

FREEDOM FROM ADDICTION

*Finding Hope, Healing, and
Lasting Freedom Through
Jesus Christ*

**FREEDOM
IS POSSIBLE**

Jesus still
breaks chains.

No addiction is
stronger than
God's power.



Addiction Does Not
Have To Define You



God Loves You
Right Where You Are



Jesus Came To
Set Captives Free



A New Life
Is Possible



JOHN 8:36

*"If the Son therefore
shall make you free,
ye shall be free indeed."*



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WELCOME TO THE DISCOVERING HOPE SERIES

Real Questions. Biblical Answers. Lasting Hope.

Life raises questions that are not always easy to answer.

Why am I here?, Does God really exist? , Can I trust the Bible?,
Why does God allow suffering?, Can my life really change? Is there
hope when I feel trapped, broken, or uncertain about the future?

The **Discovering Hope Series** was created to help people explore
questions like these through the truth of God's Word.

You need not be a Bible scholar or have all the answers.

And you do not need to have everything in your life figured out be-
fore you begin.

Each booklet focuses on a different question, struggle, or biblical
truth and is designed to help you discover what the Bible actually
says.

As you read, take your time.

Consider the Scriptures for yourself.

Ask questions, Pray.

And most importantly, allow God to speak to your heart through His
Word.

The Bible is more than a book of religious teachings. It reveals a
God who loves us, seeks us, and desires to transform our lives.

Whatever brought you to this booklet, we hope it becomes one more
step in your journey toward discovering the hope that can only be
found in Jesus Christ.

There is hope. There are answers.

And God may be closer than you think.

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FREEDOM FROM ADDICTION

Introduction

Millions of people live with addictions.

Some addictions are visible.

Others are hidden.

Some involve substances.

Others involve behaviors.

Yet all addictions share something in common:

They promise freedom but produce bondage.

Many people trapped in addiction have said:

"I can quit anytime I want."

Yet weeks become months.

Months become years.

And the chains remain.

The good news is that addiction does not have to be the end of your story.

The Bible teaches that real freedom is possible.

1. WHAT IS ADDICTION?

Addiction occurs when something begins to control us.

What may begin as a choice eventually becomes a habit.

The habit becomes a stronghold.

The stronghold becomes bondage.

1 Corinthians 6:12

"All things are lawful unto me, but all things are not expedient: ...
I will not be brought under the power of any."

God never intended for anything other than Him to rule our lives.

2. ADDICTION PROMISES WHAT IT CANNOT DELIVER

Addictions often begin because people are searching for something.

Relief.

Comfort.

Peace.

Acceptance.

Escape.

Pleasure.

The problem is that addiction never truly satisfies.

What once required a little eventually requires more.

The temporary relief fades.

The bondage grows.

Proverbs 20:1

"Wine is a mocker, strong drink is raging..."

Addiction promises freedom.

It delivers slavery.

3. THE REAL BATTLE IS OFTEN DEEPER THAN THE ADDICTION

Many addictions are symptoms of deeper wounds.

Pain.

Loneliness.

Rejection.

Fear.

Abuse.

Disappointment.

Trauma.

People often attempt to medicate emotional pain through destructive habits.

The addiction becomes a coping mechanism.

Yet only God can heal the deeper wounds of the heart.

Psalm 147:3

"He healeth the broken in heart, and bindeth up their wounds."

4. SIN ALWAYS SEEKS TO ENSLAVE

Jesus taught that sinful habits eventually become masters.

John 8:34

"Whosoever committeth sin is the servant of sin."

Many people think they are in control.

Eventually they discover the addiction is controlling them.

The enemy always advertises the pleasure.

He never advertises the chains.

5. JESUS CAME TO SET CAPTIVES FREE

One of the primary reasons Jesus came was to bring deliverance.

Luke 4:18

"He hath sent me to heal the brokenhearted, to preach deliverance to the captives..."

Jesus did not come merely to forgive sin.

He came to break bondage.

The power of Christ is greater than the power of addiction.

6. FREEDOM BEGINS WITH HONESTY

Many people remain trapped because they refuse to admit they have a problem.

Healing begins when we stop pretending.

Proverbs 28:13

"He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy."

Freedom begins when we acknowledge the truth.

You can never be free from that which you cannot admit is binding you.

God cannot heal what we refuse to surrender.

7. YOU DO NOT HAVE TO FIGHT ALONE

One of addiction's greatest lies is isolation.

It tells people:

"No one understands."

"No one can help."

The Bible teaches the opposite.

God created us to walk with Him and with others.

James 5:16

"Confess your faults one to another, and pray one for another, that ye may be healed."

Freedom often begins when we reach out for help.

8. THE HOLY SPIRIT CHANGES PEOPLE FROM THE INSIDE OUT

Many people attempt to overcome addiction through willpower alone.

Willpower has limits.

Transformation comes through God's power.

2 Corinthians 5:17

"Therefore if any man be in Christ, he is a new creature..."

God does not merely change habits.

He changes hearts.

The Holy Spirit gives power to live differently.

9. RELAPSE DOES NOT HAVE TO BE THE END

Many people give up after a failure.

They think:

"I tried."

"It didn't work."

"I'll never change."

The Bible is filled with imperfect people who failed and got back up.

Proverbs 24:16

"For a just man falleth seven times, and riseth up again..."

Failure does not have to define your future.

Keep getting back up.

Keep reaching for God.

10. TRUE FREEDOM IS FOUND IN JESUS CHRIST

Programs can help.

Counseling can help.

Support groups can help.

Medical treatment can help.

But ultimate freedom is found in a relationship with Jesus Christ.

John 8:36

"If the Son therefore shall make you free, ye shall be free indeed."

The freedom Jesus offers is more than temporary sobriety.

It is freedom for the soul.

Conclusion

Addiction may explain part of your story.

It does not have to write the ending.

Jesus still breaks chains.

Jesus still heals hearts.

Jesus still restores lives.

No addiction is stronger than the grace of God.

Romans 6:14

"For sin shall not have dominion over you..."

Freedom is possible.

Hope is real.

And with God's help, your future can be different from your past.

Lord Jesus,

You know the struggles in my life that other people may never see. You know the habits, desires, and patterns that have gained control over me and the times I have tried to change but failed.

I need Your help.

Give me the courage to be honest about the things that have brought me into bondage. Help me stop making excuses, hiding my struggles, or believing that I can never change.

Teach me to bring my weaknesses to You and to make the changes necessary to walk in freedom.

When temptation comes, give me strength to choose what is right. Renew my mind, change my desires, and help me remove the influences and circumstances that continually pull me back into old patterns.

Give me wisdom to seek help when I need it and humility to accept support from people who genuinely want to see me become free.

When I stumble, do not let discouragement convince me to give up. Help me get back up, learn from my failures, and continue moving forward.

Lord Jesus, I do not want anything to control my life except You. Break the power that these habits have had over me and help me

build a new life of obedience, discipline, and freedom.
Give me strength for today and hope for tomorrow.

In Jesus' name, Amen.

YOU'RE INVITED

Your journey doesn't have to end with this booklet.

If something you have read has raised questions, encouraged your faith, or made you want to know more about Jesus Christ, we would love to meet you.

Come worship with us, bring your questions, and discover what the Bible has to say about a life of faith, hope, and a relationship with Jesus Christ.

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