

One Step to Freedom Lesson 3 Chapter 2: Initial Restoration WHAT GOD HAS TO SAY ABOUT ADDICTION

Exodus 20:3 (NKJV) “You shall have no other gods before Me.”

In a previous study, we learned that an idol is literally a false god that a person serves instead of God. Drugs, alcohol, pornography, video games, eating disorders, and other types of addictions are false gods that rule a person’s life. In a sense, they are bowing down and living for their addiction as a god and worshiping it. Jesus is their Savior but Jesus is not the Lord of their life. Their addiction is lord of their life, and has become a false god.

Matthew 7:21-23 (NKJV) ²¹ “Not everyone who says to Me, ‘Lord, Lord,’ shall enter the kingdom of heaven, but he who does the will of My Father in heaven.

²² Many will say to Me in that day, ‘Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?’”

²³ And then I will declare to them, ‘I never knew you; depart from Me, you who practice lawlessness!’

**You may have tried to quit your addiction, possibly even several times, but have always ended up failing. It is because you tried to change in your own strength.*

Jesus proclaimed in Matthew 26:41 “The Spirit indeed is willing but the flesh is weak”

**Paul confirms what Jesus proclaimed about the weakness of the flesh:*

Romans 7:18 (ESV) For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.

**This is why Jesus sent the Helper, the Holy Spirit to help, guide and teach those who believe in Jesus to overcome sin and to live for Him:*

John 14:26 (NKJV) ²⁶ But the Helper, The Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.

**The moment we receive Jesus as our Savior, and are born again, we receive The anointing of The Holy Spirit, and The Holy Spirit abides and dwells in us:*

1 John 2:27 (NKJV) ²⁷ But the anointing which you have received from Jesus Christ abides in you, and you do not need that anyone teach you; but as the same anointing teaches you concerning all things, and is true, and is not a lie, and just as it has taught you, you will abide in Him.

John 14:17 (NKJV) ¹⁷ **The Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. Revelation 3:20, John 14:23**

**We find true victory and freedom from the sin of addiction by abiding in The Son of God in whom we received The Holy Spirit:*

John 8:34-36 (NKJV) ³⁴ **Jesus answered them, “Most assuredly, I say to you, whoever commits sin is a slave of sin. ³⁵ And a slave does not abide in the house forever, *but* a son abides forever. ³⁶ Therefore if the Son makes you free, you shall be free indeed.**

**continued freedom from the sin of addiction by abiding and staying attached and clinging to the life giving Branch; Jesus Christ:*

John 15:4-5 (NKJV) ⁴ **Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me.** ⁵ **“I am the vine, you *are* the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.**

**Daily abiding in Jesus Christ through The Word to stay free from the sin of addiction:*

John 1:1-4 (NKJV) **In the beginning was the Word, and the Word was with God, and the Word was God.** ² **He was in the beginning with God.** ³ **All things were made through Him, and without Him nothing was made that was made.** ⁴ **In Him was life, and the life was the light of men.**

John 1:14 (NKJV) ¹⁴ **And The Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.**

John 6:63 (NKJV) *Jesus Speaking;* ⁶³ **It is The Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and *they* are life.**

**The Holy Spirit Helper will guide us into the truth of God`s word to help us overcome sin:*

John 16:13(NKJV) ¹³ **However, when He, The Holy Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own *authority*, but whatever He hears He will speak; and He will tell you things to come.**

**The Holy Spirit Helper gives us strength in the weakness of our flesh over sin:*

Romans 8:26a (NKJV) ²⁶ **Likewise The Holy Spirit also helps in our weaknesses.**

**The Holy Spirit Helper gives us power, love and soundness of mind over our fears:*

2 Timothy 1:7 (KJV) For God hath not given us The Spirit of fear; but of power, and of love, and of a *sound mind. **Hebrew Strong concordance: *sound mind; an admonishing or calling to soundness of mind, to moderation, to self discipline and self-control.*

**SELF-EXAMINATION Most of us would agree that addictions are life-dominating sins, which affect virtually every area of a person's life. Check off the areas of your life that you feel have been affected by your addiction(s):*

 Eating habits Close relationships Sleep Job (attendance, production)
 Friends (social life) Emotions (self-pity, anger) Economics (finances)
 Health Marriage and family life Character and practices; ie deceitfulness, lying etc...

Are there area`s in your life where Jesus is not the Lord of your life because the cords/chains of sin have you bound?

In the area`s of your life where Jesus is not the Lord ; acknowledge/confess your sin before God, and repent of the sin(s) that has you bound:

**Acknowledge and confess your sin to God;*

Psalm 32:5 (NKJV) ⁵I acknowledged my sin to You/God, And my iniquity I have not hidden. I said, "I will confess my transgressions to the LORD," And You forgave the iniquity of my sin.

