

HEALING AN ADDICTION

Addiction isn't like any other personal or spiritual issue. To truly be set free from an addiction takes the supernatural power of Jesus to heal you.

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The Healing Series

Introduction

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Addiction Issues

When you are in control of your decision making, you are living a life that you can enjoy. But, it is at the place where something you involved yourself in starts to control or have a powerful affect on how you live your life--that is something you need to take special notice of.

Addictions aren't like habits, where you do things because that's the way you have always done them. An addiction is an area of your life where you can decide you don't want to do it anymore and your body forces you to do it anyway.

There are normal addictions and abnormal addictions. For example, we all have to have food, water, and air. It is normal for us to be addicted to air; it is a necessity of life.

However, it isn't necessary for us to eat too much. If you eat enough food to meet your daily requirements and then find yourself being forced to eat more, you have an abnormal addiction in that area. In the food case, you can tell you have a problem because you gain more weight than you should.

A lot of people don't know they are addicted, because they have never tested to see if they could quit or control it. The way you can find out whether or not you are abnormally addicted to something that isn't a necessity of life, is to try to stop the activity for a year.

General Addiction

You may find more than one area of your life, where you have minor problems that are controlling you. Ask Jesus to help you apply this general word to the thing you are struggling with. If you find that you have a general addiction to several small things, then you should ask Jesus to help you apply yourself to this study, while bringing them all to Him. But, if you have a specific addiction, just keep it in mind, as you let Jesus talk to you about it in a general way.

Truth And Prayer Pages

Truth Pages: Jesus uses these pages to help you know how life really works. He said: **“Then you will know the truth, and the truth will set you free (John 8:32 NIV).”** This is actually a two-step process. First, you must find out what the truth is. Then you must do what it takes to get that truth into your life, so you can be set free. In Matthew 7:7 Jesus said: **“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you (NIV).”**

Prayer Pages: Jesus uses these pages to lead you into asking Him to put the truths on the Truth Pages into your life. If you just read truths and don't ask for Jesus to put them into your life, then all you get is a lot of information—wonderful information—but just information. So, first there will be Truth Pages and then Prayer Pages for each day. The best way is to just read one, two-part, chapter a day and then spend the day talking to Jesus about what He taught and put into you. For example, it will be Chapter One – Truth and then Chapter One – Prayer.

Chapter One - Truth

Warning! Danger!

God's Labels On Deadly Things

Gal 5:19 (NIV) The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery (excessive indulgence in sensual pleasures); idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. These are the addictive substances and activities you will typically see in the lives of people who are no longer able to control their lives.

The acts of the sinful nature are obvious: The **sinful nature** is the spiritual condition of your body. This is saying that your body has a “natural” desire to sin. The words **sinful nature**, used here, are letting you know that your body is animalistic.

You probably just figured that it was a biological machine that you operated the controls over. But, it has drives, urges, passions, defense mechanisms, and survival instincts that can put it in opposition to your plans, wishes, goals, and decisions. *And*, when there is a disagreement between you and your body, you don't always win.

What Causes You To Get Addicted?

One of the main influences causing you to get involved in things that can addict you is social, friend, and family invitations and pressures. It can start early in life, where your friends introduce you into those things that the Bible calls sin. You may have heard a lot of things about sin, if you have gone to church, read your Bible, or spent much time around other Christians.

When you hear that your body contains a **sinful nature**, that may not mean much to you. Most people have no idea what sin really is. Sin is the name God has given to all those things that will create bad results in your life. Typically, they create pleasurable experiences similar to bait or food placed in traps. The initial experience appears to be good; but, the end result is an entrapment, addiction, and a loss of self-control.

Sin is like the bait on a fishing hook; its sole purpose is to lure you in, so you can be reeled into the satanic realm. Righteousness is all those things that are pleasurable, fun, fulfilling, satisfying, and success-generating, but, have no side-effects. Sin acts very much like righteousness except for the fact that it always has bad side-effects.

Sin not only has bad side-effects, it addicts or enslaves you to a deep desire to keep sinning. Your brain, mind, heart, and body are exposed to a type of pleasure that *demand*s a lifestyle of constant sinning. When that happens, you are heading toward addiction. The driving force behind many sins is extreme pleasure. This is experienced by your body, which has no real moral guidelines; it doesn't care where pleasure comes from.

Are They Really Your Friend?

Your friends can expose you to sin (addictive substances and activities) for fun or for doing something that is daring, challenging, different, illegal, thrilling, dangerous, or new.

Parents can set you bad examples. Because God designed your parents to be people you admire, they can get you started involving yourself in sins (addictive things with bad side-effects) because you see them or other adults doing them. The sad thing is, once you open the door to a sin, it can be extremely difficult getting the door closed. You may want to; but, sin doesn't "play fair."

There's no single cause of an addiction — it has a lot of aspects to what causes it to be addictive to you. It can happen to you because you don't see anything wrong with it. It can be because of your reaction to the way your parents, other adults, or your peers have treated you. It can be because of certain things being made available for you to try. It can be because of various circumstances. It can be because of emotional issues that you are struggling with.

Addiction is a very complex condition. Sins, in the form of substances, like drugs or alcohol, bad relationships, bad behaviors, and wrong emotions, affect your brain, mind, heart, and body by provide you with rewards, pleasure, and feelings of wellbeing. Some addictions are formed the first time you expose yourself to them. Others start out as routines, habits, lifestyles, and learned behaviors.

Risk Factors That Lead To An Increased Likelihood Of Addiction

Your family can have a lot to do with the likelihood of you getting addicted. As a child, you were very limited in your ability to protect yourself relationally, emotionally, mentally, and spiritually. Things that caused confusion, stress, anger, frustration, and being overwhelmed could have set you up with enough pain that you became a candidate for being addicted.

The main thing is, everyone seeks pleasure; but, if you have enough pain in your life, you will feel the need for extreme pleasure. The more intense the pain, the greater the need for intense pleasure. Just like extreme physical pain requires strong pain killers, emotional pain may require intense pleasure to mask it.

If, during your life, you were bullied, abused, neglected, forced, manipulated, or ignored, that typically creates a hole in your heart that needs a lot of care. It needs the type of care that Jesus gives; but, you probably went to work on trying to care for it yourself. Other people got involved in trying to meet your needs; but, keep in mind that you decided whether or not you believed them. Even if you were forced to do things, on an internal level, you made the final decision as to what you wanted, believed, and accepted.

What *Didn't* Create A Likelihood Of Addiction?

Gen 1:26 (NIV) Then God said, "Let Us make man in Our image, in Our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground." So God created man in His own image, in the image of God He created him; male and female He created them.

If you start feeling sorry for yourself, as you are reading these causes of addiction and start feeling like a victim, you are setting yourself up for failure. Your healing is *very* dependent on you accepting responsibility for your condition. You are not a product or result of your environment; you are a reaction to it. It was you that decided how you would think, feel, and respond to every event in your life.

God gave you a free will and addiction took it away. But, the real you, on the inside, never loses its free will. In the case of an addiction, you no longer have control over your body; but, you do have control over what you want; you have *always* had that. No one has or ever will be able to take that away from you. You may not be able to make your body do what you want; but, you still want it.

When an addiction forces you to satisfy its demands and you go do it, it still can't dictate what you *really* want to do. Your spirit's God-given free will has been and always will be intact no matter what your body does. As you move forward in your spiritual training, you will discover that God only holds you responsible for what you think, feel, say, and do *on purpose*.

