

**12**  
TWELVE

**WEEKS TO  
FREEDOM**  
*From Addiction*

**Reformer's Unanimous of Cork**

Every Friday, 7pm - 9pm, Unit B, Enterprise Park  
Innishmore, Ballincollig, Cork 087-955-6224



**THIS BOOK BELONGS TO**

\_\_\_\_\_

**START DATE** \_\_\_\_\_

*BOOK 1*

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There are many who struggle under some addiction, and live lives of emotional isolation, shame and despair which is caused by the tyranny of their addiction. Addiction has been described as a moral weakness, a lack of will power, an inability to face the world, a spiritual illness and some even call it a sickness.

But addiction, whether it is to drugs, alcohol, gambling, overeating, pornography, depression, or nicotine, can only be described in one word... BONDAGE, and bondage is slavery. The world today says, “*once an addict, always an addict*”... but God says in the Bible “*for now will I break his yoke from off thee, and will burst thy bonds in sunder*” (Nahum 1:13).

**Published by Reformer’s Unanimous of Cork, © 2013**

A Ministry of the Bible Baptist Church of Ballincollig, Cork

Post: Unit B, Enterprise Park, Innishmore, Ballincollig, Cork, Ireland

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## Introducing Twelve Weeks to Freedom

### Twelve Weeks of Classes – A Lifetime of Freedom

Freedom! *“The state of being free; exempt from the power and control of another; at liberty; real independence.”*

For the next twelve weeks, you will walk the path of freedom, out of your addiction, and into a life of freedom from that addiction! Your freedom does not mean that you can live as you please, or that you can just go back into another addiction, but, it means you will be free to start living like you were meant to all along!



Each week, a rock-solid truth from the Bible will be thoroughly explained, and you will be given a list of things for you to do, called challenges. It will only take you 30 minutes a day, but the changes it makes will be worth it all!

It took you years to get where you are now, in the bondage and slavery of an addiction. So, don't imagine that it will only take a few hours or days to get completely restored. BUT, you can be made free from the grip and desire of your addiction, free to live differently, free to have a life once again... if you want it bad enough!

A Christian man once said to a curious friend, "I am not all that I should be or what I want to be, but thank God I am not what I used to be."

***“And such were some of you!”***

1 Corinthians 6:11

All sin, no matter how small or large, separates us from God. *"Know ye not that the unrighteous shall not inherit the kingdom of God."* (1Corinthians 6:9). End of story!

Look at the Bible's list in verse 10, of just SOME of the sins that we all committed regularly, without even thinking about it! Many of us lived in these kind of lifestyles that God says is clearly wrong.

- **Fornicators:** those who lived in sexual immorality before they were either saved or married.
- **Adulterers:** those who were unfaithful to a marriage partner and lived a life of infidelity. (Can also refer to those who live lives of unfaithfulness before the Lord!)

## Introducing Twelve Weeks to Freedom

- **Effeminate and abusers of themselves with mankind:** those who lived a life of homosexuality, transvestism, and other gender perversions. (These sexual perversions were the downfall of the Roman Empire! 14 of the first 15 emperors claimed to be homosexual!)
- **Idolaters:** people who worship and bow down to false gods and false religious systems.
- **Thieves:** those who steal and take away from others.
- **Covetous:** those who in a greedy fashion desire what others have.
- **Drunkards:** those who are bound by alcohol and strong drink.
- **Revilers:** those who destroy with their tongues and wound with their words.
- **Extortioners:** those who take unfair advantage of others.

Those are all very harsh, telling words! But God saved the best words for last! In verse 11, "*And such were some of you.*" Some people actually try and live decent and moral lives. Not everybody was a drunkard, or an adulterer. But the truth is that no matter how little any of us may have sinned, we still were wicked and ruined before God.

Thank God for the word "*were.*" Praise God that any sinner can find forgiveness and can say, "Thanks to Jesus, I am not the man I used to be."

Paul was saying to these Corinthian believers, "That is what you used to be. That is how you used to live, but there has been a marvellous and glorious change in your life."

What kind of change was Paul speaking of in their life? "*But ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.*"

**‘Washed’** is a great word! The sin, guilt, hurt, and embarrassment of our addictions can make a person feel so filthy and dirty. BUT, all of that can be buried and put firmly in our past, by being WASHED, and CLEANSED by God! Only God can wash away not only our sins, but the STAINS of our sins!

**Sanctified!** It is a word that simply means make holy! Can you believe that Jesus can actually make YOUR life into a holy life? Not where you walk around in monastic robes, but that you actually are no longer a slave to sins and addictive behaviour! Well, it is TRUE! And that is what this twelve week programme will do!

**Justified!** Now HERE is a truly amazing word. *Justified* means pardoned, and completely forgiven! God can forgive you so much that the record of all your sinfulness is actually wiped clean, and you can start completely, all over, just as if you had never sinned before!

All of this happens by the authority of the name of the living Son of God, Jesus, the Lord of all! The change that can take place in your life can only happen if Jesus does it. And if He does it, it is finished – there is nothing left to do but enjoy it!

## Steps You **HAVE** to Take

*Things you **HAVE** to do!*

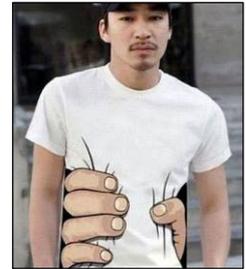
1. **Finish the 12 Week Course.** Don't start this course without the intense desire to see it through to the end!
2. **Expect hardness,** and obstacles, and many bad days! As with anything worthwhile, there are going to be loads of times you feel like you can't do something because it is hard. It was the same for everyone else, so why should it be different for YOU?
3. **Start to Think Differently.** Change is not something you feel, it is something you understand and choose.
4. **Do all your homework!** You will have to do more than just sit there and listen. YOU will have to do some things every day. Not much, but enough so that you actually learn and change. Every week you will have new things to do, and truths to understand. Don't miss one day's homework, because everything you do will build up to breaking the power of more past bondages.
5. **Fill-out the Personal Evaluation Form on the next page,** as honestly as possible. It will help you see all the areas that need to be worked on during the twelve weeks.
6. **Get yourself a real Bible** to read and learn from - a King James Bible! God says, "Faith cometh by hearing, and hearing by the word of God." Romans 10:17
7. **Be ready and willing to QUIT anything that will stop you from changing.** That includes letting go of Cigarettes, bad friends, laziness – anything that will lead you back to the same old bad habits and addictions that have you enslaved! It may take months to be rid of your addictions, but you at least need to be willing to let go of them all when asked to! Be ready to quit some things FOR GOOD!
8. **Change your mobile phone number,** and only give it out to very few people. The longer you allow the people who caused you problems to keep bothering you, the longer it will take to get free.
9. **Attend a Bible believing church as often as possible!** That means get out to it every Sunday morning, and Sunday evening (it is more important than attending Alcoholics Anonymous or N.A., or any other programme).
10. **Memorize the Twelve Scriptures of this programme!** You will discover that there is great, life changing Power in Memorizing Scripture!



The more of the above list that you do, the faster you will change! In other words, you GET out of this programme what you PUT IN!

## A Personal Evaluation

**What has a grip on your life?** On a scale of 1 – 10, mark what struggles you have with any of the following habits, addictions, or attitudes. *Be honest.* Brutally honest! You can't move FROM where you are at until you ADMIT where you are at! This is for your own benefit to admit what you are struggling with, so that you can see how much you are changing as you go through these twelve weeks. It will be used by the counsellors to help them help you, and kept Confidential.



