



HOW TO BREAK FREE FROM ADDICTION
AND GET CONTROL OF YOUR LIFE

Addiction – (Old English) - the state of being devoted

a compulsive, chronic, physiological or psychological need for a habit-forming substance, behavior, or activity having harmful physical, psychological, or social effects and typically causing well-defined symptoms (such as anxiety, irritability, tremors, or nausea) upon withdrawal or abstinence



Addictions

Substance (drugs, cannabis, alcohol, smoking/vaping, over-medicating)

A way of thinking or feeling (negativity, people approval, anger, lust, drama, divisive, co-dependent, obsessed with a problem, blame-punishment-unforgiveness)

Behavior (gambling, controlling, video games, social media, smartphone, news, over-spending, over-saving, adrenaline/thrill, exercise, compulsive dating)

Self-gratification (pornography, compulsive infidelity or sexual encounters)

Achievement or performance (workaholic, competitive, exercise, productivity, fixated on a set of numbers, number of social media followers)

Food addiction (over-eating, under-eating, sugar, binge eating)

Titus 2:3

Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good.

John 8:34

Truly, truly, I say to you, everyone who practices sin is a slave
to sin.

2 Timothy 2:25-26

²⁵ Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth, ²⁶ and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.

Addiction has single source: **self-worship**
or **prioritizing self** over everything and
everyone else (which is a form of
idolatry)

2 Timothy 3:1-5

But mark this: There will be terrible times in the last days. ² People will be lovers of themselves, lovers of money, boastful, proud (obsessed with self), abusive, disobedient to their parents, ungrateful, unholy, ³ without love, unforgiving, slanderous, without self-control (addicted), brutal, not lovers of the good, ⁴ treacherous, rash, conceited, lovers of pleasure rather than lovers of God— ⁵ having a form of godliness but denying its power. Have nothing to do with such people.

Romans 1:18-28

¹⁸ The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who suppress the truth by their wickedness...

²¹ For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. ²² Although they claimed to be wise, they became fools ²³ and exchanged the glory of the immortal God for images made to look like a mortal human being (self-worship) and birds and animals and reptiles.

24 Therefore God gave them over in the sinful desires of their hearts to sexual impurity...

26 Because of this, God gave them over to shameful lusts.

28 Furthermore, just as they did not think it worthwhile to retain the knowledge of God, so God gave them over to a depraved mind, so that they do what ought not to be done.

Romans 7:15-17

¹⁵ I do not understand what I do. For what I want to do I do not do, but what I hate I do. ¹⁶ And if I do what I do not want to do, I agree that the law is good. ¹⁷ As it is, it is no longer I myself who do it, but it is sin living in me. (I have no self control in a given area, instead sin that I have allowed to live in me is now controlling what I do)

