

So, how do we apply and change our mindset? The same process shared earlier that led you to a life of destruction is the same process to take you into a new life and way of thinking.

To be free from your addiction the destiny you're headed toward must be turned around.

The Lord had me make changes in how I took HIS Truth and applied it into my life even though at the same time my actions were contrary for a time until His life and power transformed me into a new way of living.

When the Apostle Paul said to be transformed in Romans 12:2, it means to change or transform its shape. The Greek word is *meta metamorphosis*. It entails transitioning from immature into adulthood. The worm spins itself into the cocoon, then at the right time it is transformed into a beautiful butterfly. Let's look at the process below so you can be free from any type of addiction or weight that is holding you down.

1. The thought enters the mind with truth I am a new creature in Christ, and I am in HIM. (2 Corinthians 5:17)
2. The truth becomes an action, and I begin to take on living the way that Jesus and His disciples lived after His resurrection.
3. The truth acted upon becomes a habit that is developed. I am living as a Child of God following His life and nature.
4. The habit lived out becomes a lifestyle as in Matthew 16:25-26 New King James Version,
²⁵ For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it. ²⁶ For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?
5. The lifestyle now becomes a destiny- Living free from addictions and eternal life with Jesus.

God declares the end from the beginning, and He has a plan for your life. Will you begin to live His plan for your life, or will you continue in your plan?

Isaiah 46:10 Berean

I declare the end from the beginning, and from ancient times what is still to come. I say, 'My purpose will stand, and all My good pleasure I will accomplish.'

Divine Plan: The Bible emphasizes that God has a plan for each person's life.

Jeremiah 29:11 NIV "For I know the plans I have for you," declares the Lord, "plans to prosper with you and not to harm you, plans to give you hope and a future.

The process to live out your destiny is by faith, the end from the beginning.

Hebrews 11:1-3 CEV, Faith makes us sure of what we hope for and gives us proof of what we cannot see. **2** It was their faith that made our ancestors pleasing to God. **3** Because of our faith, we know that the world was made at God's command. We also know that what can be seen was made out of what cannot be seen.

Hebrews 11:6 New King James Version ⁶ But without faith *it is* impossible to please *Him*, for he who comes

to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him.

Romans 12:3b King James Version, God hath dealt to every man the measure of faith.

The Destiny that we are all called to live can be seen and witnessed in the Bible from Genesis to Revelation.

Today I had a conversation with a woman at the nursing home facility that I visit as a hospice chaplain. I lead a monthly chapel service there and she attends. She was sitting at the entrance in the lobby, so I sat down at the table, and she shared how she recently quit smoking after meany years.

She did several things to get a new mindset. First, she said, "I am not quitting, I'm stopping." Second, she called the Oklahoma Quit Now resource to gain some practical knowledge to assist her. At one point she did take a low dose of Nicotine Lozenge that was helpful for a short time then she eliminated them. Thirdly, she made a statement, "the record in my

head needs to get a new song.” Which simply means she needed to change her ways.

Her determination and putting some practical steps into place helped her to overcome the nicotine addiction.

Chapter 5

Supportive Factors to Walk Out Your Faith and Destiny

I went back to school at 49 years old and through the process every Monday for four years I attended Clinical Pastoral Education. I obtained four units of CPE/1600 hours to gain the skill set to work in the clinical environment as a Chaplain. Four hundred hours in the classroom and twelve hundred hours completing my clinicals. During this time over a 17-month period I took eleven college classes and completed a BS in Addiction Psychology. I became a Board-Certified Chaplain and have worked for over ten years in major hospitals and hospices.

I also took the Addiction Counselor exam to become a licensed Addiction Counselor. I have walked the past forty-one years free from life-controlling addictions and now I can assist others in the counseling field.

I had the opportunity to gain clinical hours working for Teen Challenge that was established back in 1960 by David Wilkerson. He was a rural preacher and in 1958 was moved by seven boys that were on a murder trial

in New York City. He was moved with compassion and moved to New York to help those boys and start an outreach to New York gangs and so Teen Challenge was born.

Today there are over 1200 centers around the world and 215 centers in the USA. Check out their website at [Adult & Teen Challenge \(ATC\) | Hope Through the Power of Jesus Christ](#). Teen Challenge offers faith, community, and health, giving people a second chance with life controlling addictions.

Working there as a part time counselor for four years I was part of a program that saw 85% of the individuals stay addiction free upon completing the program. I would always share with the students the reason it is a twelve-month program. Your life downward spiral did not happen overnight. I would encourage them that they need this span of time to change their thinking, their relationships, a time of spiritual and emotional renewing, therefore, changing their life direction for the rest of their life.

This included Bible Study, scripture memorization, learning contracts, chapel, work therapy, fellowship, attending church three services a week, and going to churches and singing as part of the Teen Challenge Choir and sharing their testimony. I was part of bringing men into salvation, the baptism of the Holy Spirit, deliverance, assisted in families being restored, and men getting a new lease on life. Several after the program become house supervisors dedicating their lives to helping others know the freedom they have experienced for themselves.

So today as you journey and have been freed from your addiction there needs to be accountability with your life to stay free. These principles listed below interwoven into your life will keep the door closed on returning to the lifestyle that has brought so much pain and suffering.

1. ACCOUNTABILITY-Stay accountable to someone

James 4:6-8 NKJV

But He gives more grace. Therefore He says: "God resists the proud but gives grace to the humble." ⁷ Therefore submit to God. Resist the

devil and he will flee from you. ⁸ Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify *your* hearts, *you* double-minded.

2. CHURCH AND FELLOWSHIP OF BELIVERS-

Attend church on a regular basis (Bible believing and faith filled church)

1 Corinthians 12:12 NIV

“Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.”

Galatians 6:2 NKJV

Bear one another's burdens and so fulfill the law of Christ.

3. SERVE ONE ANOTHER-Servanthood keeps us humble

1 Peter 4:10 NIV

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.”

4. DO NOT ISOLATE YOURSELF-Isolation is a trick on the devil

Proverbs 18:1 ESV

“Whoever isolates himself seeks his own desire; he breaks out against all sound judgment.”

5. ENCOURAGE ONE ANOTHER-Stay positive and give encouragement wherever you can

Hebrews 3:13 NIV

“But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin’s deceitfulness.”

6. Have a Ministry of Reconciliation-Always lead others to Jesus who set you free

2 Corinthians 5:18 NIV

“All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation.”

7. WALK IN LOVE-Our faith works by our love

Ephesians 5:2 NKJV

And walk in love, as Christ also has loved us and given Himself for us, an offering, and a sacrifice to God for a sweet-smelling aroma.

Epilogue

When you choose God, He will always work on your behalf when you yield to Him. Just turn your eyes upon Jesus and look full into His wonderful face! There is only love there. His love for you goes very deep. He gave His life so you could have life.

Work hard, trust in Him, surround yourself with believers in Jesus and attend a church that teaches the Word of God!

Jesus,

I pray for all those who are suffering from addictions of any kind. I break the power of the enemy over their lives. Jesus, set them free like you did me!

I pray for those who have been set free from their addiction. I pray for them to continue in their freedom and continue to follow the path You have set before them. Don't look to the right or to the left but keep your focus on Jesus!

In the powerful name of Jesus, Amen!

Other books by the author:

Timeline

Your Kingdom Purpose Revealed

Double Yellow Line

All books can be found on Amazon! Leaving a review is very helpful. Thank you for your time.