

## WHY ONE STEP?

Victoria is an interventionist and sober coach for the rich and famous. She is paid \$1,500.00 per diem 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-percent, she shrugs her shoulders. "The one-percent are those who choose Jesus Christ as their Savior and Lord."

When we hear that, we realize that our world is filled with differing opinions concerning those who struggle with addiction. The most popular theory is that addicts have a "disease." Conversely, according to the Bible, drug abuse, alcoholism, and other types of addictive and compulsive behaviors are not diseases but choices. And these choices are sins.

Jesus said, "I tell you the truth, everyone who sins is a slave of sin." But then Jesus made this amazing statement. He said, "Therefore if the Son makes you free, you shall be free indeed" (John 8:34, 36).

This is the concept behind the *One Step* curriculum. *One Step* 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 be enslaved to addiction. Jesus can set you free.

Yet some psychologists are telling 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?

Is it not true that an addict always has a choice?

A person is presented with a decision to take a temporary fix or to endure through discomfort. Therefore, an addict's struggle is coping. That's the bad news. The good news is that the Word of God offers instruction to help an addict in the midst of withdrawal, even when their withdrawal is severe and excruciating.

If you do not believe that addiction is a disease, you may be tempted to suppose that drug and alcohol abuse is a physical dependence that God cannot help with—just like pornography, homosexuality, gambling, eating disorders, anger, 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. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls” (Matthew 11:28-29).

When a person chooses to endure through the withdrawal without God, they are limited, relying on their own strength. But if they rely on Jesus Christ to save them from their addiction—allowing God’s Word to rule their thoughts and actions—they can overcome. If Jesus is Lord of your life, you no longer have to manage your sin. Jesus sets you free.

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 stories of how Jesus came into a person’s life and brought transformation, brought change, and freed that person from destructive habits. 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* curriculum is a tool that God uses to bring freedom from addiction. It just takes one step to Jesus to set you free.