

5. When we come to see from God's perspective, it brings purpose, hope, and encouragement.

**STEP SEVEN: Submit yourselves to God through the yielding of personal rights.**

1. Addictions are a major symptom of holding on to personal rights.
2. Personal rights are rights that we have yet to yield to God which produce fear, anger, and depression.
3. When we hold on to what we consider to be our personal rights, they become idols. Matthew 6:24.
4. We are to yield all our cares (personal rights) to God. I Peter 5:7-8.
5. When we yield our personal rights to the Lord, we receive freedom from the enemy to joyfully serve the Lord. Romans 6:17-18.

**STEP EIGHT: Learn to exercise authority to cast down strongholds through applying the Word.**

1. A stronghold is a fortress of lies which the enemy has built in our soul to control our lives.
2. We discover the lies through prayer and by comparing them to the truth of God's Word. John 8:32.
3. We need to understand the order of authority. Romans 13:1-5.
4. We need to exercise spiritual authority to cast down the stronghold of addictions. II Corinthians 10:5.
5. We are to submit ourselves unto God and then resist the devil using the Word of God. James 4:7, Matthew 4:10.

**STEP NINE: Learn the fear of the Lord in overcoming addictions.**

1. The fear of the Lord is knowing that there are always consequences for our disobedience. Proverbs 26:2, Galatians 6:7, Psalms 111:10.
2. We need to understand that God is the loving, sovereign, ruler who sees and knows everything. Psalms 139:1-4.
3. We need to understand that the Lord disciplines those He loves. Hebrews 12:5-13.
4. The good news is that God's mercy and grace is renewed every day as we repent and turn to Him. Lamentations 3:22-23, I John 1:9.
5. We are die to self and put on Christ to live a resurrected life. Romans 6:4.

**STEP TEN: Live by the grace of God and power of the Holy Spirit.**

1. Grace (gift or favor) is God's Riches At Christ's Expense. Romans 8:32.
2. God's grace gives us the will and power to do His will. Philippians 2:13.
3. We also should share God's Grace with others! II Corinthians 1:2-4.
4. We need the anointing of the Holy Spirit. Luke 4:18-19, Ephesian 5:18.
5. We need to be strong in the Lord and His power to do spiritual warfare. Ephesian 6:10-18.

Whole Person Counseling  
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# OVERCOMING ADDICTIONS



How much pressure must build up or how long can the individual hang on before there is an **explosion**? The steam being released at the top represents symptoms of the addiction being vented. The lid of **pills**, **as illustrated**, **could also be** addictions of alcohol, sex, work, games, or any other addictions. The individual's mind is also clouded from the pressure. The individual is holding on to lid of addictions to keep from facing the mental, emotional, and physical disturbances which are illustrated by the boiling water. The flames under the pressure cooker represent the root problems. The simple solution is to discover and deal with the root problems.

### **STEP ONE: Discover how to become a new person.**

1. We should learn that the surface problems are only the symptoms of the root problems.
2. Unless we have the firm, solid foundation of Jesus, we have nothing to stand on when the storms of life come. Luke 6:48-49, I Corinthians 3:11.
- 3 We need to become a new creation because the old nature is filled with sin which carries death with it. Romans 5:12.
4. We can not become a new creation by our own effort. We need to trust Jesus as our Lord. Romans 10:9-10.
5. When we give our life to Jesus as our Lord, we become a new creation in the spirit-man. II Corinthians 5:12.

### **STEP TWO: Place your identity in that which can not be taken away from you.**

1. Anything that we place our identity in which can be taken away from us becomes a liability. John 12:25.
2. Such an identity becomes a source of fear, anger, and depression.
3. What we believe about ourselves dramatically shapes our own identity. Proverbs 23:7.
4. How we see ourselves is also a major factor in determining our behavior. I Corinthians 15:34.
5. Our true identity should solely be based upon what the Word of God says about us.. I Corinthians 6:9-11.

### **STEP THREE: Get a clear conscience through confession and repentance.**

1. We may fall into addictions to cover up a guilty, stained, or tarnished conscience, giving legal rights to the enemy to further work in our lives.
2. We should ask God to reveal to us our offenses toward others and where others have brought offenses to us. Psalms 139:23-24.
3. To have a clear conscience means that no one (man or God) can point their finger at us and say that we have wronged them and have not tried to make it right. Acts 24:16.
4. To receive a clear conscience we are to forgive others, ask God to forgive us for our offenses, and then we should command the enemy to leave the ground that he has taken. Matthew 6:12, I John 1:9, Ephesians 4:26:27.
5. We will find freedom in many areas of their lives when we take the steps to get a clear conscience. Isaiah 61:7.

### **STEP FOUR: Receive emotional healing from emotional wounds and bruises.**

1. Emotional wounds come through offenses, shame, and guilt.
2. We will often use drugs or other addictions to cover the pain of emotional wounds.
3. Emotional wounds or like a cut or stab and emotional bruises like blows to our identity. Proverbs 18:8.
4. Some of the side effects of having emotional wounds are to have various mental disorders and also physical diseases as well. Proverbs 17:22.
5. The Scriptural basis for receiving

healing for emotional wounds and bruises is that Jesus became our emotion wound substitute. Isaiah 53:1-5, Luke 4:18-19.

### **STEP FIVE: Break generational curses and word curses.**

1. Generational curses are negative life traits that are passed down from one generation to the next. Exodus 20:5.
2. Generational curses effect all areas of our lives. Deuteronomy 27:11-28:68.
3. Addictions are also often commonly passed down from one generation to next through generational curses.
4. We must acknowledge the curses that effect our lives, be willing to turn from them, and declare that Jesus became a curse for us. Galatians 3:10-14.
5. Word curses are also personal blows against our identity, whether others have spoken them over us or we speak them over ourselves. Isaiah 54:17.

### **STEP SIX: Find God's purpose in your life in the midst of trials.**

1. When we don't see God working in our lives, we may become angry, discouraged, depressed, and fall into various addictions. Psalms 73:1-16.
2. We should see that Wisdom is seeing from God's perceptive. Proverbs 9:10.
3. We should understand that God is working all things together for our benefit. Romans 8:28.
4. We therefore should give thanks to God in every situation no matter the circumstances. I Thessalonians 5:18.