

Free Indeed!

Freedom from Addiction Part 1



Freedom from Addiction

Living Life to the Fullest in a Broken World

The Nature of Addiction and Our Strategy for Victory

Welcome to this first in a twelve-part series addressing the cycle of addiction & depression. It is our hope that these program materials will lead to positive and rewarding changes in your overall health, happiness, and well-being. We want you to be able to live your life to the absolute fullest in this world of brokenness and suffering.

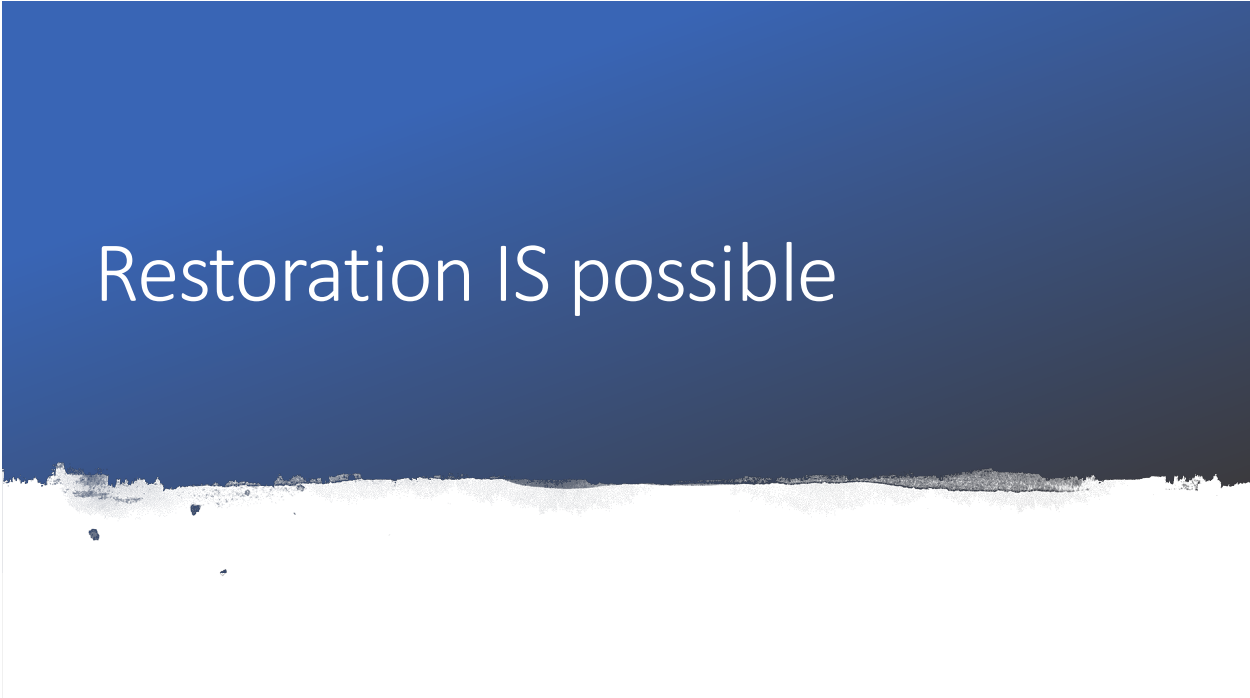
Disclaimer:

- This program is for educational purposes only and is not intended to take the place of physicians' advice
- This program does not establish nor constitute any medical relationship between participants and presenters/sponsoring organizations

- Readers and Participants are responsible to seek medical advice before implementing the principles presented in the Freedom from Depression & Addiction program materials and online programs
- Implementation of exercise and nutrition promoted throughout the Freedom from Depression & Addiction programs may impact medications

Family Health & Education Resources is a Christian Ministry that partners with community services organizations, churches of various denominational backgrounds, local government agencies, and health & wellness organizations in order to provide these workshops within communities, through online materials download, and interactive online programming without cost or obligation.

