

# How We Got To Where We Are

Programs, ministries, and strategies do not save us nor do they set us free. The best intentions, working a program, or depending on a group will not save us. The one who sets us free is Jesus Christ, and what saves us is our response to Him in repentance and faith. This faith is based on the truth of God's Word. God does work, however, through programs that connect us to His power and healing in Jesus Christ.

***For God has not chosen to pour out his anger upon us but to save us through our Lord Jesus Christ. He died for us so that we can live with him forever. So Christ has made us free. Now make sure that you stay free and don't get all tied up again in the chains of slavery.*** (1 Thes. 5 and Galatians 5)

God never intended us to live independent from Him. We've tried to solve our own problems and fix our own lives. We have tried to live as though we didn't need God. Without Christ, we are not simply handicapped or less effective. Without Christ we can do nothing.

***Jesus said, "Apart from me you can't do a thing. If anyone separates from me, he is thrown away like a useless branch, withers, and is gathered into a pile with all the others and burned. But if you stay in me and obey my commands, you may ask any request you like, and it will be granted."*** (John 15)

The basis for temptation lies in our desire to meet legitimate needs which only God can meet and deal with problems that only God has power to heal and overcome. Our chemicals or addictive behaviours are only the results of wrong paths chosen to meet our needs outside of God's plan. God promises to meet all of our needs in Christ

***It is God who will supply all your needs from his riches in glory because of what Christ Jesus has done for us.*** (Philippians 4)

Everybody who struggles with addictive behaviours holds many beliefs about themselves that are not consistent with who they really are in Christ. The devil accuses us day and night. Our bodies and minds scream at us that we are an addict, a no-good sinner, and worthless. These are lies that keep us in bondage. The ultimate lie is to believe that freedom from our addictive behaviour is not possible or that attaining a life of meaning and purpose is too difficult.

Since we, God's children, are human beings -- made of flesh and blood -- Christ became flesh and blood too by being born in human form; for only as a human being could he die and in dying break the power of the devil who had the power of death. Only in that way could He deliver those who through fear of death have been living all their lives as slaves to constant dread. (Hebrews 2)

***Jesus said, "You are truly my disciples if you live as I tell you to, and you will know the truth, and the truth will set you free. My purpose is to give life in all its fullness."*** (John 8 and 10)

We are not in our present mental, emotional, spiritual and physical state because of what has happened to us. We are in this condition because of how we chose to interpret and respond to life situations. Jesus Christ offers us a new way of relationship, truth, and freedom. It's my choice.

## Questions For Reflection and Discussion

1. What are the lies I believed that led me down the path to an addictive lifestyle? (about me, about life, about blaming others, about unending poverty, etc.)
2. How do I try to "fix myself" or "meet my needs" apart from Jesus?
3. Why do I often choose my own addictions over trusting God to meet my needs?
4. What truths does Jesus speak to me today about living free from my addictions?
5. What do I need to do differently to live connected to Jesus Christ today?
6. What new behaviours and attitudes must I bring into my life today so I can break free and live free from my addictions?