DO YOU HAVE AN ISSUE/PROBLEM WITH...	Yes?	<i>No problem</i>								<i>Big Problem</i>		
		0	1	2	3	4	5	6	7	8	9	10
Anger and Bitterness												
Self Mutilation												
Occult												
Anxiety, Panic Attacks												
Depression												
Isolation												
Unable to Sleep, or Rest												
Constant TV and Movie watching												
Lying, Dishonesty												
Crime (thievery, etc).												
Drinking												
Binge Drinking												
Cigarettes												
Hash												
Marijuana												
Cocaine												
Heroin / Methadone												
Amphetamines - Meth												
Glue, Aerosol and Petrol Sniffing												
Gambling												
Pornography (internet, magazines)												
Lust												
Food Addiction												
Bulimia, Anorexia												
Excessive Computer Games												
Other _____												

**What Prescription Drugs are you currently taking?**

**What other treatment programmes have you attended?**

# Twelve Life Changing Truths

*These are THE Bible's Truths That Free Us*

## 1. Every Sin has its Origin in our Hearts

The first step to recovery is accepting that all your problems can be traced back to your own heart. According to the Bible, our Hearts are Evil. Jeremiah 17:9 says, “The heart is deceitful above all things, and desperately wicked: who can know it?” Without the Bible, the very words of God, you could not ever know what is in your heart. That’s because our hearts do not want to be exposed.

Jesus Christ says in Mark 7:18-23 that it’s not what you put in your mouth, or in your veins that defiles, it’s what comes out of the heart that ruins us!

Our heart is the breeding ground for every sin that we commit – for every bad habit – for every wrong thought.

## 2. We are Powerless Over Our Addiction

Admit that life has become unmanageable and that you are powerless over the effects of separation from God. Acknowledge helplessness and recognition that help is needed. The compulsion of the addiction is a form of idolatry.

Romans 7:18 “For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not.” Our heart is Satan’s strong hold. This is why we find it hard to get victory over addictions. We must have God’s weapons, and God’s power to bring down and defeat every sin and bad habit in our life! 2 Cor 10:4 “For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds.”

## 3. Only God can salvage and restore a broken life! There is nothing impossible with God!

2Corinthians 12:9 “And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness.”

Believe that God can and will restore you to sanity. That we can come to Him through His Son, and know God personally, and have a vital relationship with Him. (See John 3:3-67; Acts 16:31; John 1:11-12; Romans 3:9-12; 3:23; 6:23; 5:6,8; 10:9-13) We must affirm that we need to be saved from sin... its penalty, power, and control over our lives. You must be born again by faith in Christ’s shed blood.

Romans 8:28 “And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”

### 4. Only by following the life and teaching of Jesus Christ can we be made whole.

Luke 10:42 “But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.”

Make a decision to turn your will and your life over to God, yield to His Word and accept His plan for your life (Rom. 12:1,2; Eph. 5:17). We must come to the place of entrusting our lives to God. If we admit that we are powerless, separated from God and our lives are unmanageable in ourselves, then this is the natural outcome. (See Rev. 3:20; Psalm 34:8.)

Luke 9:23,24 “And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me. For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it.”

Philippians 1:6 “Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ”

### 5. Only an Open, Honest, and Humble Life can be Helped

James 4:10 “Humble yourselves in the sight of the Lord, and he shall lift you up.”

You Must Recognize the Exact Nature of Your Sin (just how bad it is). Admit to God, and to yourself, the exact nature of our sins (James 5:16; Psalm 32:1-5; Psalm 51). You must expose the hidden sin so it can be admitted and then confessed to God.

After identifying the character traits that led to our compulsive behaviour, we can relieve the burden of the guilt and shame. This is done by admitting to ourselves and to another person our wickedness, and by confessing our sins to God. There must be a full confessing and a thorough repentance of the wrongs (1 John 1:7-10; Isaiah 55:7). Thankfully we do not need to confess our sins in detail to anyone but God.

Make a searching moral inventory of yourself (Lamentations 3:40). There must be a thorough examination of your behaviour, and a journey into self-awareness of the programming, habits, patterns, and sinful self-talk lies that are a part of the whole picture. There must be a recognition of the wrong belief system which is an integral part of the whole situation.

Then take responsibility! Begin to look at the dark side of our character, to identify and understand character weakness or defects (sins) and see how these have controlled our behaviour. Denial has been your biggest enemy up to this point, but now must be overcome by honesty.

An inventory must be made. Not a history of all your problems, but an inventory which reveal the weakness you would rather not acknowledge. Write down any resentment, fears, guilt, shame, and try and write out a detailed account of compulsive behaviours. THEN, God will step in and help you!

### 6. People Need to Be Free From the Bondage, Not Just feel Better

John 8:32 “[And ye shall know the truth, and the truth shall make you free.](#)”

John 8:36 “[If the Son therefore shall make you free, ye shall be free indeed.](#)”

Be entirely willing and ready for God to remove all these practices, these sin patterns and habits of life (James 4:10.)

We must be confronted to change our habits, life-style and patterns of acting out. There must be a commitment to change. (See Ephesians 4:22-24; Colossians 3: 5-14; Ephesians 4:30-32.)

Humbly (James 4: 6-10) ask God for a removal of these sinful patterns, and shortcomings (1 John 1:9). Allow God to bring a healing of damaged emotions, change the attitudes and transform the behaviour (Romans 12:2).

### 7. You Cannot Ignore Making Restitution.

Luke 6:31 “[And as ye would that men should do to you, do ye also to them likewise.](#)”

Make a list of persons you have harmed, and be willing to make amends to them all. Restitution is very vital for ongoing change, and personal victory. Prior to recovery the person blamed every one else for their problems. We have all at times done this and possibly also blamed God. We begin now to release our need to blame others and also accept full responsibility for personal actions. From point four (the inventory) we would be aware of all the sinful and inappropriate actions and sin which brought injury to others.

Along with this is the need for forgiveness. We must cancel the debt (Matt. 18:23-27; Eph. 4:32) and ask forgiveness from anyone whom we might have offended as well.

### 8. Be Reconciled to Others You Have Wronged.

Matthew 5:23,24 “[Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.](#)”

Make direct amends to people you have wronged (stolen from, physically or emotionally hurt) wherever that is possible, except when to do so would injure them or others (Matthew 5:23,24). After making the list we must actually do everything possible to reconcile with those that we have hurt (1 Peter 4:8-10; Matthew 18:15; Mark 11:24,25).

### 9. Have a Daily Prayer Life. It is called, “Walking with God”

Micah 6:8 “[He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?](#)”

## Twelve Life Changing Truths

There must be a deepening of the life with the Lord, a daily routine of prayer and Bible meditation which will give you day by day victory over the past. Recovery must be relentlessly pursued on a daily basis.

You must seek through prayer and bible meditation to improve your conscious contact with God as set forth in the Word of God. Pray for knowledge of His will and the power to carry that out (Colossians 3:16a; 4:12).

### 10. Daily Monitor Your Life

1 Corinthians 10:12 “Wherefore let him that thinketh he standeth take heed lest he fall.”

Continue to take personal daily inventory and, when you were wrong, promptly admit it (1 Corinthians 10:12; Psalms 139:23,24; Romans 6:1-4; Galatians 6:1-5). Such a personal inventory is a daily examination of our strengths, and weaknesses, motives and behaviours. We need to monitor signs of attempting to manage our lives without God or of slipping into resentment, dishonesty, or selfishness. Also we must watch for rationalization about a gradual return to the former life style and sinful acting out.

### 11. Seek Joy Instead of Happiness

John 16:33 “These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

There is a big difference between real joy, and passing happiness. A follower of Jesus Christ knows that most of life will not be fun, but that there is great JOY that comes from God as we do what is right and good.

When we lose our joy, we need only to humble ourselves, admit we have been seeking only fun and ended up sinning, and then ask God to restore to us His joy and peace! Psalm 51:12 “Restore unto me the joy of thy salvation; and uphold me with thy free spirit.”