As mentioned, Family Health & Education Resources is a Christian Ministry. The Freedom from Depression & Addiction Series utilizes the biblical principles of victorious living. The information shared throughout this and each of our different online programs, as well as live seminars and workshops is done so from the biblical perspective, and always with kindness and compassion. We firmly believe that recovery and restoration are absolutely possible. You can live **FREE FROM DEPRESSION & ADDICTION**.



Restoration IS possible

There is a difference between recovery and restoration. I have often used my reliable old truck as an example of this:

If I were to drive my truck into a pond, I would have to have a recovery crew connect a winch and pull it out of the mucky pond water. The truck, however would not be 100% operable even though it had been recovered from the pond. It would have to be restored to working order. Family Health & Education Resources focuses beyond recovery from destructive habits to the restoration of a life of abundance. That's the difference between this and other programs.

Each of our live online or in-person meetings begins and ends with a brief prayer, but no one is obligated to participate. We invite those who are comfortable joining us in bowing our heads for a brief prayer to do so (but no one is ever forced or shamed if they aren't comfortable).

“Loving Father in heaven, thank You for the opportunity to come together to discover the keys to victory over addiction. Please guide us as we discuss these important topics and bless us with the sweet Spirit of Jesus. In Jesus' name, Amen.”

The learning objectives for each workshop or meeting is stated plainly at the beginning so that participants know what to expect week by week. In part one, we stick to the basics, primarily for the benefit of the ones who join from the support perspective. Perhaps they, themselves are seeking to better understand the cycle that has held them captive, or maybe they want to be of genuine help to someone they love. We must start with the basics.

Learning Objectives



The nature
of addiction



Current
Statistics



Strategy for
Victory

For this and the preceeding 5 parts, we will be focusing primarily on substance abuse and its effects. We recognize fully that there is a myriad of addictions in which people are held in bondage.



