

## DELIVERANCE FROM DEPENDENCY

### E. TEN SPIRITUAL TIPS FOR RECOVERY

Your freedom must first be gained in \_\_\_\_\_ before it can be experienced in \_\_\_\_\_ . Take to heart the following tips as you walk down the road to recovery.

- #1 The **time to begin** your recovery is \_\_\_\_\_. *Hebrews 3:15*
- #2 **Realize** that recovery is a lifelong process, not a onetime event. *Philippians 3:12*
- #3 **Pray daily** for victory! It is through prayer that God \_\_\_\_\_ you. *Matthew 26:41*
- #4 **Read your Bible** every day in order to get strength from God. *Psalms 119:28*
- #5 **Meditate on Scripture** to \_\_\_\_\_ against falling into sin. *Psalms 119:11*
- #6 **Attend church** every week to worship God and to \_\_\_\_\_ with others. *Hebrews 10:24-25*
- #7 **Share your struggles** with caring \_\_\_\_\_ ones. *James 5:16*
- #8 **Have confidence in God!** Prioritize growing in your relationship with Him. *Matthew 6:33*
- #9 **Depend on Christ's strength** to stay drug free. *Philippians 4:13*
- #10 **Know** that permanent \_\_\_\_\_ is possible. *Luke 1:37*

**QUESTION:** *"I am a recovering addict but I've continued to relapse. Recently, I've become a Christian, and now I feel that God has delivered me. Is that possible?"*

**ANSWER:** Some Christians do receive a supernatural deliverance from drugs, while others do not. No matter which is true in your case, by accepting Jesus Christ as your personal Lord and Savior, there is good news for you. When you received authentic salvation, you not only were saved from the penalty of sin, but were also saved from the power of sin. Drugs are no longer your master—Jesus is now your "Master." Through the power of Christ living in you, you can rely on His supernatural power for deliverance over your addiction.

*Romans 6:6,14*

### F. SET BENEFICIAL BOUNDARIES . . . WITH THE ONE ADDICTED

Boundaries are barriers that protect from external harm and guard against internal harm. Those involved with someone struggling with a chemical dependency need to learn how to set appropriate limits on what they do for their loved one. These boundaries will help prevent you from taking on excessive responsibilities that belong to your loved one. Boundaries serve to keep the addict's problem from becoming your problem.

Proverbs 4:23

- Give up all expectations of the addict. ***Psalms 62:5***
- Learn to detach from the addict's problem, and take \_\_\_\_\_ of your life. ***Psalms 25:15***
- Shift your focus from the addict's behavior to your responses. ***Lamentations 3:40***
- Learn all you can about drug abuse. ***Proverbs 16:16***
- Stop acts that are enabling (making excuses, protecting). ***Psalms 50:21***
- Let the addict know the \_\_\_\_\_ of the addiction on you and on others. ***Ephesians 4:25***
- Pray for and expect God to bring consequences into the addict's life. ***Proverbs 5:21-23***

## THE DON'TS OF DIALOGUE

We can be on the side of **right**, yet our actions can be **wrong**. Many times we can influence a person to want to change, not by what we say but by how we say it. The Word of God says, "If someone is caught in a sin, you who are spiritual should restore him gently" (*Galatians 6:1*).

- **Don't** involve yourself in name-calling, preaching or being judgmental.  
— **"Last night you were a jerk. Who wants to be with a drunk!"** ***Proverbs 11:12***
- **Don't** come to the defense of the addict when others are confronting.  
— **"He really didn't mean to hurt you."** ***Ecclesiastes 3:1,7***
- **Don't** argue if your facts are disputed.  
— **"You may be right, but what I've read is different."** ***2 Timothy 2:24-26***
- **Don't** over react—keep your emotions under control.  
— **If verbally attacked, calmly state your position, and if again opposed, calmly repeat the same words again . . . and again. "This is in your best interest."** ***James 1:19-20***
- **Don't** give ultimatums unless you are prepared to follow through with them.  
— **If your loved one, who has been away for only a short time, says, "I promise not to do it anymore; just let me come back this one time," say "No, you cannot come back until you have completed treatment."** ***James 5:12***
- **Don't** \_\_\_\_\_ your loved one from facing the consequences of addiction.  
— **"I will not lie to your boss again!"** ***Galatians 6:7***
- **Don't** accept promises with \_\_\_\_\_ commitment for immediate action.  
— **"I can't go now, but I promise to go next month."** ***Proverbs 14:15***

Proverbs 28:23

**NEXT WEEK: Realize the Power of Prayer**