

FIVE EASY WAYS TO WRECK YOUR LIFE

“Give Yourself to an Addiction”, Ephesians 4:17-20
February 19 & 22, 2017: Cam Huxford, Senior Pastor

I. Understand the Nature of Addiction:

Addiction is trading your freedom to be and do what God created you to be and do for domination by some much lesser thing. *Galatians 5:1*

- Addiction is slavery.
- Every addiction is a disease of choice.

“Everything is permissible for me”—but not everything is beneficial. ‘Everything is permissible for me’—but I will not be mastered by anything.” 1 Corinthians 6:12 BSB

- Addictions are progressive.

“Addiction is any thinking or behavior that is habitual, repetitious and difficult or impossible to control.”

- Gary Collins, Author of *Christian Counseling*.

What does addiction look like?

- Your responsibilities begin to suffer.
- Life begins to adapt to your addiction.
- You build a tolerance for your addiction.
- There’s the need for the regular fix.
- You’ve told yourself that you need to stop or cut back and you tried and you’re unable. That’s when you’ve lost freedom.
- You keep doing it with greater and greater risks.
- Behavioral changes begin to manifest themselves.

II. Take Steps Toward Freedom:

1. Admit the problem.
2. Give your life completely to Jesus Christ.
3. Determine that you want to be liberated, not just forgiven.
4. Confess and be accountable to another believer. *James 5:16 NIV; Ecclesiastes 4:12 NIV*

Sin loves isolation.

5. Be willing to pray and fast for victory. *Joel 2:12-13 NIV; Isaiah 58:6*
6. Remove the source of temptation.
7. Anticipate opposition from some of your former friends.
8. Look for some opportunity to serve others. *2 Corinthians 1:3-5 NIV*

“So, if the Son sets you free, you will be free indeed!” John 8:36