### 12. You Can Help Others, Once you Yourself Have Been Helped!

Galatians 6:1,2 “Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfil the law of Christ.”

Having had a spiritual awakening as the result of these steps, we must take the message to others, practice the principles on a daily basis in all of life, and seek to win others to Christ (Galatians 6:1,2 Corinthians 5:17-21).

There must be an ongoing walk with the Lord in a positive way and with aggressive labour to help win others to the Lord and to see others set free from addictions.

## The Ten Principles of Reformer's Unanimous



### THE 10 PRINCIPLES

1. If God's against it, so am I!
2. Every sin has its origin in our hearts.
3. It is easier to keep the heart clean than to clean it after it has been defiled.
4. We cannot fight a fleshly appetite by indulging in it.
5. Small compromises lead to great disasters (Little sins lead to big sins).
6. Those who do not love the Lord will not help us serve the Lord.
7. Our sinful habits do hurt those who are following us.
8. It is not possible to fight a fleshly temptation with fleshly weapons.
9. We lose our freedom to choose when we give in to temptation. The consequences of our choices are inevitable, incalculable and up to God.
10. God balances guilt with blame. Accept the blame for your actions and God will remove the guilt.

## The First Four Weeks

**Week 1 – Every Addiction has its Origin  
in our Hearts!**

**Week 2 – Addiction is Satan's Stronghold**

**Week 3 – What is Temptation?**

**Week 4 – Making Wise Small Choices**

***THE ROAD TO RECOVERY***

**“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.” (Romans 8:1-2)**



## Week 1 - Every Addiction has its Origin in our Hearts!

*"The heart is deceitful above all things, and desperately wicked: who can know it?"* (Jeremiah 17:9)

Welcome to our Reformer's Unanimous Programme,  
12 Weeks To Freedom From Addiction

- A. According to the Bible, our Hearts are what? (Mark 7:18-23) \_\_\_\_\_  
B. Can you remember any of what God says is already in all of our hearts?

C. Sin Always Becomes the \_\_\_\_\_, and YOU always become its \_\_\_\_\_ (SLAVE)!

1. John 8:34 "*Whosoever committeth sin is the \_\_\_\_\_ of sin.*"
2. Who can you blame for the sins in your life? \_\_\_\_\_
3. How does sin usually start off in a person's life? \_\_\_\_\_

D. THREE IMPORTANT TRUTHS YOU HAVE TO SETTLE!

1. Your Addiction (no matter whatever it may be) is \_\_\_\_\_
2. Sin comes from the \_\_\_\_\_
3. Your heart is wicked, and needs to be \_\_\_\_\_!

E. Let's Be Honest About Sin...

1. If you can look back at the beginnings of your addiction you will see a \_\_\_\_\_ to your descent into addiction.
2. We were supposed to \_\_\_\_\_ God's commandments.
3. We are in trouble!

F. How can you or I escape the punishment of this second death?

Only through the \_\_\_\_\_! This is the GOOD NEWS!

1. John 3:7 says "*Marvel not that I said unto thee, \_\_\_\_\_*"
2. God's way to be forgiven and repaired is simple.
  - a. You start AS YOU ARE – a \_\_\_\_\_
  - b. You Accept that you are in \_\_\_\_\_ with God
  - c. Someone has to shed their blood and die for your crimes/sins
  - d. God Accepts You, because He \_\_\_\_\_ you!
  - e. God now commands you to \_\_\_\_\_
  - f. And THEN, all you need to do (and you can do it right now), is \_\_\_\_\_ the free gift of forgiveness and ETERNAL LIFE that God offers to everyone!

## Think It Through - Saturday

<p><b>What the Bible Says in Mark 7:20...</b></p> <p style="text-align: center;"><i>“And he (Jesus) said, That which cometh out of the man, that defileth the man.”</i></p>	<p><b>DEFILED</b></p>
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**Pondering the above Scripture:**

1. What do you think ‘defile’ means? (circle the answer below)
  - a. To ruin, to soil, make worthless
  - b. To make better
2. Where does all our trouble in our lives come from? \_\_\_\_\_
3. Who can tell us what is in our heart? \_\_\_\_\_
4. Do you think that you know all that is in your own heart? Yes / No
5. Who do you think will always try and activate the sins in your heart?  
\_\_\_\_\_
6. Why do you think Satan wants so much to get you to sin against God?
  - a. To defile your life
  - b. To ruin your future
  - c. To make you miserable and full of regret
  - d. All the above
7. Has there ever been a person born (besides Jesus) who never had sin in their heart? Yes / No
8. Can a defiled life (ruined by sins and bad habits) ever be truly clean again? Yes / No
9. How would you tell someone they can get their messed up life fixed up and clean? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Sunday

What the Bible Says in 1<sup>st</sup> Corinthians 6:9,10...

*“Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God.”*

**NO SIN AND  
NO SINNERS  
IN HEAVEN**

**Pondering the above Scripture:**

1. Look at the above list of sins. Have you ever done any of them? Yes / No
2. Are any of those sins done in God’s kingdom in heaven? Yes / No
3. Do most people think they are going to get to heaven even though they have done the things listed in the above Scripture? Yes / No
4. Who has deceived people into thinking they are okay with God, even though they do such things? \_\_\_\_\_
5. Do you think anyone is good enough to enter the kingdom of God?  
Yes / No
6. If there are no sinners and no sin in heaven, does that mean that NO ONE is there? Yes / No
7. How would you explain to someone how a sinner could actually get into God’s heaven?

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8. How are YOU going to get into heaven when you die? \_\_\_\_\_

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Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Monday

<p><b>What the Bible Says in 1<sup>st</sup> Corinthians 6:11...</b></p> <p style="text-align: center;"><i>“And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.”</i></p>	<p><b>IT’S IN THE PAST!</b></p>
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**Pondering The Above Scripture:**

1. Who can wash away all your sins? \_\_\_\_\_
2. Is a person condemned to being permanently a thief or a drunkard (“once an addict, always an addict”)? Yes / No
3. Can a sinful habit actually be put away from someone, and placed firmly in their PAST? Yes / No
4. What is the word in the Scripture that puts our sinful habits in the PAST?  
\_\_\_\_\_
5. Fill in the missing word... “*but ye \_\_\_\_\_ washed...*”
6. What do you think it means when the Bible says someone is washed from their sins? \_\_\_\_\_  
\_\_\_\_\_
7. For a person to be sanctified means what (circle the right answer):
  - a. Made into a saint
  - b. Cleaned up and ready to be used by God
  - c. Free from guilt
  - d. All of the above
8. What is another word for ‘justified’:
  - a. Ignored
  - b. Pardoned
  - c. Blamed

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Tuesday

What the Bible Says in John 8:34...

*“Jesus answered them, Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin.”*

**WHOSE  
SERVANT  
ARE YOU?**

**Pondering the above Scripture:**

1. What do you think it means to commit sin? \_\_\_\_\_
2. When we disobey God and do our own thing, you become the “\_\_\_\_\_ of sin.”
3. Is that a good thing? Yes / No
4. Whose servant is a Christian supposed to be? \_\_\_\_\_
5. To be a servant of someone or something other than God means that we will become its what? (circle your answer below)
  - a. Friend
  - b. Slave
6. Verily means “really” or “truly”, so, if Jesus says verily TWICE, doesn’t that mean He is really trying to get our attention about the enslaving power of sin? Yes / No
7. Does everyone sin? Yes / No
8. List three sins you admit to being the servant and slave to in your life right now:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
9. What would happen to that bondage if you became the servant of Jesus Christ? \_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Wednesday

What the Bible Says in Hebrews 9:27...