The Addiction Battle

In the case of an addiction, you *are* being forced! But, as long as you are being *forced against your will*, you are on your way to healing, recovery, transformation, and a miraculous life. If you *believe* that you are a victim, that it is someone else's fault, that you didn't cause this to happen, however, then you are who you are and there is nothing you can do about it.

The thing you must learn, in Christianity is, even if you are a slave, a prisoner, or a victim on your outside, Jesus will take your circumstances into account and set you free on the inside. Then He will go to work on your circumstances and set you free there too. All true Christians start out with a perfect record with God. This is vital, so that you can have direct access to God. You need direct access or you won't be able to get His powerful help.

Rom 7:20 (NIV) Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. Jesus isn't looking at what you are doing; He is looking at what you *want* to be doing. This is how Jesus is looking at your addicted situation. You are reading and praying over these things because you *want* to be set free.

The main thing Jesus cares about, what He is always looking for is, what do you want? That is what keeps Him working with you and helping you. As long as you are being forced *against your will*, then Jesus knows what you want and is willing to help you get it.

Your Emotional Reaction To Struggles With Addiction

Adding An Emotion To Your Study

Your heart is another issue you must deal with. Your body is pretty hard to make do anything; but, your heart is more stubborn than that. As you are going through these studies and prayers, you need to be addressing what kind of emotions you are experiencing. Tomorrow, there will be a list of emotions and their definitions and some examples. Ask Jesus to help you identify the main emotion you are experiencing. It is the main reaction your heart is having to your issue with addiction.

The blue words, on tomorrow's study page, are only interactive in the study on the website. Here they will be preselected. However, if one of them represents your reaction to your struggle with addiction, then write it down. You will be looking at emotions that typically represent major reactions to it. When you find the one that sounds the most like the way you are feeling, select it and write it down for you to use. This will personalize it and make it much more meaningful.

Finding Your Main Emotional Expression

There will be a list, at the bottom of each emotion, that will give you a better idea of what that emotion is similar to. The first six underlined words are the main ones. As you read these similar emotions, see if the first six words and the rest of the list best describe the feelings you are going through. Keep looking until you find six words, in a definition, that best represent your feelings.

Since words, that represent emotions, can mean different things to different people. Let the definitions and example-words presented there become your definition of that word. This is important, because that will be the meaning used in the studies and prayers. It may not be the definition you are used to; but, it will be the implied meaning in the study and prayer time.

Emotions And Physical Pain From Addiction Issues

Your body actually suffers, as well as your heart. Your heart can cause your body to experience pains that your heart is unable to express on its own. These are heart-pains that manifest themselves in your body's suffering. So, it is a joint effort of your body submitting to the feelings or emotions of a heart that doesn't have logic, words, reasoning, or much verbal expression. There can, however, be tears, groaning, sighing, yelling, screaming, wailing, moaning, sobbing, lamenting, and other emotion-generated sounds.

Emotions can enter into your conversations: You may say things that you regret later, just because of the emotions that were driving you at the moment. All emotions are felt in your body and expressed in your behavior in some way. Since your heart doesn't actually have its own avenue of communication, there are pathways of emotional expressions that affect your behavior, your speech, your physical condition, your relationships, your attitudes, and your esteem and confidence.

Chapter One - Prayer

Warning! Danger!

Gal 5:19 (NIV) The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery (excessive indulgence in sensual pleasures); idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. Jesus, help me see that sins are these addictive substances and activities I will typically see in the lives of people who are no longer able to control their lives.

The acts of the sinful nature are obvious: Jesus, teach me that my body has a “natural” desire to sin. Show me that the words **sinful nature**, used here, are letting me know that my body is animalistic. I just figured that it was a biological machine that I was in control of. But, help me understand that it has drives, urges, passions, defense mechanisms, and survival instincts that can put it in opposition to my plans, wishes, goals, and decisions.

Jesus, help me understand how powerful my body and its desires, drives, and urges are. Help me be aware that, when there is a disagreement between me and my body, as to what I am going to do, I don't always win. Help me realize that once I am addicted, I typically lose, when it has to do with it getting the pleasure or experience it is seeking.

What Causes Me To Get Addicted

Jesus, help me look back at the main influences that got me involved in things that could addict me. Help me see that the social, friend, and family invitations and pressures, if still active in my life, may have to be discontinued. Help me understand that even though other people got me involved in sin, I am still held accountable for yielding. Set me free from trying to put the blame on other people.

Jesus, even though I have heard the term sin, in church, in the Bible, and around other Christians, help me realize that I have no idea what sin really is. Make it clear to me that sin is the name God has given to all those things that will create bad results in my life. They created pleasurable experiences in me that were similar to bait or food placed in traps.

Jesus, teach me that sin is like the bait on a fishing hook; its sole purpose is to lure me in, so I can be reeled into the satanic realm. Teach me that righteousness is all those things that are pleasurable, fun, fulfilling, satisfying, and success-generating, but, have no side-effects. Help me realize that sin acts very much like righteousness except for the fact that it always has bad side-effects.

Jesus, help me realize that, in addition to bad side-effects, sin addicted or enslaved me to a deep desire to keep sinning. My brain, mind, heart, and body were exposed to a type of pleasure that *demand*ed a lifestyle of constant sinning.

Are They Really My Friend?

Jesus, even though my friends exposed me to sin, which was addictive substances and activities, my parents set me bad examples, and my body had a sinful nature, I must except the fact that I sinned. The sad thing is, once I opened the door to a sin, it has been extremely difficult for me to get the door closed. I want to; but, sin doesn't "play fair."

Jesus, help me understand that there's not a single cause of addiction. If it happened because of the way I think, then help me change what I believe and accept as true. If it was because of the way my parents, other adults, or my peers have treated me, then help me forgive them. If it happened because of certain things being made available for me to try, then help me close those doors.

Jesus, help me see that all I need to do, as it relates to my past, is to quickly pray and ask You to set me free from that event. If I opened the door to an addictive event, help me ask for Your forgiveness. Help me believe that You have forgiven me for yielding to various circumstances. If it happened because of emotional issues that I was struggling with, help me be set free from those causes.

Jesus, help me realize that sins, in the form of substances, like drugs or alcohol, bad relationships, bad behaviors, and wrong emotions, affect my brain, mind, heart, and body to provide me with rewards, pleasure, and feelings of wellbeing. Help me be willing to give up all of my efforts to fix myself. Heal my brain, mind, heart, and body. Deliver them from being controlled by the "benefits" they are getting from all experiences.

Some Of The Risk Factors That Lead To An Increased Likelihood Of Addiction

Jesus, show me how my family could have had a lot to do with the likelihood of me getting addicted. As a child, I was very limited in my ability to protect myself relationally, emotionally, mentally, and spiritually. If there were things that caused confusion, stress, anger, frustration, and being overwhelmed, help me forgive them and help me be set free from the results that came from it.

Jesus, if I am still suffering from some kind of pain that caused me to open the door for being addicted, help me understand that everyone seeks pleasure and will, one way or the other, run across sin. Help me see that, if I have enough pain in my life, I will feel the need for extreme pleasure. Help me understand that the more intense the pain, the greater the need for intense pleasure. Help me not put a lot of importance on it. Just reach down in my heart and heal that pain and the need for extreme pleasure.