Psalm 38:18 (KJV) ¹⁸ For I will declare mine iniquity; I will be sorry for my sin.

Proverbs 28:13 (NKJV) ¹³ He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.

**God`s promise to forgive confessed sin:*

1 John 1:9 (NKJV) ⁹ If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness

**Repent of your sin:*

Acts 8:22a (NKJV) ^{22a} Repent therefore of this your wickedness,

**Repent; KJV dictionary; to sorrow, to grieve or be pained for sin, as a violation of God's holy law, a dishonor to His character and government, and the foulest ingratitude to a Being of infinite benevolence. To be penitent and contrite. To change or turn course in the ways of conduct, behavior and thinking. To rearrange or convert your entire way of thinking, feeling and being in order to forsake that which is wrong:*

**Examples and instruction of true repentance:*

2 Corinthians 7:9-10 (NKJV)⁹ Now I rejoice, not that you were made sorry, but that your sorrow led to repentance. For you were made sorry in a godly manner, that you might suffer loss from us in nothing ¹⁰ **For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death.**

Acts 3:19 (KJV)¹⁹ **Repent ye therefore, and be *converted,** that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord
**KJV dictionary definition of *converted: a change of heart and disposition.*

*A dramatic turning away from one path in order to pursue an entirely new one.
A spiritual turning away from sin and turning to Christ in faith.*

Joel 2:13 (NKJV)¹² “Even now,” declares the LORD, “**return to Me with all your heart, with fasting and weeping and mourning.**”¹³ **Rend your heart and not your garments.** Return to the LORD your God, for He is gracious and compassionate, slow to anger and abounding in love, and He relents from sending calamity.

Ezekiel 14:6 (NKJV)⁶ “Therefore say to the house of Israel, ‘Thus says the Lord GOD: “**Repent, turn away from your idols, and turn your faces away from all your abominations.**”

Ezekiel 18:30-31 (NKJV)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,** so that iniquity will not be your ruin.

**The instruction in God’s Word to do works befitting of repentance:*

Acts 26:20 (NKJV)²⁰ but declared first to those in Damascus and in Jerusalem, and throughout all the region of Judea, and *then* to the Gentiles, that they should repent, turn to God, and **do works befitting repentance.**

Revelation 2:5 (NKJV)⁵ **Remember** therefore from where you have fallen; repent and **do the first works,** or else I will come to you quickly and remove your lampstand from its place unless you repent.

**The works befitting repentance produce and manifest fruits worthy of repentance:*

Matthew 3:8 (NKJV)⁸ Therefore **bear fruits worthy of repentance.**

Galatians 5:22-23(KJV)²² But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,²³ Meekness, temperance: against such there is no law.

**The result and evidence of true repentance:*

2 Corinthians 7:11 (NKJV) ¹¹ For observe this very thing, that you sorrowed in a godly manner: What diligence it produced in you, *what clearing of yourselves, what indignation, what fear, what vehement desire, what zeal, what vindication!* In all *things* you proved yourselves to be clear in this matter.

**Then Pray to God for forgiveness:*

Acts 8:22b (NKJV) and pray God if perhaps the thought of your heart may be forgiven you.

**Pray and ask God to break those cord`s/chain of sin that have you bound:*

Psalms 107:13-14 (NKJV) ¹³ Then they cried out to the LORD in their trouble, *And He saved them out of their distresses.* ¹⁴ He brought them out of darkness and the shadow of death, **And broke their chains in pieces.**

**Pray to ask God to change your way in these area`s that you find yourselves bound:*

Jeremiah 26:13 (AMP) ¹³ Therefore, now change your ways and your deeds and obey the voice of the LORD your God; then the LORD will relent *and* reverse His decision concerning the misfortune which He has pronounced against you.

Psalms 119:36-38 (NKJV) ³⁶ Incline my heart to Your testimonies, *And not to covetousness.* ³⁷ Turn away my eyes from looking at worthless things, *And revive me in Your way.* ³⁸ Establish Your word to Your servant, *Who is devoted to fearing You.*

**God`s promise of true repentance and prayer:*

2 Chronicles 7:14 (KJV) ¹⁴ If my people, which are called by my name, shall **humble themselves, and pray, and seek my face, and turn from their wicked ways;** then will I hear from heaven, and will forgive their sin, and will heal their land.

Exhortation:

Job 36:7-11 (NKJV) ⁷ He does not withdraw His eyes from the righteous; *But they are on the throne with kings, For He has seated them forever, And they are exalted.* ⁸ *And if they are bound in fetters, Held in the cords of affliction,* ⁹ *Then He tells them their work and their transgressions That they have acted defiantly.* ¹⁰ He also opens their ear to instruction, *And commands that they turn from iniquity.* ¹¹ *If they obey and serve Him, They shall spend their days in prosperity, And their years in pleasures.*