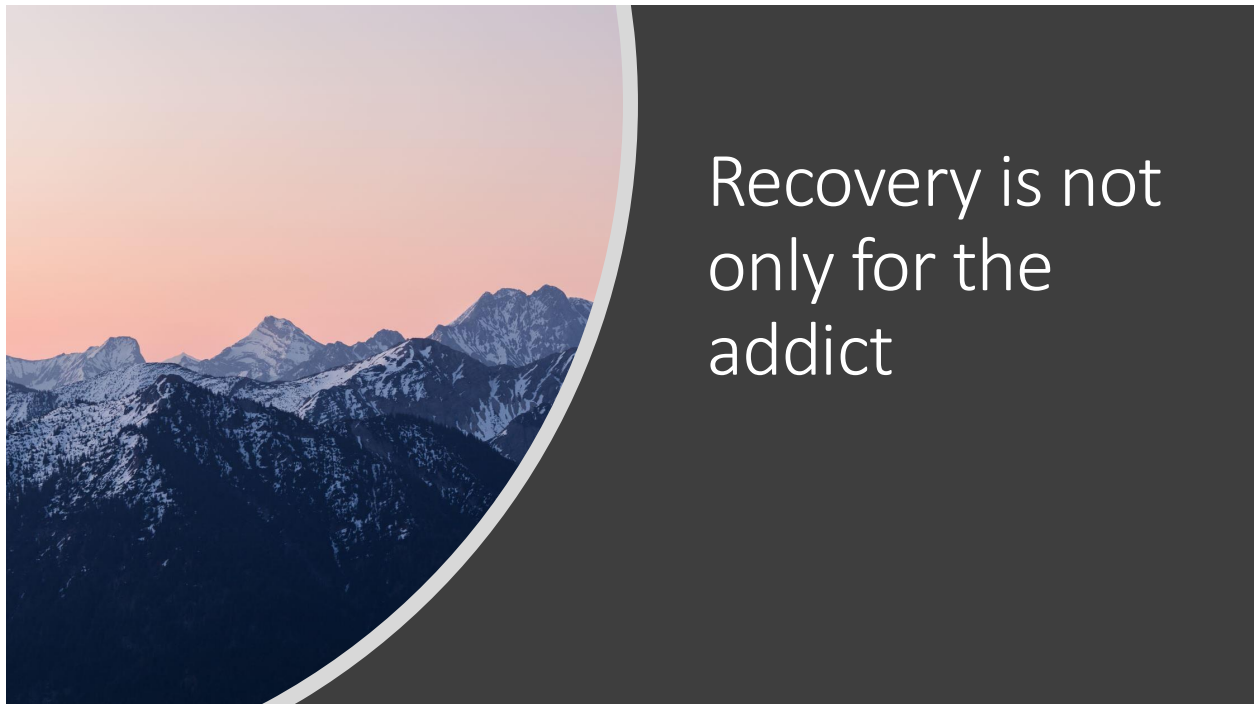
The Many Faces of Addiction

The principles that will be shared throughout these programs are applicable to any form of addiction, and if you are struggling with anything on this list or something not listed, we are confident that you will find freedom.

The most important thing to remember is that restoration is possible. You can live **FREE FROM ADDICTION**.

The Freedom from Addiction Series is a set of principles designed for deliverance, recovery, and restoration.

It is also important to recognize that the addict him/herself is not the only one who has suffered through addiction. The ones who love the one chained to addiction suffer on the sidelines while watching destructive behaviors rob them of their loved ones. These programs is for you, too.



The Basics:

For those of you who have struggled with addiction, the following information may seem a bit elementary; it's your reality. But there are people here who want to understand how something like addiction takes over a person's life.

“Most drugs affect the brain's "reward circuit," causing euphoria as well as flooding it with the chemical messenger dopamine. A properly functioning reward system motivates a person to repeat behaviors needed to thrive, such as eating and spending time with loved ones. Surges of dopamine in the reward circuit cause the reinforcement of pleasurable but unhealthy behaviors like taking drugs, leading people to repeat the behavior again and again.

“As a person continues to use drugs, the brain adapts by reducing the ability of cells in the reward circuit to respond to it. This reduces the high that the person feels compared to the high they felt when first taking the drug—an effect known as tolerance. They might take more of the drug to try and achieve the same high. These brain adaptations often lead to the person becoming less and less able to derive pleasure from other things they once enjoyed, like food, sex, or social activities.

“Long-term use also causes changes in other brain chemical systems and circuits as well, affecting functions that include: learning, judgment, decision-making, stress,

memory, & behavior. Despite being aware of these harmful outcomes, many people who use drugs continue to take them, which is the nature of addiction.”¹

This is where we are today.

A CBS News report published in June of 2017 stated that Overdose is now the leading cause of death of Americans under the age of 50

- In 2016 70,237 people died of drug overdose

Let's put this in perspective.

The United States officially became militarily involved in The Vietnam War in March of 1965 and direct military involvement officially ended in August of 1973. In those 8 years, 58,220 US Servicemen lost their lives.

The CDC recently published the 2020 statistics on overdose deaths. 91,799. And according to a preliminary report released by the federal government and reported by NPR on May 11, 2022, that number rose to nearly 108,000 people in 2021 and 110,037 in 2023.²

Accounting for opioids alone, the overdose rate of the past 20 years has reached a staggering 564,000 people.

Overdose deaths from 1999-2017 showed that more men by nearly double were affected, and the impact by age shows that the 25-54 year old demographic is the hardest hit.

America's rust belt has been the hardest-hit region followed by New England and parts of the South.

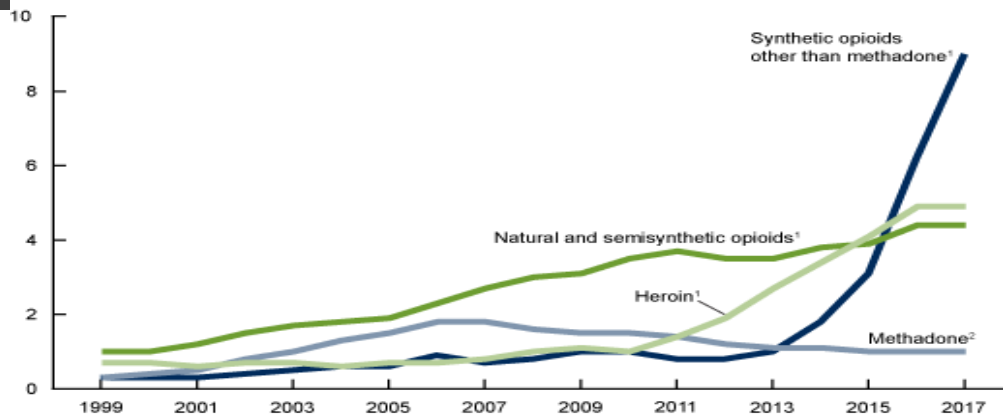
The rate of drug overdose deaths involving synthetic opioids other than methadone, which include drugs such as fentanyl, fentanyl analogs, and tramadol.