Jesus, if, during my life, I was bullied, abused, neglected, forced, manipulated, or ignored, and it created a hole in my heart that needs a lot of care, help me understand that it is easy for You to heal me. Help me see that it needs the type of care that You give; and, even though I tried to care for it myself and failed, doesn't mean it will be hard for You to heal. Heal me from any mistreatment and my reaction to that mistreatment.

Jesus, a lot of other people have influenced my thoughts, beliefs, opinions, and spirituality. But, help me keep in mind that I decided whether or not I trusted, listened to, and believed them. Even if I was forced to do things, help me realize that on an internal level, I made the final decision, as to what I wanted, believed, and accepted. Help me not blame them for who I have become. Help me accept that I am who I am by my own decision-making process.

What *Didn't* Create A Likelihood Of Addiction?

Gen 1:26 (NIV) Then God said, "Let Us make man in Our image, in Our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground." So God created man in His own image, in the image of God He created him; male and female He created them.

Jesus, I can read the causes of addiction and start feeling sorry for myself. Help me see that, if I start feeling like a victim, I am setting myself up for failure. Show me that my healing is *very* dependent on me accepting responsibility for my condition. I have a God-given free will and have been exercising it on an internal level all my life. Set me free from blaming, holding a grudge, wanting revenge, or lacking forgiveness.

Jesus, God did give me a free will; but, addiction took it away. However, teach me that the real me, on the inside, never loses its free will. I no longer have control over my body; but, I do have control over what I want. Help me believe that I have *always* had that. No one has or ever will be able to take that away from me.

Jesus, when an addiction forces me to satisfy its demands and I go do it, help me believe that it still can't dictate what I *really* want to do. Help me know that my spirit's free will has been and always will be intact no matter what my body does. And, help me understand that, if I am forced to do wrong, bad, or evil things against my will, You will forgive me and keep my record perfect with You.

The Addiction Battle

Your Will Matters

Jesus, in the case of an addiction, I *am* being forced! But, teach me that as long as I am being forced *against my will*, I am on my way to healing, recovery, transformation, and a miraculous life. Help me not *believe* I am a victim of someone else's decisions or uncontrollable circumstances. I decided to open the door to the thing that addicted me. Therefore, I now repent and am telling You I am sorry and believe You have forgiven me.

Your Body Is Your Problem

Jesus, help me understand that even though I am a slave, a prisoner, and a victim to my body on my outside, You are taking it, the addiction, all my past decisions, and my current circumstances into account and are setting me free on the inside. You are now going to work on my addiction, the damage from my past, and my current circumstances and setting me free there too.

Reaching Out To Jesus Is Your Solution

Rom 7:20 (NIV) Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. Jesus, help me believe that this is how You are looking at my addicted situation. The reason I am reading and praying over these things, is because I *want* to be set free.

Jesus, teach me that the fact that I am looking to You is the main thing You care about; that is what You are always looking for; and that is what keeps You working with me and helping me. As long as I am being forced by my body *against my will*, then You know what I want and are willing to help me get it. I believe You are greater than my past, are more powerful than my body, and are in control over my circumstances.

My Emotional Reaction To My Struggles With Addiction

Adding An Emotion To My Study

Jesus, help me understand that my heart is another issue I must deal with. Even though my body is pretty hard to make do anything, help me realize that my heart is even more stubborn than that. As I am going through these studies and prayers, help me address what kind of emotions I am experiencing.

Jesus, guide me through the list of emotions tomorrow. Help me compare my emotions with their definitions and examples. Help me identify the main emotion I am experiencing. Help me find the emotional group that is my heart's main reaction to my issue with addiction. When I find the one that sounds the most like the way I am feeling, help me add it to my study and prayer time, let it be the one that will be the most meaningful to me, as it personalizes my study and prayer time.

Finding My Main Emotional Expression

Jesus, help me be patient and be looking to You for guidance through tomorrow's list of emotions. Help me keep looking until I get at least the first six words representing my feelings. Without You helping me, this could be impossible for me. You know my heart; You understand my emotions; and only You can prepare these studies to be the right ones for me.

Jesus, since words, that represent emotions, can mean different things to different people, help me be humble and teachable. Help me allow the definitions and example-words presented there become my definition of that word. Help me cooperate with and understand the meaning used in these lists and explanations. It may not be the definition I am used to; but, help me understand that it *is* the implied meaning in the study and prayer time. Help me accept that meaning, so I can be healed through these studies and prayers.

Emotions And Physical Pain From Addiction

Jesus, help me understand why an emotional concept is being added to my studies and prayers. Help me see that my body actually suffers, as well as my heart. Since my heart has caused my body to experience pains that my heart is unable to express on its own, these heart-pains, that are manifesting themselves in my body, are causing me great suffering.

Jesus, teach me about the joint effort of my body submitting to the feelings or emotions of my heart. Help me realize that it is coming from a heart that doesn't have logic, words, reasoning, or much verbal expression. Help me understand that it is my heart that is causing tears, groaning, sighing, yelling, screaming, wailing, moaning, sobbing, lamenting, and other emotion-generated sounds.

Jesus, help me keep in mind that emotions often enter into my conversations. I say things that I regret later, just because of the emotions, that are driving me at the moment. Help me realize that all emotions are felt in my body and expressed in my behavior in some way. Since my heart doesn't actually have its own avenue of communication, there are pathways of emotional expressions that affect my behavior, my speech, my physical condition, my relationships, my attitudes, and my esteem and confidence.

Jesus, since the emotions of my heart have such an affect on me, help me be very submitted to You, as I go through these lists. Empower me to select the emotion-words that will be used by You to bring healing to my heart, body, and life.

Chapter Two - Truth Your Emotional Reaction To Addiction Challenges

Adding An Emotion To Your Study

Just as a reminder, if one of the emotions represents your reaction to your struggles with addiction, the blue words below can be written down and referred to during your studies and prayers.

Slowly read over those emotions, that you feel represent your major reaction to it. When you find the one that sounds the most like the way you are feeling, select it and it will be added to your study and prayer time. This will personalize it and make it much more meaningful. If you have more than one main emotional reaction, then pick the one that best represents the way you feel most of the time.

Put your total dependency on Jesus. Pray over this whole process. Let Him be your diagnostician and physician. Trust Him to speak to your heart and mind and help you identify the emotions that you are experiencing. Emotions are very powerful and influential on your life. However, Jesus is your Expert and Healer. He will guide you into the area where you will get the most out of the studies and prayers that He has made available to you.

The Emotional Pain Of Grief

Grief Has To Do With Relationships

Grief: Typically you would only think about grief, when you have the death of a loved one, divorce, rejection, or separation from someone. But, issues with addiction, can cause you to lose people who are very close to you, that can cause grief. And, the reverse of that is: the loss of or separation from an important person can open the door to an addiction, because you are so filled with grief. You can be dealing with grief from both situations.

If you started feeling grief because you started losing relationships with people, when you started struggling with an addiction, that is one way. But, on the other hand, if your struggles with addiction started somewhere around the time you started grieving over the loss or separation of an important person in your life, then this may be the emotion you are suffering from. If it is, your healing may be dependent on Jesus dealing with grief right along with your struggles with addiction.

Grief Is A Broad Term

Grief is an emotional condition that is defined in many different ways. It actually needs to be broken down into separate emotions, so you can be helped to look at its many parts. Your emotional reaction can be defined as grief by those around you. However, the process of identifying grief is almost impossible, due to the individual reactions that are categorized under it. You needing to grieve won't mean anything to you as a general concept.