Romans 6:16 New Living Translation

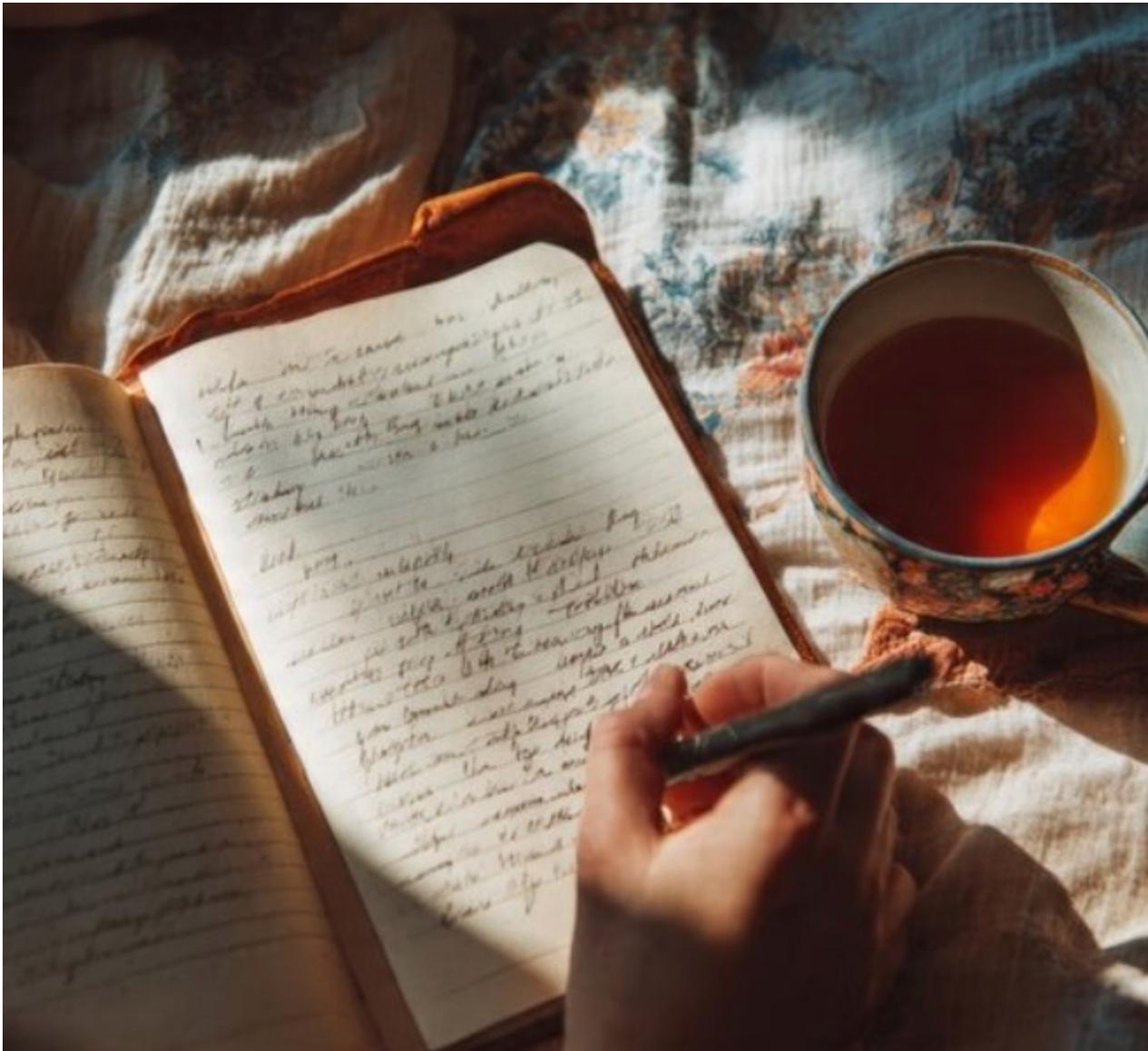
Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living.

1 Corinthians 6:12

“I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything.

Romans 6:6–7

For we know that **our old self was crucified with Him** so that the body ruled by sin might be done away with, that we should no longer be slaves to sin—because anyone who has died has been set free from sin.



A self-centered person always prioritizes their feelings over everything and everyone else. It is time to break ties with my feelings that control me. My feelings will no longer rule over me.

Luke 9:23

Then he said to them all: “Whoever wants to be my disciple must deny themselves (deny controlling feelings) and take up their cross daily and follow me.

Matthew 16:25

For whoever wants to save their life will lose it, but whoever loses their life for me will find it.

Ephesians 4:22

You were taught, with regard to your former way of life, **to put off your old self** (ignore your controlling feelings), **which is being corrupted by its deceitful desires.**

Acts 3:19

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

Romans 8:6

The mind governed by the flesh (**your own feelings**) is death, but the mind governed by the Spirit is life and peace (**more than feelings, true reality**).

Romans 8:1-4

Therefore, there is now no condemnation for those who are in Christ Jesus,² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.³ For what the law was powerless to do because it was weakened by the flesh (**obsession over your own feelings**), God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh,⁴ in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh (**feelings**) but according to the Spirit.

2 Timothy 1:7 Amplified Bible

For God did not give us a spirit of timidity *or cowardice or fear*, but [He has given us a spirit] of power and of love and of sound judgment *and personal discipline [abilities that result in a calm, well-balanced mind and self-control]*.

Romans 12:2

Be transformed by the renewing of your mind.