According to addictioncenter.com there are more than 14,500 specialized drug treatment facilities that provide counseling, behavioral therapy, medication, case management, and other types of services for substance abuse in the United States...and yet the problem is only worsening.

¹ <https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction>

² [https://www.cbsnews.com/news/overdoses-are-leading-cause-of-death-americans-under-50/Centers for Disease Control](https://www.cbsnews.com/news/overdoses-are-leading-cause-of-death-americans-under-50/Centers-for-Disease-Control)

Adding Synthetics Into the Mix



• <https://www.cdc.gov/nchs/products/databriefs/db329.htm>

These statistics simply show that if you or someone you love is trapped in the cycle of addiction, you are not alone. The epidemic of addiction that is crippling the United States is indiscriminate. Powerful substances like heroin and methamphetamines don't care where you are from, your education level, your social status, or your gender. In the same CBS News article mentioned a moment ago, Dean Reynolds reported that Ohio's Lt. Governor, Mary Taylor, has publicly stated that her two sons are also battling opioid addiction.

But not to be outdone by the spotlight on opioids, alcohol is by far deadlier: Each year, 140,000 deaths result from excessive drinking:

Excessive alcohol consumption:

- Shortened the lives of those who died by an average of 26 years, for a total of nearly 3.6 million years of potential life lost.
- Usually involved adults aged 35 or older and males.
- Were mostly due to the health effects of drinking too much over time, such as various types of cancer, liver disease, and heart disease.
- Led to premature deaths
- Deaths from drinking too much in a short time (from causes such as motor vehicle crashes, poisonings involving substances in addition to alcohol, and suicides) accounted for more than half of the years of potential life lost.



We are in the midst of a war being waged for every man, woman, and child on planet Earth. It is a war for your heart and mind. Our enemy is very real and cunning and merciless.

How do we win this war? The answer is more simple than one might think, but can't be done en masse. It must be addressed on the individual level. One son and daughter, one sister and brother, one mother and father at a time.