Your emotional reaction and way of suffering from grief can be entirely different from everyone else. So, let some other, easier-to-identify emotions, help you define your grief and grieving process. Grief is an emotion that you need Jesus to heal. Ask Him to help you not accept it as the normal course of events. Jesus wants to keep you from suffering as quickly and as completely as is possible. He wants you to be filled with His joy. Suffering from loss does not help; only joy can heal you from loss.

Here are a large set of words that can describe the many aspects of grief: Sorrow, sadness, mourning, despondency, heartache, misery, anguish, ache, pain, distress, agony, torment, affliction, suffering, heartbreak, bereavement, despair, gloom, melancholy, regret, remorse, discomfort, troubled, unhappy, woeful, worried, concerned, dejected, depressed, destitute, lamenting, mortified, purgatory, trial, tribulation, vexation, bemoaning, bewailing, repining, calamity, difficulty, distress, hardship, misfortune, ordeal, plight.

Jesus will use the list below to help you deal with grief, while getting down to a much more personal level. He will help you with your relational struggles and losses, while dealing with the emotion that is coming because of your issues with addiction. Jesus will help you find the category that best describes what your heart is going through.

Emotions Put To Words

Agony: In this case, you would be experiencing *extreme* physical and mental suffering. Agony and misery are much the same. However, agony is a greater form of suffering.

Agony is beyond moderate; it is almost unbearable; it feels like you are on the borderline of breaking down. Your thoughts are very disturbing; your feelings are overwhelming; and your physical suffering is almost to the place of being debilitating. You are unable to function in much of a physical or social way. This is the place that Jesus said that you should come to Him for rest.

Here are some other words that are similar to feeling agony; they may not all represent your emotions. But, if most of them do, this may represent your main emotion: heartbreak, excruciation, torment, trauma, tribulation, torture, anguish, affliction, distress, hell, hardship, suffering, and pain.

Anguish: In this case, you are feeling a *severe* emotional or physical pain or suffering that is similar to misery and agony. However, it may not involve your thoughts. It may be an intense emotional pain that is being manifest in your chest and other parts of your body that doesn't have any mental processes attached to it.

With anguish, you aren't doing much thinking; you are mostly just experiencing the feelings without reasoning, purpose, plans, or explanations. You may not even be able to explain why you feel the way you do. It is important for you to look to Jesus to help you understand what you are going through.

These words can help you see if you are experiencing anguish: devastation, distress, despair, destitution, suffering, agony, torment, affliction, suffering, heartache, heartbreak, bereavement, gloom, melancholy, mourning, regret, remorse, dejection, depressed, despondent, mortified, purgatory, trial, tribulation, vexation ache, pain.

Anger: You are having *strong* feelings of annoyance, displeasure, or even hostility. You feel antagonistic toward a person or group that has done you wrong on purpose.

If you are experiencing a good kind of anger that properly provides you with a voice concerning mistreatment, then it can bring a constructive solution to a bad situation. You may be a person that has to get mad before you will deal with mistreatment. If that is the case, then you will need to ask Jesus to help you deal with the way your anger expresses itself.

But *excessive* anger can cause you some real social and relational problems. You are experiencing anger, when you feel annoyed, frustrated, irritated, hostile, and antagonistic. Some physical evidences of anger can be increased heart rate, high blood pressure, and sweating.

Causes of anger are produced by you thinking your wellbeing is being threatened, you are experiencing treatment that isn't fair, or you aren't being heard or appreciated for your input. If you are trying to defend yourself, get even, or protect yourself physically, mentally, or emotionally and you don't feel like you are getting the job done, then anger may get involved so as to subsidize or empower your efforts.

Anger can be a normal reaction for dealing with a problem or to protect yourself. However, if it gets too intense, unreasonable, excessive, out of control, or expressed in socially unacceptable ways, it can produce bad consequences, lead to you getting verbally abusive, aggressive, or physically violent.

Here are some words that present varying degrees and types of anger: annoyance, hostility, frustrated, infuriated, outraged, irritated, vexed, cross, upset, antagonized, exasperated, miffed, peeved, petulant, impatient, indignant, outraged, furious, enraged, violent; hatred, ire, resentment, animosity, stew, temper, chagrin, dander, huff, displeasure, enmity, soreness, storm, tantrum, tiff, blow up, ill-tempered, slow-burn.

Distress: You are experiencing extreme anxiety, sorrow, or pain. You are sorrowful, feel fear, and have physical pain. But it has reached a point of great intensity. You feel a significant emotional discomfort and suffering. You are feeling anxious, sadness, fear, or being overwhelmed.

Distress may cause you to physically have headaches, insomnia, or gastrointestinal issues. You may have difficulty concentrating, making decisions, or coping with daily tasks. You may withdraw from friends, associates, or be unable to function at work. You may self-medicate with drugs and alcohol. You may have a hard time sleeping and eating at normal times. If you will start talking to Jesus, He will put clarity, peace, and rest in your life and body.

Here are some words that are like feeling distressed: torture, affliction, hardship, disturbed, difficulty, filled with anxiety, in adversity, inconsolable, overwhelmed, suffering, sadness, fear, confused, lost.

Guilt: You are feeling worry, unhappiness, shame, or responsible, because of something you did or think you did that was wrong, bad, evil, illegal, immoral, or sinful.

Guilt is an emotion you experience when you believe you have violated your own moral standards, God's standards, or caused harm to someone or group. You believe you are responsible for a bad deed or you failed to perform a good deed. You can have bad or even hostile feelings towards yourself for the transgression. It can cause you to feel anxious, distressed, worried, uncomfortable, and accountable for your thoughts, feelings, words, or deeds.

Guilt can be intense, relentless, and merciless. It can create shame, regret, judgmentalism, legalism, condemnation or separation from God, repentant, and remorseful. Jesus died, so that all you would have to do is ask Him to forgive you. Just tell Him you are sorry and ask Him to help you be empowered to never do it again. He will hear and answer your prayer with complete forgiveness. Now accept it as being true.

Guilt has a lot of types of manifestation; so, here is a large group of possible expressions: shame, reproach, sinful, remorse, penitence, condemnation, infamous, embarrassed, mortified, wretched, ashamed, disgraced, dishonored, regretful, penitent, or contrite. Having guilt because of stigma, culpability, liability, responsibility. Becoming guilty because of indiscretion, crime, delinquency, dereliction, error, failure, fault, iniquity, lapse in judgment, malfeasance, malpractice, misbehavior, misconduct, misstep, offense, transgression, wickedness, or wrong doing.

Helplessness: You are feeling like you are unable to defend yourself or to effectively get your needs met. You feel like, if you try to solve your situation, the end result of your efforts will never turn out well.

If you have determined that you are helpless, because you have experienced constant and complete undesirable events, results, or accomplishments, then you will stop trying to improve your situation. Even when it is possible that you could win over a situation, circumstance, or problem, if you have attributed helplessness to your situation, then you won't even try. You feel resignation, submission, acceptance, and finality to your situation.

If you have repeatedly failed, constantly lacked control, or have never been able to successfully make a good change to the outcome, even when you try, then you may decide to simply give up and let things play out however they will.

If you lack the motivation to take action or attempt to change your circumstances, even when opportunities of possible success are present, you may have accepted helplessness.

If you believe it won't do any good, if you refuse to try, or if you set yourself up for failure, then you have given up on life and need Jesus to empower you to do what it takes to start succeeding in life. This is when you include Jesus in on your efforts. He can do what you can't. Ask Him to empower you to be able to do what you haven't been able to do on your own.