*“And as it is appointed unto men once to die, but after this the judgment.”*

### THE JUDGMENT

**Pondering the above Scripture:**

1. What happens to everybody when they die (according to the above Scripture)? \_\_\_\_\_
2. Who will be our judge? \_\_\_\_\_
3. Is death an accident, or does God have an appointment with every soul at death? \_\_\_\_\_
4. What kind of judgment awaits a sinner who never asked Jesus for forgiveness and freedom from their sins and bad habits? \_\_\_\_\_  
\_\_\_\_\_
5. What happens to a person when they die, who has been completely forgiven of all their sins, and freed from all their bad habits? \_\_\_\_\_  
\_\_\_\_\_
6. How would you explain how a person, no matter how sinful they may have been, how they can escape the wrath and judgment of God?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. What will happen to you when YOU die? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Thursday

### Truth # 1 Every Sin has its Origin in Our Hearts

The first step to recovery is accepting that all your problems can be traced back to your own heart. According to the Bible, our Hearts are Evil. Jeremiah 17:9 says, “*The heart is deceitful above all things, and desperately wicked: who can know it?*” Without the Bible, the very words of God, you could never really know what is in your heart. It is because our hearts do not want to be exposed! Our heart is the breeding ground for every sin that we commit, as well as our bad habits and wrong thoughts!

#### Pondering the above Truth:

1. Where do all of our problems come from? \_\_\_\_\_
2. According to the Bible, our heart is *what*? \_\_\_\_\_
3. Where can you find the “*very words of God*”? \_\_\_\_\_
4. Jeremiah 17:9 says the heart is two things. What are they?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
5. What reveals our heart? \_\_\_\_\_
6. What does not want to be exposed? \_\_\_\_\_
7. What are three things that come out of our heart?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!



## Week 2 - Addiction is Satan's Stronghold

*"For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not." (Romans 7:18)*

### Welcome to WEEK Two of Twelve Weeks to Freedom!

- A. Addiction is WHAT? \_\_\_\_\_
- B. Sin results in three kinds of death! What are they?
  - 1. \_\_\_\_\_ death - no fellowship with God. Gen 3:23
  - 2. \_\_\_\_\_ death - the body dies and goes to the grave. Heb 9:27
  - 3. \_\_\_\_\_ death - this is the final judgment the soul Rev 20:14,15
- C. We need a \_\_\_\_\_ from the punishment of our sins
- D. The heart of man is "*deceitful above all things and desperately \_\_\_\_\_, who can know it*" Jeremiah 17:9
- E. There is a cure for a rotten heart! In Isaiah 53:5 we read, "*HE (\_\_\_\_\_) was wounded for our transgressions, he was bruised for our iniquities; the chastisement of our peace was upon him; and \_\_\_\_\_ we are healed (cured)*"!
- F. How does Satan get access to your heart? \_\_\_\_\_
- G. 1 Peter 5:8, "*Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may \_\_\_\_\_*"
- H. In John 8:44 Jesus says, "*Ye are of your father the \_\_\_\_\_, and the lusts of your father ye will \_\_\_\_\_.*"

### I. Main Lesson

- A. A stronghold is a fortified structure, like a \_\_\_\_\_, which is able to resist attack by enemy forces.
- B. THE priority for us as believers in Jesus Christ is to \_\_\_\_\_ these Satanic strongholds in our lives!
- C. If we don't remove them, then we are allowing Satan to scheme and plan our next \_\_\_\_\_.

### II. How to Wage War (2 Corinthians 10:3-5)

*"For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."*

**A. Where the War is Fought**

1. It is not in your own strength, or in your \_\_\_\_\_ (Romans 7:18)
2. In an invisible realm which includes your \_\_\_\_\_, your \_\_\_\_\_, and in your \_\_\_\_\_!

**B. How the War is Fought (2Cor 10:4)**

1. **The First and Best Weapon is the \_\_\_\_\_!**
2. **The Second Weapon is \_\_\_\_\_ in God's Power (Ephesians 6:18)**
3. **The Third Weapon is \_\_\_\_\_ – open, honest, admission of just how much you need God! God only helps (gives powerful grace) to the humble! Everyone else is actually resisted by God (James 4:6).**

**C. How We Wage War**

1. **By USING our spiritual weapons!**
  - a. By READING and LEARNING the Bible
  - b. By PRAYING about everything we face
  - c. By totally depending upon God for the strength we need every day!
2. **By \_\_\_\_\_ the Strongholds**
3. **By Pulling \_\_\_\_\_ the Strongholds – destroy them!**
4. **Take captive every \_\_\_\_\_, every feeling that used to be controlled by Satan, and now make it obey the \_\_\_\_\_!**

**D. How Victory is Maintained**

1. \_\_\_\_\_ bringing every thought into captivity
2. \_\_\_\_\_ reading your Bible every day
3. \_\_\_\_\_ doing what God says to do, and the WAY He says to do it
4. \_\_\_\_\_ praying about everything, and for everyone you can
5. \_\_\_\_\_ yourself in love with God's Son

Don't let the devil set up any new strongholds in your mind or heart!

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
<b>Now PRAY, and then thank God for the above things you listed!</b>	

## Think It Through - Saturday

<p><b>What the Bible Says in 1Peter 5:8,9...</b></p> <p style="text-align: center;"><i>“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: whom resist stedfast in the faith.”</i></p>	SOBER
--	-------

**Pondering the above Scripture:**

1. What is *an adversary*?
  - a. Your enemy
  - b. Your friend
2. Who is your fiercest enemy? \_\_\_\_\_
3. What is the devil compared to? \_\_\_\_\_
4. What does the devil want to do with you? \_\_\_\_\_
5. A Christian is supposed to be two things; list them both:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
6. Describe what a sober and vigilant Christian does: \_\_\_\_\_
7. If a Christian is not sober or vigilant, what do you think they are doing instead? \_\_\_\_\_
8. How can you resist someone as powerful as the devil (according to this Scripture)? \_\_\_\_\_
9. Write down some ways you are learning to fight back against the devil:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Sunday

<p><b>What the Bible Says in John 8:44</b>  <i>“Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.”</i></p>	<p><b>THE DEVIL'S LUSTS</b></p>
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**Pondering the above Scripture:**

1. Have you ever heard the expression, “Like father, like son”? Yes / No
2. If someone is not born again, who is THEIR ‘father’? \_\_\_\_\_
3. If the devil is someone’s father, WHO is actually getting them to do their lusts? WHOSE lusts are they fulfilling? \_\_\_\_\_
4. What is the Devil most known for in the Scripture? \_\_\_\_\_  
\_\_\_\_\_
5. If you lie, who are you being like? \_\_\_\_\_
6. Who did Satan “murder” back at the beginning? \_\_\_\_\_
7. Is there ANY truth in the devil? Yes / No
8. If you ever listen to the devil, will he EVER tell you the truth? Yes / No
9. Every lie in this world came all the way from who? \_\_\_\_\_
10. Are you truly born again? Yes / No
11. If so, Who should you follow, and copy? \_\_\_\_\_
12. When you were lost and a child of the devil and naturally did whatever Satan wanted you to do, can you now KNOW as a child of God do whatever HE wants you to do? Yes / No

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Monday

<p><b>What the Bible Says in 1<sup>st</sup> John 3:8...</b></p> <p style="text-align: center;"><i>“He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil.”</i></p>	<h3 style="margin: 0;">WHY JESUS CAME</h3>
<p><b>Pondering the above Scripture:</b></p> <ol style="list-style-type: none"> <li>1. What has the devil done ever since the beginning? _____</li> <li>2. Do Christians sin? Yes/No</li> <li>3. When a Christian sins, they are following WHO? _____</li> <li>4. Why was the Son of God born? To “_____ <i>the works of the devil.</i>”</li> <li>5. Can a Christian destroy the works of the devil by themselves? Yes / No</li> <li>6. Can someone who does not have the Son of God living in their life ever defeat the works of the devil? Yes / No</li> <li>7. When did Jesus actually destroy the works of the devil?             <ol style="list-style-type: none"> <li>a. When He was born?</li> <li>b. When He ascended to heaven?</li> <li>c. When he was judged by God in our place on the cross and then arose again from the tomb?</li> </ol> </li> <li>8. When the devil is working hard against you, what can you always remind him of? _____ _____</li> </ol>	
<p><b>Prayer List</b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>	<p><b>Praise List</b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>
<p><b>Now PRAY, and then thank God for the above things you listed!</b></p>	

## Think It Through - Tuesday

### Truth # 2 We are Powerless Over Our Addiction

We need to admit to ourselves that our life has become unmanageable and that we are powerless over the effects of our addictions. And, secondly, we need to acknowledge our helplessness and realize we need God's help. Romans 7:18 says, *"For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not."* Our heart has become Satan's stronghold! This is why we find it very hard to get victory over our addictions. We are fighting more than just the desires of our flesh!

