

ONE STEP TO FREEDOM: lesson 5- How to overcome addiction

**You have a choice to make:*

1 Kings 18:21(MSG) Elijah challenged the people: “How long are you going to sit on the fence? If GOD is the real God, follow him; if it’s Baal; *God(s) of this world*, follow him. Make up your minds!” Nobody said a word; nobody made a move.

**Your options of choice: life or death:*

Deuteronomy 30:15-18 (NLT) ¹⁵ “Now listen! Today I am giving you a choice between life and death, between prosperity and disaster. ¹⁶ For I command you this day to love the LORD your God and to keep his commands, decrees, and regulations by walking in his ways. If you do this, you will live and multiply, and the LORD your God will bless you and the land you are about to enter and occupy; (*freedom from addiction*)

¹⁷ “But if your heart turns away and you refuse to listen, and if you are drawn away to serve and worship other gods, ¹⁸ then I warn you now that you will certainly be destroyed. You will not live a long, good life in the land you are crossing the Jordan to occupy; (*continued bondage in addiction*)

**No choice is a choice:*

Revelation 3:15-16 (AMP) ¹⁵ I know your record of works *and* what you are doing; you are neither cold nor hot. I Would rather that you were cold or hot! ¹⁶ So, because you are lukewarm and neither cold nor hot, I will spew/vomit/reject you out of My mouth!

**Can `t serve two Gods:*

Matthew 6:24 (AMP) ²⁴ No one can serve two masters; for either he will hate the one and love the other, or he will stand by *and* be devoted to the one and despise and be against the other. You cannot serve God and mammon (deceitful riches, money, possessions, or whatever is trusted in; drugs alcohol, sex etc...).

**Can `t have it both ways:*

1 Corinthians 10:21 (AMP) ²¹ You cannot drink both the Lord’s cup and the cup of demons. You cannot share in both the Lord’s table and the table of demons thereby becoming partners with.

**You can't reform/make new The old man flesh: it has to be a new man/woman a new creation created by God in/through Jesus Christ:*

2 Corinthians 5:17 (NKJV) ¹⁷ **Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.**

**You can't put a new cloth patch of righteousness on the old man/woman cloth of unrighteousness:*

Luke 5:36 (AMP) ³⁶ **Jesus told them a parable : No one puts a patch from a new garment on an old garment; if he does, he will both tear the new one, and the patch from the new one will not match the old garment.**

**You have to put off the old man/woman garments of unrighteousness :*

Ephesians 4:22 (AMP) ²² **Strip yourselves of your former sinful nature, put off and discard your old unrenewed self which characterized your previous manner of life and becomes corrupt through lusts *and* desires that spring from delusion.**

**You have to put on the new man garments of righteousness:*

Ephesians 4:24 (NKJV) ²⁴ **and that you put on the new man *garment* which was created according to God, in true righteousness and holiness.**

**The new wine; The Holy Spirit, cannot be poured into your old wineskin/ old heart:*

Luke 5:37-38 (AMP) ³⁷ **And no one pours new wine (*Holy Spirit*) into old wineskins/old spirit/*old heart*/; if he does, the fresh wine will burst the skins and it will be spilled and the skins will be ruined (destroyed).³⁸ But new Holy Spirit wine must be put into fresh/*new heart* wineskins.**

**The problems with the old man/woman spirit:*

Ephesians 2:2(AMP) ² **in which you once walked. You were following the ways of this world influenced by this present age, in accordance with the prince of the power of the air (Satan), the spirit who is now at work in the disobedient; the unbelieving, who fight against the purposes of God.**

1 Corinthians 2:14 (AMP) ¹⁴ **But the natural unbelieving man does not accept the things of the Spirit of God, for they are foolishness absurd and illogical to him; and he is incapable of understanding them, because they are spiritually discerned *and* appreciated, and he is unqualified to judge spiritual matters.**

**You need a new Spirit:*

John 3:6 (AMP) ⁶ That which is born of the flesh is flesh [the physical is merely physical], and that which is born of the Holy Spirit is Spirit.

**How to receive the Holy Spirit:*

Acts 2:38 (AMP) ³⁸ And Peter said to them, “Repent [change your old way of thinking, turn from your sinful ways, accept and follow Jesus as the Messiah] and be baptized, each of you, in the name of Jesus Christ because of the forgiveness of your sins; and you will receive the gift of the Holy Spirit.

**You need a new mind: the problem with the old man/woman mind...*

2 Corinthians 4:4 (AMP) ⁴ For the god of this world has blinded the unbelievers’ minds that they should not discern the truth, preventing them from seeing the illuminating light of the Gospel of the glory of Christ (the Messiah), Who is the Image *and* Likeness of God.

Romans 8:7 (AMP) ⁷ the mind set on the flesh [with its sinful pursuits] is actively hostile to God. It does not submit itself to God’s law, since it cannot,

**You have to put off the old man/woman mind/thinking:*

Romans 12:2 (NLT) ² Don’t conform (*put off*) to the behavior and customs of this world, but let God transform you into a new person by changing the way you think; transforming and renewing your mind, Then you will learn to know God’s will for you, which is good and pleasing and perfect.

Put on the new man/woman mind/thinking according to Jesus Christ mind/ thinking:

1 Peter 4:1(NKJV) Therefore, since Christ suffered for us in the flesh, *put on and arm yourselves also with the same mind*, for he who has suffered in the flesh has ceased from sin,

Philippians 2:5 (AMP) ⁵ Let this same attitude *and* purpose *and* humble mind be in you (*put on*) which was in Christ Jesus: Let Him be your example in humility:

You need a new heart; the problem with the old man/woman heart:

Jeremiah 17:9 (AMP) ⁹ The heart is deceitful above all things, and it is exceedingly perverse *and* corrupt and severely, mortally sick! Who can know it, perceive, understand, be acquainted with his own heart and mind?

Ephesians 4:18 (NKJV) speaking of the unbeliever/gentile ¹⁸ having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart;

**You have to put off the old man/woman heart and put on the new man/woman heart*

Ezekiel 18:31 (NKJV) ³¹ Cast away/*put off* from you all the transgressions which you have committed, and get yourselves/*put on* a new heart and a new spirit. For why should you die, O house of Israel?

**You can only see God with a new purified heart:*

Matthew 5:8 (NKJV) ⁸ Blessed are the pure in heart: for they shall see God.

**God is the only one who can give you a new heart:*

Ezekiel 36:26-27 (AMP) ²⁶ A new heart will I give you and a new spirit will I put within you, and I will take away the stony heart out of your flesh and give you a heart of flesh.

**A new heart, mind and Spirit comes/is received by/ from repentance:*

Ezekiel 18:30-32 (AMP) ³⁰ Therefore I will judge you, O house of Israel, every one according to his ways, says the Lord God. Repent and turn from all your transgressions, lest iniquity be your ruin *and* so shall they not be a stumbling block to you. ³¹ Cast away/ *put off* from you all your transgressions by which you have transgressed against Me, and make you/ *put on* a new mind *and* heart and a new spirit. For why will you die, O house of Israel? ³² For I have no pleasure in the the death of him who dies, says the Lord God. Therefore turn (be converted) and live!

**It`s with the heart we receive salvation:*

Romans 10:9-10 (NKJV) ⁹ that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. ¹⁰ For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

**Summation: how to have victory over your addiction:*

Romans 13:14 (AMP) ¹⁴ But clothe yourself with /*put on* the Lord Jesus Christ (the Messiah), and make no provision for indulging the flesh put a stop to thinking about the evil cravings of your physical nature to gratify its desires (lusts)