Depression, hopelessness, despair, constant physical fatigue, and worry can be symptoms and compatible emotions that lend themselves to helplessness. A lack of faith in Jesus and His willingness to come to your aid, may also be a part of helplessness.

Some other words that are somewhat like feeling helpless are: powerless, defenseless, vulnerable, ineffectual, exposed, weakness, disability, incompetence, powerlessness, failure, inability, incapacity, subordination, subservience, incapability, useless. To lack talent, skill, experience, success, training, and accomplishments.

Loneliness: You are feeling distress, sadness, discomfort, or uneasiness because you are alone or you feel like you are alone. You lack friends or people to visit with; or, you have these things but they aren't meeting your social and emotional needs.

You may be with a person most of the time and still feel lonely. You may be surrounded by lots of people, on a regular basis, and still feel lonely. If the people you are associating with aren't keeping you from feeling lonely, then you need to ask Jesus to help you reach out to those who are better qualified to address your loneliness.

If you feel socially disconnected, lack a relationship of intimacy, and don't have a feeling of belonging, then you will need to address this with proper study and prayer. If you feel disconnected, don't have many meaningful relationships, or don't have relationships that you can enjoy, then you are probably experiencing emotions of loneliness.

Loneliness can present itself as feelings of sadness, emptiness, anxiety, and low esteem. Because of your lack of connections, meaningful relationships, or people you enjoy being around, you may feel critical of yourself, self-introspective, unwilling to reach out, feel socially inadequate or qualified, and self-incriminating.

Loneliness is different from you being alone. If you are having social failures, your personality tends to offend or alienate you, the people around you may have different interests or values, you lack certain social or people skills, or anything that has caused you to fail to gain or maintain friends, then your need to connect is being neglected. First of all, let Jesus be your closest friend. Let Him express His love to you and your heart. Then ask Him to give you friends that are just right for you.

These words can help you decide if you are feeling lonely: friendless, alienated, aloneness, seclusion, isolated, lonesomeness, desolation, disappointment, discomfort, letdown, solitude, forlorn, remoteness, solitary, dejection, withdrawn.

Misery: In this case, you would be experiencing feelings of distress or discomfort that are mild to moderate in intensity. Your heart is involving all three aspects of itself, your mind, and your body.

With misery, your mind is thinking thoughts that are hurting you; your heart is feeling emotions that are constantly negative; and your body is experiencing pain in your chest and elsewhere that are difficult to endure. It isn't unbearable, it is just miserable, uncomfortable, and typically persistent. Ask Jesus to help you break the circle. Ask you to help you start thinking thoughts that are encouraging and filled with joy.

Here are some other words that are kind of like feeling miserable, if most of them describe your emotional situation, then choose this word: suffering, discomfort, heartache, affliction, stressed, unhappy, sad, disappointed, distressed, hurt, hardship, suffering, anxiety, pain, grief, woe.

Numbness: You are experiencing a diminished or absent emotional response to the situation and to the people around you. It is almost like you don't have feelings. You feel detached and unable to identify how you feel. You know what you should be feeling; but, you don't seem to be able to feel anything. Ask Jesus to take down the walls and barriers that you have put up to protect yourself. Ask Him to protect you, so you can get your happiness back.

Here are some other words that kind of express numbness: emotionless, emptiness, stoic, deadness, detachment, apathetic, disinterest, unconcerned, indifferent, dullness, emptiness, insensitivity or lack of sensation, unfeeling, insensibility, paralysis, complacent, dispassionate, impervious, unimpressed, tepid, stupefaction or stupor, feeling like a zombie.

Overwhelmed: You are feeling like you have too much to deal with. You feel like you have too many assignments, responsibilities, or problems. If you feel unable to deal with the current issue, the additional demands of life, or circumstances, then you can start feeling stressed, anxious, or even paralyzed by your situation. If you are experiencing strong emotional, mental, and physical reactions, then this may be a dominate emotion.

If you feel burdened, overworks, or unable to fulfill your responsibilities, stressed, or backed into a corner, then you may be overwhelmed. If your mind is being bombarded with thoughts, your heart is flooded with feelings, and your body is having sensations of being overworked, then you are probably overwhelmed. If it has become difficult to think clearly, make decisions, or accept any more responsibilities, then you have reached your limit. Ask Jesus to help you establish what you should be doing and what you should be putting on a list to do some other time.

Here are some words that go along with feeling overwhelmed: devastated, oppressed, deluged, perplexed, bewildered, affected, overpowered, repulsed, vanquished, worsted, debilitated, fatigued, worn-out, exhausted, expended, empty, used up, abused, mistreated, overworked, disoriented, confused, lost.

Sadness: You are having feelings of a lack of advantages or opportunities. You are feeling loss, despair, grief, helplessness, disappointment and sorrow. You may become quiet, lack motivation, and want to withdraw yourself from any social activity.

With sadness, you are unhappy; you may feel like you have lost someone you consider valuable or not replaceable. You can feel anything from mild disappointment to extreme despair and anguish. For example, a loss of a loved one typically causes sadness for a while. But, if it just won't go away, you may be suffering from depression or other mental or emotional conditions. Ask Jesus to comfort you and give you His joy. Let Him bless your heart, so it can feel happiness.

Here are some words that help describe feeling sad: joylessness, down, despondent, gloom, depressed, melancholy, mourning, miserable, regretful, remorseful, blue, hopelessness, sorrow, blahs, bleakness, cheerlessness, dysphoria, forlorn, letdown, listlessness, moodiness, mopes, mournful, dismal, downcast, heavy hearted, the dumps.

Shock: You are having a physical and mental response to a terrifying, traumatic, or surprising event. You had a temporary surge of strong emotions and physical reactions. Typically, it was involuntary, uncontrollable, and very demonstrative.

Your initial reaction to shock is usually followed by unbelief, a lack of ability to truly process it mentally, and you will need time to allow all the facts to form and settle in your mind. When you are in a state of shock, you can experience confusion, disorientation, detachment, and a feeling of being lost. Ask Jesus to help you cope with this situation. Ask Him to help you make sense of it. Ask Him to protect you from being overwhelmed by it.

Here are some words that can also describe what shock feels like: trauma, surprised, distressed, disbelief, astonished, terrified, stupor, stupefied, stupefaction, debilitated, calamity, catastrophic, unexpected, impossible, hardship, misfortune, ordeal, plight.

Sorrow: In this case, you are feeling a deep distress, disappointment, loss, loneliness, abandonment, or detachment. You can feel helpless, hopeless, confused, and have feelings of despair. This is a minor to moderate feeling. Ask Jesus to help you see that He is going to come through for you and make everything work out for good.

Here are words that can be a part of feeling sorrowful: dejected, distress, despair, depression, mourning, concerned, sadness, lamenting, weeping, woe.

Relief: This isn't an emotion that you can select; however, it is a legitimate emotional reaction to situations where there is a difficult relationship and they die or you are separated from them. You can be glad all the difficulty is gone, while missing the person. You want to be with the person; but, the stress, responsibilities, and difficulties can be overwhelming.

Relief is listed here, because addictions can be intertwined with a difficult relationship. Jesus can use this to help you be aware of its typical occurrence in various life-crises. But, it can often create other emotions, like guilt for feeling relieved. Also, you may actually experience relief while also feeling grief, when you lose a loved one. Be aware of this normal emotional reaction; but, find and select the additional emotions that are negative and painful, that usually come along with it.