#### Pondering the above Truth:

1. In order to get help, what two things do we need to do?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
2. What does Romans 7:18 say about where bad things dwell? \_\_\_\_\_  
\_\_\_\_\_
3. What do you think the verse means by "to will"?
  - a. Wanting to do the right thing?
  - b. Prepare an official document in case you die?
  - c. To give someone something?
4. Who builds enemy strongholds in our heart? \_\_\_\_\_
5. Are we fighting more than just ourselves when it comes to our addictions? Yes / No

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Wednesday

**What the Bible Says in 2<sup>nd</sup> Corinthians 10:3,4...**

*“For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds)”*

**PULLING  
DOWN  
STRONG  
HOLDS**

**Pondering the above Scripture:**

1. What is your first reaction when you are faced with a problem?
  - a. Ignore it?
  - b. Get angry?
  - c. Turn to a cigarette, drink, drug so you can cope with it?
  - d. None of the above?
2. What does the word ‘carnal’ mean?
  - a. Natural?
  - b. Fleshly?
  - c. Habitual – what you have always done?
  - d. All the above?
3. Do you live in the flesh? Yes / No
4. Are Christians in a war? Yes / No
5. Can you ever war against sins and bad habits using your flesh? Yes / No
6. Are a Christian’s weapons physical, and fleshly? Yes / No
7. List some *fleshly weapons* you have used in the past against sins and bad habits:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
8. What can we use God’s weapons for? \_\_\_\_\_  
\_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Thursday

<p><b>What the Bible Says in 2<sup>nd</sup> Corinthians 10:5...</b></p> <p style="text-align: center;"><i>“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ”</i></p>	<h1 style="margin: 0;">CASTING DOWN</h1>
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**Pondering the above Scripture:**

This is a very strong verse which tells us how to fight the enemy of our soul – Satan!

1. We are to “\_\_\_\_\_ *down* \_\_\_\_\_”
2. What is an imagination? \_\_\_\_\_
3. What does it mean to *cast something down*? \_\_\_\_\_
4. Why are you told to this? Because it has exalted itself against WHAT? \_\_\_\_\_
5. What are high things in our lives?
  - a. Idols?
  - b. Pride?
  - c. People we value more than we do God?
  - d. All the above?
6. We are told to cast down every high thing (idol). Can you give an example of an idol in your life? \_\_\_\_\_
7. Do you ever examine your thoughts and ask yourself, “Is what I am thinking the truth?” Yes / No
8. How can you tell truth from all the lies? \_\_\_\_\_
9. The Scripture tells you to take your thoughts captive to the obedience of WHO? \_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**



## Week 3 - What is Temptation?

*“Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed.” (James 1:13,14)*

*Turning Temptations into Triumphs!*  
1 Corinthians 10:12-14

### I. When temptation comes, we usually respond in one of three ways:

- A. Simply \_\_\_\_\_ to it.
- B. \_\_\_\_\_ against temptation daily.
- C. Or overcome temptation through the power of \_\_\_\_\_!

#### GREAT RU TRUTHS ABOUT TEMPTATION

- It is not possible to fight a fleshly temptation with fleshly weapons
- We cannot fight a fleshly appetite by indulging in it

### II. Message – How to Tame Temptation

A. \_\_\_\_\_ **Temptations**. Everybody is Tempted at One Time or Another

1. List three temptations you seem to always face.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. List three people in the Bible who also were tempted
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
3. Is it a sin to be tempted? Yes / No

### B. Where Does Temptation Come From?

1. 1Cor 10:13 – says temptations are “\_\_\_\_\_”
2. There are three primary sources of temptation:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
3. Your Flesh is your old nature – it is what you do, think, want, by nature.
4. Where did you get such a sinful nature? \_\_\_\_\_
5. The Devil is described “*as a roaring \_\_\_\_\_, walketh about, seeking whom he may \_\_\_\_\_.*” He LOVES to throw temptations at you!

**C. Where Are We Tempted?**

1. In your \_\_\_\_\_ - your mind, your will and your emotions.
2. In your \_\_\_\_\_ - The flesh, referring to the “old nature” We are tempted to laziness, overindulgence, sexual sins, etc.
3. In your \_\_\_\_\_ - The spirit is the primary arena for satanic attack.

**D. Unplugging Temptation.** These are three words to remember.

1. We Need \_\_\_\_\_ - Faith that Jesus will take care of us when we willingly let go of worldly things, and run to God.
  - a. *“Submit yourselves therefore to God. Resist the devil, and he will flee from you.”* (James 4:7).
  - b. The key is to \_\_\_\_\_ before you can *RESIST*.
  - c. To have control over temptation, we must allow \_\_\_\_\_ to control us.
  
2. We Must \_\_\_\_\_
  - a. The apostle James commands us to, *“Submit yourselves therefore to God. Resist the devil, and he will flee from you.”* (**James 4:7**).
  - b. After you have SUBMITTED to God (Obeyed), then you can *RESIST* the devil, and the Bible promises *“he will \_\_\_\_\_”*.
  
3. We Will Also Need a \_\_\_\_\_
  - a. The key to defeating fleshly temptations is to \_\_\_\_\_ from them!
  - b. You cannot expose yourself to fleshly temptation and expect to walk away \_\_\_\_\_ (Pro. 6:27 )

**III. Conclusion**

- A. If you are breathing, you are battling with temptation!
- B. Our greatest power in the face of temptation is **a close relationship with Jesus Christ.**

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Saturday

<p><b>What the Bible Says in Psalm 119:11</b></p> <p style="text-align: center;"><i>“Thy word have I hid in mine heart, that I might not sin against thee.”</i></p>	<p><b>OUR SHIELD AGAINST SIN</b></p>
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**Pondering the above Scripture:**

1. Whose word should you hide in your heart? \_\_\_\_\_
2. How are you supposed to hide it in your heart?
  - a. By neglecting to read it?
  - b. By reading it briefly without thinking about what is being said?
  - c. By reading it, and thinking about everything being said, and then storing it away in your heart for when you will need it later?
3. Why should you have God’s word stored in your heart? \_\_\_\_\_  
\_\_\_\_\_
4. Where are you supposed to hide God’s word away?
  - a. In your heart?
  - b. in your mind?
5. What is the difference between hiding the word in your heart and hiding it in your mind? Why is putting it into your heart more important? \_\_\_\_\_  
\_\_\_\_\_
6. Who does the Scripture say you sin against when you sin? \_\_\_\_\_
7. What does the Bible say will give you the ability to not give into temptation and sin? \_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Sunday

