

Experiencing Freedom **Breaking Addictions**

I. Introduction

II. Breaking addictions

- A. Begin now!
1. Prov. 27:1 *Do not boast about tomorrow, For you do not know what a day may bring forth.*
 2. Eccl. 11:4 (NLT) *If you wait for perfect conditions, you will never get anything done.*
- B. Don't blame others.
1. Prov. 19:3 (NLT) *People ruin their lives by their own foolishness and then are angry at the LORD.*
- C. Take a personal inventory of your life.
1. Ps. 139:23-24 ²³*Search me, O God, and know my heart; Try me and know my anxious thoughts;* ²⁴*And see if there be any hurtful way in me, And lead me in the everlasting way.*
 2. Ps. 32:4-5 (NLT) ⁴*Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat.* ⁵*Finally, I confessed all my sins to you and stopped trying to hide them. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone.*
- D. Give Jesus Christ control of your life.
1. Rom. 6:12-13, 16 (NLT) ¹²*Do not let sin control the way you live; do not give in to its lustful desires.* ¹³*Do not let any part of your body become a tool of wickedness, to be used for sinning. Instead, give yourselves completely to God since you have been given new life. And use your whole body as a tool to do what is right for the glory of God.* ¹⁶*Don't you realize that whatever you choose to obey becomes your master? You can choose sin, which leads to death, or you can choose to obey God and receive his approval.*
 2. John 10:10 *"The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly."*

- E. Avoid temptation !
1. Rom. 13:14 (NLT) *But let the Lord Jesus Christ take control of you, and don't think of ways to indulge your evil desires.*
 2. I Cor. 15:33 *Do not be deceived: "Bad company corrupts good morals."*
- F. Focus your attention on something else.
1. Prov. 4:20-23 ²⁰*My son, give attention to my words; Incline your ear to my sayings. ²¹Do not let them depart from your sight; Keep them in the midst of your heart. ²²For they are life to those who find them And health to all their body. ²³Watch over your heart with all diligence, For from it flow the springs of life.*
 2. II Cor. 10:3-5 ³*For though we walk in the flesh, we do not war according to the flesh, ⁴for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. ⁵We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.*
- G. Restore broken relationships.
1. Rom. 12:18 *If possible, so far as it depends on you, be at peace with all men.*
- H. Get involved in a support group.
1. Eccl. 4:9-10 (NLT) ⁹*Two people can accomplish more than twice as much as one; they get a better return for their labor. ¹⁰If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble.*
 2. James 5:16a *Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.*
 3. Gal. 6:2 *Bear one another's burdens, and thereby fulfill the law of Christ.*
- I. Give yourself to others.
1. II Cor. 1:3-4 (NLT) ³*All praise to the God and Father of our Lord Jesus Christ. He is the source of every mercy and the God who comforts us. ⁴He comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us.*
 2. God never wastes a hurt !

III. Conclusion

(Unless otherwise indicated all Scripture verses are in the New American Standard Version.)