- You can experience this, if your partner or friend has been suffering with a long illness or taking care of them was difficult.
- Your partner or friend may have been a difficult person to get along with and you feel relieved that you don't have to deal with their treatment.
- You may have been expecting your partner or friend to go be with Jesus for a long period of illness and you are relieved that it is finally over.
- You may feel relieved, if the person's life had been one filled with a lot of pain and sorrow.
- You may feel relieved about their pain finally coming to an end.
- You may be experiencing relief from the responsibility of taking care of them.

It can be confusing to feel sad, lonely, and grief, while feeling a positive emotion of relief.

It's vital that you allow Jesus to help with conflicting emotions. If you try to forgive yourself, ignore them, reason your way out of them, or punish yourself because of them, then you will end up with heart and mind damage. Jesus needs to help you be healed from emotional conflicts.

Let Jesus forgive you of any wrong attitudes and let Him heal you of normal, but conflictive attitudes. If you feel guilty for feeling relief, ask Jesus to explain it to you. Let Him show you that it doesn't mean you didn't care for your loved one or friend. Sometimes He has to separate you from someone who is facilitating your addiction. But, He will typically have to heal you emotionally because of the relational loss.

Feeling relieved can also be described by these words: peaceful, relieved, relaxed, free, released, alleviated, comfort, reprieve, satisfaction, abatement, appeasement, assuaged, getting a break, consolation, contentment, deliverance, diversion, ease, extrication, lift, lightening, mitigation, refreshed, remission, rest, remedy, aid, softening, solace, comfort, a load off of your mind.

Chapter Two - Prayer

Emotional Reaction To Addiction Challenges

Jesus, I know that in some cases, it is the emotion of loneliness that caused the struggle with addiction. In other cases, it is the issue with addiction that caused the emotional crisis with loneliness. Gradually, they have so intermingled, that it has become impossible to tell which came first.

Jesus, help me realize that I am going to need to yield to your emotional *and* physical healing. Help me not get so focused on the physical struggle that I am not receptive to Your work on my emotions. Let both aspects of my suffering be healed completely and permanently.

Jesus, help me understand that my body and my heart are in trouble and need two different kinds of healing. If I understand the physical more than the emotional, help me grow in my ability to yield to the process You use to bring healing to my body and to my heart. If there is something You are trying to do that I don't understand or see the need for, help me stop and ask You to help me understand and cooperate with You. Help me keep in mind that, if I ignore or reject any of Your work, You will back off and leave it alone.

Adding An Emotion To My Study

Jesus, I went over the emotion words and selected loneliness. It is the one that I believe represents my emotional reaction to my difficulties with addiction. I feel it represents my major emotional reaction that my issues with addiction have created. It sounded the most like the way I am feeling.

Jesus, help me be looking for the emotional study, on this subject, to be included during my study and prayer time. Help this one I picked, to personalize my study and prayer time and make it much more meaningful to me. If I picked the wrong one, show me and help me go back and select the one You want me to use.

Jesus, I bring my heart to You; it is a difficult issue in my life that is hard for me to understand. It operates behind the scenes, which keeps me from noticing its influence. Help me start taking special notice of all my various emotional reactions; let me learn more about it. As You take me through these study and prayer times, help me see how You address it. Help me learn how to better cooperate with Your healing processes. Teach me how to be much more aware of my heart's needs, so I can have a healthy and spiritually receptive heart.

Jesus, as I study and pray, let this emotion of loneliness best represent the feelings I am going through. As it heads me in the direction of how I typically feel, then let that word represent what I need presented in my study and prayer time. Since these words, that represent my emotions, can mean different things to different people. Let the definition and example-words presented on the previous page become my definition of that word. I want these studies and prayer times to bring great healing and blessings into my life.

Emotions And Physical Pain From Addiction

Physical Pain

Jesus, as my body actually suffers with my heart, help me see that it is causing my body to experience friendlessness that my heart is unable to express on its own. Show me that these are heart-pains that manifest themselves through my body's suffering. As I experience this joint effort of my body submitting to the feelings or emotions of my heart, help me see that my heart doesn't have logic, words, reasoning, or much verbal expression.

Jesus, help me understand that when I have tears, groaning, sighing, yelling, screaming, wailing, moaning, sobbing, lamenting, and other emotion-generated sounds, that is the only verbal communication my heart has.

Jesus, teach me this way of my heart. Help me realize that its emotions can enter into my conversations. When I say things that I regret later, it is just because of the emotions that are driving me at the moment. Teach me that all emotions are felt in my body and expressed in my behavior in some way. Since my heart doesn't actually have its own way of communication, show me that there are pathways of emotional expressions that affect my behavior, my speech, my physical condition, my relationships, my attitudes, and my esteem and confidence.

Chapter Three - Truth How Did You Get Here?

All you were doing was trying to have fun. But, in the pursuit of that fun, you found things that brought you a lot of pleasure. So, you started involving yourself in those activities. Everything went along fine for a while; you were having a good time and the people around you were having a good time. Then something happened that you didn't expect.

At first you didn't notice it; but you found yourself having to increase your efforts in order to have the same amount of fun. If it was sex, you had to try different things to get the same pleasure. If it was drinking or drugs, you had to take in more or stronger doses to get the same results. If it was gambling, you had to do it more often or take greater risks to get the same pleasure. If it was food, you had to eat more than you should. It seems like most of the things you do for fun, require greater doses and more time spent on them for you to stay happy.

I'm Not Addicted; I Can Quit Anytime I Want Too

Another strange thing happened; when you tried to stop involving yourself in certain of these activities, you found you couldn't stop. You promised yourself and your concerned friends that your inappropriate involvement with addiction was going to be the last time. But, you found that you just couldn't help yourself. You discovered that you just couldn't live without the pleasure you got from all these activities. Plus, others of your addicted friends kept contacting you and asking you to come join them.

Deep down inside you know you are doing things that aren't good for you. Even though you don't like the feeling you get that you are no longer in control of your life and activities, you still find yourself staying involved in the addiction obsession. As time continues to go by, your life starts to fall apart in certain areas. You start noticing that you are becoming a different person than you want to be. But, you still can't stop the downward trend.

Everybody Else Is Doing It

There is one major thing that keeps you from seeking help--some of your friends. Typically, these friends don't seem to mind heading in this direction. Every time you express concern to your friends or try to get out of the lifestyle, your friends keep encouraging you to stop worrying. They usually assure you that there is nothing wrong with the things you are doing; after all, you have to have fun. You can't just quit doing it; maybe you just need to cut back a little more and you will be okay.

The problem is, this kind of lifestyle just doesn't seem normal to you. It has become obvious to you that something is wrong with some of the things you are doing. But, frequently, you won't be able get any of these types of friends to agree with you. You may start thinking that it is just you that is wrong about this lifestyle. So, you may just shrug it off and keep on doing the things you have been doing. After all, you do have certain needs that your addiction involvement meets.

You may try everything you can think of to make yourself feel better about it all. Some things help for a while; but the nagging worries keep coming back. Finally, you notice that some of your activities are getting a little bit perverted and twisted; that really bothers you a lot. Not that you aren't doing things a lot of other people are doing so as to get their needs met.

Chapter Three - Prayer

How Did I Get Here?

Jesus, all I was doing was trying to have fun. But, in the pursuit of that fun, I found things that brought me a lot of pleasure. Since I involved myself in those activities, I have not been able to control myself. Even though I feel wrong about what I am doing, my body is pushing me into doing them. Please help me with this situation.