**What the Bible Says in 1<sup>st</sup> Corinthians 10:13...**

*“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.”*

**GOD IS  
FAITHFUL**

**Pondering the above Scripture:**

1. Is temptation a common thing? Yes / No
2. Is there any temptation that God says CANNOT be overcome? Yes / No
3. Which is more important to God
  - a. To take away your temptation?
  - b. To burden you with too much temptation?
  - c. To enable you to get through the temptation by escaping it?
4. How does God say He will help you when you are tempted? \_\_\_\_\_  
\_\_\_\_\_
5. Will God allow you to be tempted more than you are able to bear?  
Yes / No
6. Have you ever felt like you were tempted beyond your strength?  
Yes / No
7. Do you now believe God can help you overcome your temptations?  
Yes / No
8. What does this verse say about God that can reassure you? *“but God is \_\_\_\_\_, who will not suffer you to be tempted above that ye are able”*
9. What do you think is the way of escape mentioned in this? \_\_\_\_\_  
\_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Monday

<p><b>What the Bible Says in Hebrews 4:15...</b></p> <p style="text-align: center;"><i>“For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.”</i></p>	<p><b>TEMPTED LIKE US</b></p>
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**Pondering the above Scripture:**

1. Who is the high priest in this verse? \_\_\_\_\_
2. What does the word “infirmities” mean?
  - a. Weaknesses
  - b. Problems
  - c. Sickesses
  - d. All the above
3. Was Jesus ever tempted? Yes / No
4. Do you remember when Jesus was tempted in a big way? \_\_\_\_\_  
\_\_\_\_\_
5. In how many ways was Jesus tempted? \_\_\_\_\_
6. According to this verse, was Jesus sinless? Yes / No
7. Does Jesus actually feel your struggles with temptation? Yes / No
8. How does this verse encourage you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. If Jesus was tempted like we are, and yet was able to not sin, then do you think it is possible for you to also do the same? Yes / No

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Tuesday

<p><b>What the Bible Says in Proverbs 6:27,28...</b></p> <p style="text-align: center;"><i>“Can a man take fire in his bosom, and his clothes not be burned? Can one go upon hot coals, and his feet not be burned?”</i></p>	<p><b>YOU CAN'T ESCAPE</b></p>
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**Pondering the above Scripture:**

1. What happens to the person who plays with fire and hot coals in this verse? \_\_\_\_\_
2. What do you think the fire is a picture of? (We often say things like “He’s playing with fire...”)

  - a. Playing with sin?
  - b. Hell fire?
  - c. Guilt?

3. Do you think that many people believe this verse is really true? Yes / No
4. In YOUR experience, have you found this verse to be true? Yes / No
5. What is left on the skin after it heals from a burn? \_\_\_\_\_
6. Is it good to get scarred? Yes / No
7. If a person keeps getting burnt by sin, What should they do so they can fully heal? \_\_\_\_\_  
\_\_\_\_\_
8. What are some things YOU should stop doing that are burning you?

  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Wednesday

**What the Bible Says in James 4:7...**

*“Submit yourselves therefore to God. Resist the devil, and he will flee from you.”*

**SUBMIT SO  
YOU CAN  
RESIST**

**Pondering the above Scripture:**

1. What does the word SUBMIT mean?
  - a. Resist
  - b. Obey
2. WHO must you submit to if you want to be free from Satan’s grip on your life? \_\_\_\_\_
3. Do you think this is a hard thing to do? Yes / No
4. Who do you normally submit to? \_\_\_\_\_
5. Do you want to have the power to resist the devil? Yes / No
6. Whose fault is it that you submit and give in to your own lusts?
  - a. The Devil
  - b. Myself
7. Who is the devil afraid of? \_\_\_\_\_
8. What will happen when you resist the devil? “He will \_\_\_\_\_!”
9. Can you stop your temptations from happening? Yes/No
10. Do you have a choice whether to sin or not? Yes/No
11. Have you been blaming the wrong person lately? Yes/No
12. List some areas of your life that you need to submit to God in:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Thursday

### Truth # 3 Only God can Salvage and Restore a Broken Life

You need to believe that God can restore you to sanity; that you can come to know Him for who He truly is. God wants you to know Him Personally, through His Son, and to have a vital relationship with Him. We must come to a point that we realize we need to be saved from sin's **penalty**, **power**, and **control** over our lives. You must be born again by faith in Christ's shed blood for you! 2 Corinthians says, "*And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness.*"

#### Pondering the above Truth:

1. Who can restore your sanity? \_\_\_\_\_
2. Does God want you to know who He is? Yes / No
3. Through whom do we begin to get to know God? \_\_\_\_\_
4. What three things does sin have over our lives?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
5. God's penalty for sin is **death**. Does everyone die? Yes / No
6. Who died in your place for *your* sin? \_\_\_\_\_
7. Does Jesus Christ give eternal life to any who trust Him alone as their Saviour? Yes / No
8. God can heal and fix anything that is broken. Do you now believe there are some things in your life that you want God to fix? Yes / No

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**



**Week 4 - Making Wise Small Choices**  
*"But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her."*  
(Luke 10:42)

1. Making the right decisions is essential for life.
2. The key is making THE \_\_\_\_\_ CHOICES.
3. Our choices affect more than just ourselves.
4. Who has been badly affected by your past choices?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
5. Would you agree that throughout our life, we all need to make the right choices? Yes / No
6. Two Examples in the Bible of good and bad choices:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
7. In Jesus' Visit with Mary and Martha, what was Martha's choice?  
\_\_\_\_\_
8. What did Mary choose to do? \_\_\_\_\_  
\_\_\_\_\_
9. Were those two choices BIG or SMALL choices? \_\_\_\_\_
10. What teaches us how to make right choices? \_\_\_\_\_
11. Who can we ask for help in making right choices?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_

**HELPFUL PRINCIPLES ON CHOOSING...**

- If God's against it, so am I.
- We lose our freedom to choose when we give into temptation.
- Small compromises lead to great disasters.
- Our sinful habits hurt those who are following us.

**Small Choices I Make Right Now**

<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>	
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**Now PRAY, and ask God for to help you keep these decisions!**

## Think It Through - Saturday

<p><b>What the Bible Says in Luke 9:23...</b></p> <p style="text-align: center;"><i>“And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.”</i></p>	<p><b>MAKING DAILY CHOICES</b></p>
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**Pondering the above Scripture:**

1. In this Scripture, who is Jesus talking to? \_\_\_\_\_
2. What are two requirements to following the life of Jesus Christ?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
3. In your own words, what does it mean to “deny himself”? \_\_\_\_\_  
\_\_\_\_\_
4. Is Jesus talking about a literal wooden cross that needs to be carried every day? Yes / No
5. What do you think that this “cross” is? Is it:
  - a. Dying to our own fleshly desires of what we want to do?
  - b. Persecution from others as we try to follow God?
  - c. Trying to follow God’s plan for each day and not our own?
  - d. All of the above?
6. Does Jesus want you to follow Him each and every day? Yes / No
7. Does Jesus force you to follow Him? Yes / No
8. Does Jesus leave the choice up to you? Yes / No
9. What choices would you yourself have to make to faithfully follow Jesus? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through – Sunday

<p><b>What the Bible Says in Hebrews 12:2...</b>  <i>“Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.”</i></p>	<p><b>JESUS IS OUR BEST EXAMPLE</b></p>
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**Pondering the above Scripture:**

1. Who gave us our faith (who is the author of all we are supposed to believe)?  
\_\_\_\_\_
2. What did Jesus have to endure? \_\_\_\_\_
3. Was Jesus ‘forced’ to die on the cross? Yes / No
4. Even though Jesus chose to go through with the cross, He also had to choose to despise (reject) what? \_\_\_\_\_
5. Were Jesus’ choices easy for Him to make? Yes / No
6. When the Scripture says “looking unto Jesus”, what do you think that means? \_\_\_\_\_  
\_\_\_\_\_
7. What three letter word describes what will happen if we make right choices in our lives? \_\_\_\_\_
8. How was Jesus’ choice rewarded? \_\_\_\_\_  
\_\_\_\_\_
9. Will you trust that if YOU make some right choices, that there will be joy instead of sorrow from now on? Yes / No
10. So, WHO is our best example of making hard choices? \_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Monday

