

Break Any Addiction

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We were created to be passionate worshippers, but *what* we worship makes all the difference. I lived as a prodigal for many years—worshipping the wrong things and having experiences that only temporarily satisfied.

In my attempts to find joy, peace and satisfaction, I always turned to the world for instant fixes. I tried to find my identity, power and pleasure in new-age philosophies, relationships, drugs, material possessions, self-indulgence and entitlement—that led to anger when things didn't go my way. Meth became like my "god"—it gave me pleasure, allowed me to be extra-productive, and it comforted me in hard times.

I was always an overachiever who felt accepted based on my performance. I knew very little of the Bible and didn't understand grace, so I struggled for years to clean myself up, trying to make myself acceptable to God. I didn't understand He *had* accepted me—because I believed in what Jesus did on the cross. I faced many hardships and difficulties, some due to my lifestyle choices, and others that were out of my control. The hardest was the unexpected death of my beloved father. I feared I would never get clean. I feared God was disappointed in me. I feared I would never be happy.

When I began to reap destruction for my choices, I knew Jesus was my only answer. ***But God***, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Christ Jesus, that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus. Ephesians 2:4-7

In the midst of my addiction, God pursued and taught me. I began listening to godly teachers and reading my Bible. Gradually, the lies I believed about myself and my life were replaced with truth. I fell in love with Jesus and I learned to walk by faith, not by feelings. I *became a doer of His Word and not just a hearer*. In the midst of this spiritual battle, I stood firm in the finished work of the cross, and put on the whole armor of God.

The same power that raised Jesus Christ from the dead lives inside of believers—so drugs are **no match** for our God! We can have true joy and peace as new fruit grows from the life-giving Spirit in us. He gave me a desire for righteousness, gave me His Spirit and transformed me from the inside out, then revealed truth in His Word. It was God's process, His way and timing, not mine, and all by His grace. This grace flipped my thinking over as I realized **He was more concerned about the inner transformation** that would ultimately change the outward behavior. Our good, our bad, even our sins—God *uses all of it for the good of those who love Him*. I can't imagine loving God this much if not for what I'd been through. It is His grace that saves us, empowers us and sets us free to be what He created us to be.

So if the Son sets you free, you will be free indeed. John 8:36

RESOURCES His Word has all you need for life and godliness. Based on the Bible, I created a biblical coaching program with my personal experience called *The Way Out: 40-Day Spiritual Healing Journey* which includes a devotional workbook, videos, audio, group coaching and one-on-one coaching. This intensive program is available on-line with options for coaching in person. In addition, I recommend a couple of books: *Addictions: A Banquet in the Grave* by Edward Welch and *Freedom From Addiction* by Neil Anderson and Mike and Julia Quarles.

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