Jesus, at first I didn't notice it; but I found myself having to increase my efforts in order to have the same amount of fun. It seems like all the things I do for fun requires greater doses and more time for me to stay happy. That is why I am coming to You; I can see that this is a downward trend that will take me under. Help me with these studies and prayers, so I can be delivered from this struggle.

I'm Not Addicted; I Can Quit Anytime I Want Too

Jesus, another strange thing happened; when I tried to stop involving myself in certain of these activities, I found I couldn't stop. That is when I realized this was over my head. I am coming to You; because nothing is too hard for You. Help me stop promising myself and others that I will stop. Help me realize that I need Your supernatural power to break this hold on me.

Jesus, deep down inside I know I am doing things that aren't good for me. Even though I don't like the feeling I get that I am no longer in control of my life and activities, I still find myself staying involved in the addiction problem. As time continues to go by, my life has started to fall apart in certain areas. Help me trust You with something that really looks big and impossible for me.

Everybody Else Is Doing It

Jesus, there is one major thing that keeps me from seeking help--some of my friends. This can be hard for me; they are people I enjoy being around. Help me be able to give up anything that will drag me back into this addiction, once You have set me free. Help me develop new friends that will encourage me to follow You and Your way of life.

Jesus, the problem is, this kind of lifestyle just doesn't seem normal to me. It has become obvious to me that something is wrong with some of the things I am doing. Help me realize that You have a new, better way of life that I can trade for. Show me what you have to offer, so, I will have a way of life that I can look forward to.

Jesus, I have tried everything I can think of to make myself feel better about it all. Help me see that I was never going to be able to fully solve this problem. Show me how those who get set free using world systems fall back into the same thing or end up addicted to something else. Help me see that You are offering me complete deliverance from all addictions.

Chapter Four - Truth How Can You Tell The Difference?

Normal Pleasure And Extreme Pleasure

There are things that create regular, normal pleasure; and, there are things that create incredible pleasure. Normal pleasure doesn't addict you; extreme pleasure takes control over your life. The memory of the extreme pleasure dominates your thinking during your day. It drives you to do it again; it causes you to think about how you are going to recreate the situation. Rather than enjoying your normal day, with its normal rewards, they all seem insignificant to the extreme pleasure of addicting activities.

Non Productive Activities

There are things that help you succeed in life; and, there are things that dominate your life. There are things that reward you for being involved in life's activities; and, there are things that reward you without you having to do anything to get the reward. Working to earn a living takes a lot of effort; but, knowing you did a good job gives you a mild type of pleasure. Going on a food binge doesn't take much work at all; but, it can give you a lot of pleasure. However, it interferes with the normal activities of your life. It encourages you to not enjoy life and draws your attention to the moment when you can do it again.

Building Relationships

Marriage takes a lot of work; but, when a couple really put the right efforts into it, it can bring them a lifetime of reasonable, normal pleasure. Having sex previous to marriage (fornication) or outside of your marriage (adultery) can give you extreme pleasure. It doesn't require much work and it doesn't involve much of a commitment. It allows you to get the pleasure you seek without building much of a relationship with a person. It is through relationships that real happiness comes your way.

What Kind Of Pleasure Addicts People?

Pleasures That Use People

Married couples go through struggles, difficulties, and have to work on their relationship. They never get addicted to marriage; instead, they grow in their love for each other. People who are just involved in sex get addicted to sex. They can leave one another, if they don't meet their needs for sex and other aspects of pleasure. They aren't in love with the person; they are using them to fulfill their addiction. It becomes a mechanical relationship where the person isn't all that important; *the experience is*.

No Win/Win Relationships

Getting drunk, having sinful sex, doing drugs, over eating, gambling, stealing, cheating people, lying to people, and all of those activities that help you get what you want, at someone else's expense, bring great pleasure. But, they never involve love or love relationships. The people who are involved in these addictions will never know the pleasure that good relationships provide. Plus, emotions start to develop that cause you to feel lonely.

These sin types of pleasure are pleasures that create friendlessness, alienation, aloneness, and feeling lonely. They cause craving, drives, obsessions, distractions, and compulsion. You can feel your lose of relationship, companionship, peace, fulfillment, and satisfaction. You can tell your feelings aren't loving, caring, compassionate, and win/win. That means that you need to allow Jesus to move you into a "normal" life that won't provide you with excessive or extreme pleasure. But, it will mean your life will be filled with joy and happiness.

What Causes An Addiction?

Your Body Is Your Problem

Your body enjoys experiencing pleasure; the more intense the pleasure, the more it likes it. Your body will gravitate toward pleasure; it will think about it, remember the experiences that brought it, crave experiencing it again, and can become so addicted to it that it will even cause you pain if it doesn't get it. If you do not get help with controlling your body's desire for extreme pleasure, you will keep gravitating toward pleasure rather than relationships.

Another thing is, your body can turn you into a selfish, self-centered, and ego-centric person. Lives like that are like cancer; cancer grows at a rapid pace, spends all its time reproducing, but contributes nothing to you. You aren't the cancer; you are the one who is being taken over. Jesus wants to heal you of the cancer of being taken over by an issue with addiction. He wants you to be free!

Sin Is A Spiritual Cancer

Whether cancer starts growing in the cells of your brain, your heart, or your kidneys, it never helps these organs function. It just takes what it needs to reproduce itself and destroys the human body in the process. God has a better plan for humans than being selfish and just trying to meet their own needs without much regard for others. Jesus will be helping you get involved in win/win situations. He will help you not just care for your own wellbeing; He will help you see things from other people's perspectives.

You aren't just being set free from your struggles with addiction, you are being set free from your emotional suffering with loneliness. Jesus will help you be willing to learn how to help those around you get similar benefits that He gives to you. You will be able to get God's wisdom and love operating in your life. They will change you into a person who can come up with incredible ways for meeting your and other people's needs. Rather than being dominated with drives and obsessions, you will be free to live life and enjoy relationships.

Chapter Four - Prayer How Can I Tell The Difference?

Normal Pleasure And Extreme Pleasure

Jesus, help me understand that there are things that create regular, normal pleasure; and, there are things that create incredible pleasure. Help me see that normal pleasure doesn't addict me; but, extreme pleasure takes control over my life. Heal me from the memory of the extreme pleasure; set me free from it dominating my thinking during my day. Give me the victory over the drives I experience to do it again; help me not be caused to think about how I am going to recreate the situation. Help me enjoy my normal day with its normal rewards; keep them from seeming insignificant to the extreme pleasure of addicting activities.

Non Productive Activities

Jesus, teach me that there are things that help me succeed in life; and, there are things that dominate my life. There are things that reward me for being involved in life's activities; and, there are things that reward me without me having to do anything to get the reward. Help me not move away from being willing to earn a living by putting in a lot of effort. Help me be satisfied with knowing I did a good job and accept a mild type of pleasure.

Jesus, help me see the difference between these things that don't take much work but give me a lot of pleasure, and those things that do take a lot of work and only give me mild to moderate pleasure. Since the excessive pleasures interfere with the normal activities of my life, help me be willing to give them up. Since they encourage me to not enjoy life and draw my attention to the moment when I can get extreme pleasure again, help me be willing to look to You for deliverance.

Building Relationships

Jesus, help me see that things like marriage take a lot of work; but, when a couple really put the right efforts into it, it can bring them a lifetime of reasonable, normal pleasure. Show me the emptiness and lack of relationship in having sex previous to marriage (fornication) or outside of my marriage (adultery).