<p><b>What the Bible Says in Psalm 25:12...</b></p> <p style="text-align: center;"><i>“What man is he that feareth the LORD? him shall he teach in the way that he shall choose.”</i></p>	<p><b>LEARNING GOD’S WAY</b></p>
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**Pondering the above Scripture:**

1. Who do we need to fear before God teaches us the right thing to do?  
\_\_\_\_\_
2. Who will actually teach us the right way if we let Him? \_\_\_\_\_
3. Are all the things we choose to do always what we should do? Yes / No
4. What does it mean to fear the Lord? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. How do you think God will teach you His way of doing things (what will He use)? \_\_\_\_\_  
\_\_\_\_\_
6. There are many examples in the Bible of God teaching people the right and wrong way of living. List two people who made right choices, and what they chose:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
7. List two people who made wrong choices
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
8. Which group of people do you think actually feared God more than feared other people?  
\_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Tuesday

### Truth # 4 Only by Following the Life and Teaching of Jesus Christ Can We Be Made Whole

You need to make a decision to turn your own will and life over to God. You need to *yield to* His commandments and accept His plan for your life. Come to the place of entrusting every day of your life to God. When you come to the point of realizing that you are powerless over your addiction and cannot gain victory over it yourself, God can only begin to work as you start to trust Him. Philippians 1:6 says, *“Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.”*

#### Pondering the above Truth:

1. To get victory, we must make a decision to turn what two things over to God every day?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
2. What do we need to *yield to*, every day? \_\_\_\_\_
3. How often should we allow God control of our life? \_\_\_\_\_
4. When does God often begin working in your life with your problems?  
\_\_\_\_\_  
\_\_\_\_\_
5. Did you know that God has a special plan and purpose for your life? Yes / No
6. Does God’s plan for your life sometimes differ from what *your* plans are?  
Yes / No
7. Do you think that God knows the best way for our lives to be lived? Yes / No

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Wednesday

**What the Bible Says in Deuteronomy 30:19...**

*“I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live”*

**GOD  
EXPECTS US  
TO MAKE  
RIGHT  
CHOICES**

**Pondering the above Scripture:**

1. List the two simple choices that God offers in the Scripture above:

a. \_\_\_\_\_

b. \_\_\_\_\_

2. Which choice do you think God wants us to make? \_\_\_\_\_

3. Do you think that the choices you make matter to God? Yes / No

4. Did God give us the freedom to choose our own way? Yes / No

5. Every decision we make actually leads to only ONE of two directions. What are the TWO possible end results of all our choices?

a. Life – Blessing

b. \_\_\_\_\_ - \_\_\_\_\_

6. If we make the right choices, who is blessed and helped? \_\_\_\_\_

\_\_\_\_\_

7. If we make the wrong choices, who is cursed and hurt? \_\_\_\_\_

\_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
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5.	5.

**Now PRAY, and then thank God for the above things you listed!**

## Think It Through - Thursday

<p><b>What the Bible Says in Romans 6:16...</b></p> <p style="text-align: center;"><i>“Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?”</i></p>	<b>YIELDING</b>
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**Pondering the above Scripture:**

1. According to the above Scripture, we will be the servants of the person that we WHAT? \_\_\_\_\_
2. To yield means: \_\_\_\_\_  
\_\_\_\_\_
3. So, when we choose to obey our friends, those that pressure us to do their will, we become their what? \_\_\_\_\_
4. Is that what you want to be? Yes / No
5. When we choose to obey God’s will, we will become His what?  
\_\_\_\_\_
6. Obeying the wrong person is sin? Yes / No
7. Choosing to go our own way and do our own will, results in what?  
\_\_\_\_\_
8. Choosing to go God’s way, and do His will for your life, will result in what? \_\_\_\_\_
9. In your own words, what is a servant? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Prayer List	Praise List
1.	1.
2.	2.
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**Now PRAY, and then thank God for the above things you listed!**

# Do You Want to be Free from Cigarettes?

## Why Do People Smoke?

There are a lot of reasons why people smoke. For some, it helps them maintain a lower weight. Some people find it relaxing, and others only smoke to relieve stress in social situations. For others it makes them feel "cool." The list of reasons is endless, but the habit often starts at a young age and as you well know, becomes difficult to break.

## What are the Effects of Smoking?

Smoking has a number of effects on the body and mind. The chemicals in cigarettes are very addictive to both the body and the mind, and have almost all negative effects on the lungs, mouth, brain, and more! The most common result of smoking is lung cancer, but there are other diseases associated with smoking like asthma, emphysema, and birth defects in your children.



## What Does the Bible Say About Smoking Cigarettes?

Well, there really isn't a specific Bible verse telling us "Thou shalt NOT smoke." However, there are clear instructions in the Bible that tell us to take care of our bodies, and that when we ruin our bodies with smoking, or any drink or drug, it is a sin!

Ask yourself right now, "Would God want me to do something that terribly harms my body?" "Would God want me to do something that becomes an uncontrollable habit?" While God does not directly say, "Don't Smoke!", He does say some strong things about how to treat your body and how to use your time.

## Smoking and Your Body

God is pretty clear that He wants us to care for our bodies. God gave them to us to NOT abuse! Taking care of our body means trying to stay as healthy as possible. As most of us learned in school, caring for our bodies means eating well, exercising, and staying completely away from things that are bad for us. Read the next few Scriptures out-loud, and listen to what God says about our bodies, our flesh:

1 Corinthians 6:19-20 - "*What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.*"

## Do You Want to be Free from Cigarettes?

1 Corinthians 3:16,17 *“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.”*

### Smoking and Your Mind

Smoking is an addiction. That is for certain! Your body becomes addicted, enslaved to the chemicals in the tobacco, but so does your mind. The effect of nicotine often becomes more important than God is. Over time, the habit takes control, and it becomes difficult to let go of smoking because of its “feel good factor.” The Bible tells us to seek the strength of the Holy Spirit to feel good rather than chemicals.

Ephesians 5:18 - *“And be not drunk with wine, wherein is excess; but be filled with the Spirit”*

### Smoking and Your Soul

The worst effect of smoking is on your soul! You wouldn't think it, but smoking not only hurts your lungs, throat, mouth, mind, and heart, but also your SOUL! Your soul is the part of you made in the image of God, that will live forever! THAT part of you is what Satan wants to hurt most of all, and according to 1<sup>st</sup> Peter 2:11, he will use everything he can to war against your soul!

1<sup>st</sup> Peter 2:11 *“Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul.”*

### Smoking and the People Around You

Second-hand smoke kills! How many times do we have to hear it said before we start to believe it? Today there are laws preventing people from smoking in public places like restaurants and parks due to the known effects of second-hand smoke. In fact, second-hand smoke can be more dangerous to a non-smoker than the direct smoke to a smoker. For Christians this means that, if you smoke, you are doing harm to those around you. Period! The Bible tells us to avoid doing harm to those around us.

Exodus 20:13 - *“Thou shalt not kill.”*

Philippians 2:15 *“That ye may be blameless and harmless...”*

Matthew 10:16 *“Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves.”*

John 15:12 - *“This is my commandment, That ye love one another, as I have loved you.”*

## Do You Want to be Free from Cigarettes?

### Avoiding the Smoking Habit

With all the warnings about smoking, why do people start in the first place? The number one reason people start smoking is peer pressure, which is very difficult to overcome. Most Christians have done some things they wish they had not due to peer pressure. It takes a lot of strength to say, "No," to your friends. However, as Christians, we are called to live differently than what is going on around us – to live "in" this world, but not "of" it. To overcome the temptations from our friends and live in a way that pleases God is not a simple "No." It is not easy! Yet God always provides us the help we need to stay the course. We just need to rely on them in times of need.