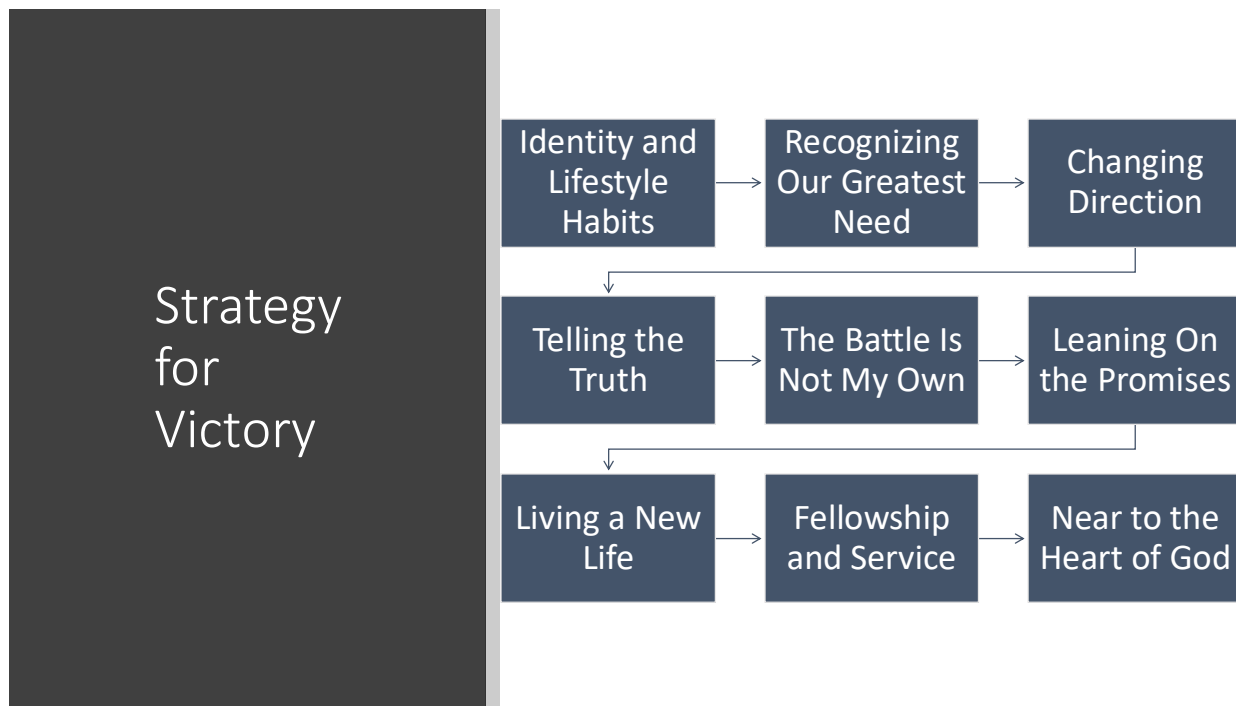
It was stated at the beginning that this is not a multi-step program, rather a set of biblical principles to guide you to victory over the enemy of addiction.

A well-respected physician and professor made a plain statement with which I completely agree...he said: "Any treatment option...that does not address spirituality is an incomplete program." ~ Neil Nedley, MD

Another well-respected healer and teacher said:

"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly." ~ Jesus (John 10:10)

Our strategy for victory is what we are going to be covering in these programs . You won't want to miss a single one and we encourage you to bring your friends and loved ones.



Identity is everything. We must come to an understanding of who we are and for what purpose we were created. The lies the enemy tells regarding this lie at the foundation of every addictive tendency.

We are also going to take a look at how our lifestyle habits affect our mental state and contribute to either health & wellness or destructive behaviors.

We all have basic needs. The most basic of all our needs can only be filled by the One who created us with the capacity for love.

The addictions that have held many captive draw people back to the pit again and again. To determine to change directions is not easy. For many, the compass seems to be spinning in circles. There is true North, and these programs is designed to help you find your heading and give you the tools to begin the journey toward restoration.

Addiction and dishonesty are inseparable. The truth has a freeing effect. Jesus stated very plainly, “You shall know the truth and the truth shall make you free.” Applying this principle may prove the most challenging of the early process, but will prove the most rewarding, as well.

We cannot win on our own. The enemy has been studying the human condition since Adam in Eden and knows us better than we know ourselves. The principles of surrender and trust are imperative to sustained day-to-day victory.

Learning to take God at His word requires child-like faith. Developing that faith is a daily exercise. We will share some very practical ways to lay a foundation of faith and build on it.

Developing new habits, making new friends, creating new traditions...how to put the pieces together so that you're living what you're learning.

Fellowship with people who have your best good at heart and vice versa builds strength for the day-to-day struggles we all must face in this world of turmoil.

Service to others builds thankfulness that can not be found otherwise. These principles for growth and maturity are vital for continued Freedom from Addiction.

Daily becoming acquainted with the only Source of help and healing is a privilege freely offered to all who will accept the invitation to do so. Some people feel that they have fallen too far to ever be loved. That simply is not true. Find out what to do with doubt and fear, discover the peace waiting for you in personal prayer, and learn what it means to walk in victory through a knowledge of God.

This evening we have simply introduced you to the proven strategy to find Freedom from Addiction, specifically. The next five parts and their companion materials will give you the foundational tools for success. This is not a multi-step system, but rather a set of biblical principles that, when applied to your life, will give you freedom from the chains that bind you and bring healing to broken hearts and lives. Will it be easy? No. Will it be worth it? Absolutely.



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