Romans 12:2 *"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."*

### Starts With Belief!

Mark 11:23 *"For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith."*

Jesus is talking about moving mountains in this passage of Scripture. Even though He is speaking about moving huge, immovable mountains, He wants us to believe He can move our impossible problems too! You probably don't have a mountain that needs to be moved, but if you smoke, you have a habit that is hard to move! Sometimes problems in our lives appear to be gigantic mountains that never seem to be removed. However, Jesus said that "with God nothing shall be impossible." (Luke 1:37). No matter what you may be addicted to today: tobacco, alcohol, drugs, pornography, immorality or any type of compulsive human behaviour, or demonic behaviour, you can and will be free, if only you believe that **Jesus** wants to and can make you FREE. Even from the habit of cigarette smoking!

### Answer some questions...

1. How many packs per day on average do you smoke? \_\_\_\_\_
2. When did you START smoking? \_\_\_\_\_
3. How many times have your TRIED to stop smoking? 1) A dozen times?  
2) A Hundred times? 3) Never really tried. (circle one answer).

Did you know that it does not matter what your addiction may be, you can be free if only you will believe that Jesus Christ can and will make you free!

Jesus said that every mountain or human obstacle can be and will be removed from your life through the power of WHO? Your OWN power? Or God's? (circle the right answer)

## Do You Want to be Free from Cigarettes?

*“...whosoever shall say unto this mountain [addiction], Be thou removed, and be thou cast into the sea [out of your life]; and shall not doubt in his heart, but shall BELIEVE that those things which he SAITH shall come to pass; he shall have whatsoever he SAITH.”*  
(Mark 11:23)

It is pretty clear here that Jesus is saying the only way to remove a mountain, an obstacle or an addiction, is to believe in the POWER OF GOD enough to face your smoking, reject it as a sin, talk to it (tell it “Your days are numbered!”), and then throw it away! Remember, smoking is something the devil gave you, not God! You need to decide that you now want to shove it back in his face! Forever!

### **It won't work if you are not born again!**

Are you Born Again? You MUST be Born Again if you expect the Lord Jesus Christ to work for you mightily. He only helps His children! You may be thinking, “How can I be Born Again?” It is simple.

Until a person is born again, they are of their father the devil. And Jesus said, “the lusts of your father ye will do!” (John 8:44). Cigarettes were given to you NOT by an all holy God, but by the devil! If it weren't cigarettes, it would have been drink, or heroin, or pornography. And none of it can be resisted because we love it! We want it. But when we get sick of sin controlling our lives, we cannot just resist it, until we have a greater power at work in us. That is Jesus, the living Son of God!

Thankfully, the Bible says that He loves you and me **as we are** and that He eagerly yearns to help us with whatever is controlling us.

Matthew 11:28-30 *“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.”*

Isaiah 53:5 *“But he (Jesus) was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.”*

John 8:36 *“If the Son therefore shall make you free, ye shall be free indeed.”*

How can that freedom become YOURS? By asking in faith for Jesus NOT to free you from cigarettes, but for freedom from ALL sin, and from the coming punishment for all your sins! Your biggest problem is NOT your addiction; it is your eternal soul, which is in trouble with God, and in danger of going to hell!

Only Jesus Christ died in your place, and suffered the punishment that was due for you; and he did it because He loved you. He wants the likes of you to spend eternity

## Do You Want to be Free from Cigarettes?

with Him - if only you would be sorry enough for all the sins and wrong doings of your past, and then just ask him in simple faith to save you from your sins!

Matthew 1:21 *“Thou shalt call his name JESUS: for he shall save his people from their sins.”*

Only what Jesus did on the cross is enough to please God. If you just ask Jesus to take away your sins, and make you God’s child, you can believe that He will! It is called being BORN AGAIN! It is the same as being saved from your sins!

John 3:3 Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.

If you become born again on the inside, then you are no longer in the devil’s family, and you will have all the help from God’s Holy Spirit that you need!

If you are already Born Again, then, continue to read.

### **Never again try to “quit” smoking.**

Instead, speak to your nicotine addiction every time you want to smoke a cigarette. Each and every time you start to light up a cigarette, remember that you are no longer addicted to them. Once you were born again, you were freed from all bondage! You really are not addicted like you were before conversion. You are brand new!

You can now pray to your heavenly Father, and say, “Father, I thank You that I am no longer addicted to cigarettes. I no longer smoke cigarettes, in Jesus’ Name.”

Determine (firmly choose) that this powerful belief in the freeing power of God is going to work for you, because it came right out of the mind of Jesus!

Make this statement of your faith IN GOD’S POWER every single time you get ready to light up a cigarette for the next three months. That means, that if you are smoking two packs of cigarettes per day on average, twenty cigarettes per pack, then by the end of 3 months, you will probably say the above words over 3,500 times! Time after time just pray, “Father, I thank You that I am no longer addicted to cigarettes. I no longer smoke cigarettes, in Jesus’ Name.” And believe it to be true. IS IT TRUE in your life?

Give yourself time to understand the freedom that Christ has already given to you. Your spirit and soul have been made free, but your flesh may take a bit longer to catch-up! Let it catch-up!

There will be times when you forget. But when you remember that you have forgotten, just open your mouth loud and clear, and say it twice! You will remember it better the next time!

## Do You Want to be Free from Cigarettes?

Keep in mind that you never, ever during this three-month period **try** to “quit” smoking. Don’t **try** to quit. Just **believe** that God will “deliver” you from smoking by using the faith that Jesus taught you to have in the Bible. It may sound weird, but just keep on smoking and believing. You say, “But that makes me a hypocrite!” Yes! But you are *a determined hypocrite* who wants to let God deliver him/her from smoking! Day after day, time after time, “smoke and believe”, “smoke and wait!”

One day you will wake up, or you will be out somewhere, and you will realise that you haven’t smoked like you normally do, and that you don’t seem to WANT to smoke..., then from THAT MOMENT, throw away whatever cigarettes you have left, and walk away from them, free, forever! Do not ever look back!

You will probably find that you are sick at your stomach at the thought of smoking! You may even feel like vomiting! Good! Picking up a cigarette will seem as if someone was trying to empty an ashtray directly into your mouth now. It will become so foreign to you! You will feel as if you had never before smoked a single cigarette! You will feel clean! At that moment let it sink in that if you have smoked for at least 15 years (like so many have) then you probably have smoked well over a quarter of a million cigarettes, and that you are now FREE of them all!

### Free in Christ! Free BY Christ!

Did you know that it doesn’t matter what you’re addicted to? You may be addicted to nicotine, alcohol, street drugs, prescription drugs, pornography, immorality, homosexuality, gossiping, backbiting, lying, fits of anger, depression, stealing or any other kind of compulsive human behaviour. Just simply tell the devil that you are owned by a New Master now – Jesus, God’s Son! Then tell God, “Father, I thank You that I am no longer addicted to (addiction) in Jesus’ strong Name. I no longer smoke cigarettes!”

John 14:13,14 *“And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask any thing in my name, I will do it.”*

Remember, the only thing to DO to stop your addiction is to believe on the Lord Jesus Christ for forgiveness, and the gift of eternal life! Do nothing else to try to stop your addiction. Just keep thanking God your heavenly Father that you are free from your addiction in Jesus’ name, each and every time you struggle with it. According God’s precious Holy Written Word, the Bible, one morning you’ll wake up and your mountain of addiction will have been supernaturally removed, and cast into the sea!

Whatever your addiction, you may not need for three months to pass. Your freedom could happen for you more quickly. It might take just days or weeks. But according to the promise of God, you CAN be free! The only question is, whether you will believe God enough to let go of your addiction?