Jesus, help me give up extreme pleasure, and, be willing to make commitments to relationships. Help me see that it is through relationships that real happiness comes my way. Show me my future in sin; and, then help me see my future through being willing to accept Your way of life. Help me see the benefits of living according to the Bible rather than according to the world's system.

What Kind Of Pleasure Addicts People?

Pleasures That Use People

Jesus, show me that married couples go through struggles, difficulties, and have to work on their relationship. But, help me realize that they never get addicted to the marriage; instead, they grow in their love for each other. Show me the families, accomplishments, relationships, freedom to enjoy life, and successes that will come my way through You.

No Win/Win Relationships

Jesus, show me the characteristics of getting drunk, having sinful sex, doing drugs, gambling, stealing, cheating people, lying to people, and all of those activities that help me get what I want at someone else's expense. Show me that these activities never involve love or love relationships. Teach me that the people who are involved in these addictions will never know the pleasure that relationships provide. Plus, emotions have started to develop in me that are causing me to feel lost.

Jesus, help me see that these sin types of pleasure are pleasures that create friendlessness, alienation, aloneness, and feeling lonely. They cause me to crave, be driven, have obsessions, distractions, and compulsions. I can feel my loss of relationship, companionship, peace, fulfillment, and satisfaction.

Jesus, give me feelings that are loving, caring, compassionate, and win/win. Move me into a "normal" life that won't provide me with excessive or extreme pleasure, but, will mean my life will be filled with joy and happiness. Help me see where You are taking me, so I will cooperate with Your healing power.

What Causes An Addiction?

My Body Is My Problem

Jesus, help me see that my body enjoys experiencing pleasure; the more intense the pleasure, the more it likes it. Set me free from my body gravitating toward pleasure. Deliver me from thinking about it, remembering the experiences that brought it, craving the experience again, and becoming so addicted to it that my body will even cause me pain if it doesn't get it.

Jesus, empower me to control my body's desire for extreme pleasure, so it can't gravitate toward extreme pleasure rather than relationships. Jesus, help me understand that my body can turn me into a selfish, self-centered, and ego-centric person. Help me see that a life like that is like cancer; cancer grows at a rapid pace, spends all its time reproducing, but contributes nothing to the person. Help me see that my body has contracted this spiritual cancer and is trying to make me a selfish, self-centered, and ego-centric person.

Jesus, heal me of the cancer of being taken over by an issue with addiction. Empower me to want to be free and to be free.

Sin Is A Spiritual Cancer

Jesus, help me see that cancer is like sin. If it starts growing in the cells of my brain, my heart, or my kidneys, it never helps these organs function. It just takes what it needs to reproduce itself and destroys my body in the process. Help me join God's better plan for me; rather than being selfish and just trying to meet my own needs without much regard for others, let me love them. Help me get involved in win/win situations. Help me not just care for my own wellbeing; help me see things from other people's perspectives.

Jesus, help me see that You aren't just setting me free from my struggles with addiction, You are setting me free from emotional suffering with loneliness. As I pray these prayers, let me be willing to learn how to help those around me get similar benefits that You give me. Help me get God's wisdom and love operating in my life.

Jesus, change me into a person who can come up with incredible ways for meeting my and other people's needs. Rather than me being dominated with drives and obsessions, make me free to live life and enjoy relationships. Thank You for answering these prayers and starting to give me such wonderful breakthroughs.

Chapter Five - Truth Addiction To Pain Reducing Procedures

Self-Medicating

Not all addictions involve extreme pleasure; there are people who are suffering so much that they have become dependent on drugs, alcohol, overeating, gambling, pornography, video games, internet, television, and other things, as a way of escape. Their body or their emotions are in so much pain that they just want relief from loneliness.

The thing is, these people find something that takes their mind off of the issues of life or the pain in their body. But, here's the problem, these "solutions" have side effects that cause difficulties and pain of their own. Jesus offers cures that help you get rid of you pain without side effects.

Human Solutions

Typically, human plans don't take everything into consideration. As you try to navigate through life, you come up with what you think would solve a problem. But, you didn't have the ability to look at what the long-term results would be to your solution to the problem. With your limited mind, you can't consider every possible contingency.

The thing to consider is, your solutions not only don't create permanent answers, they frequently produce problems that can be worse than the problem you were trying to solve. Jesus, however, can consider all the issues you will ever face and come up with a solution that addresses all your problems.

Additions Caused By Pain

Physical and emotional pain can be excruciating. If you have turned to professional help in dealing with a physical or emotional pain, be sure to stay under Jesus' supervision, as to what advice, medication, and treatments you expose yourself to. There are a lot of professionals who do not believe in Jesus and the Bible. Their procedures and advice will lead you away from the One Who can give you solutions that don't create new problems and new pain to your life.

True science doesn't try to decide morality, attitudes, character, and right and wrong issues. Yoga, types of meditation, acupuncture, and many other fake religions and their procedures will lead you away from truth and healing. Don't replace one pain with a "solution" that causes emptiness, fake peace, and dead-end streets of disappointment. Keep in mind that your struggle with addiction and loneliness came from you trying to solve a problem or produce a good lifestyle.

Medication

If you are prescribed mood-altering medications, do not allow yourself to be over medicated. Just accept the very minimal amounts of assistance and relief. Take the same approach to pain relievers; take just enough to manage the pain. Don't allow drugs to be your permanent and complete solution to pain. You need Jesus' healing power that doesn't give you new problems that add to your old ones.

Mood altering drugs take away aspects of your ability to address and react to the people and circumstances around you. They are designed to give you a middle of the road emotional approach. If you need to get very excited, angry, appreciative, or loving, they will tend to keep you from responding normally. You will just be calm and unaffected by some of the important moments in your life.

Professionals

There are people who have spent their entire lives interviewing, studying, documenting, and developing characteristics of the various problems that people go through. They specialize in being able to label various types of addictions, they can sit down with you and describe your life, as if they knew you on a personal level.

You can meet professionals that can impress you with their incredible knowledge of all the aspects of your issues. As you sit and listen to them tell you what you are going through, it is easy for you to assume they know what the solution is.

Just because an expert can describe your problem down to its finest details, doesn't make them experts on solutions to your problem. Jesus, will not only be able to solve your problem with addiction and loneliness, He will give you a wonderful lifestyle. He will teach you *life*-principles that will solve your issue with addiction that can be used in every other area of your life.

Experts

Jesus didn't spend His time going around proving to people that He understood the various aspects of their issues; He just went around healing and blessing them. He didn't listen to people's problems, so He could help them help themselves; *He* listened and then worked a miracle in their life. Don't yield to people who have spent a lifetime being an expert, who can *describe* your problem down to its smallest detail. Let Jesus *heal* your problem down to its smallest detail.

Sympathy

Heb 4:15 (NIV) For we do not have a High Priest (Jesus) who is unable to sympathize with our weaknesses, but we have One Who has been tempted in every way, just as we are--yet was without sin.

There are friends that can sympathize with you, hurt with you, care about you, and stick with you thick and thin. They may be the very best thing for your feelings being cared for and loved. But, Jesus doesn't just offer you sympathy; He has deep sympathy, love, and concern for you; but, that isn't all He has to offer.

Heb 4:16 (NIV) Let us then approach the throne of grace with confidence, *so that we may receive mercy and find grace to help us in our time of need*. Love, friendship, understanding, and faithfulness are vital characteristics from your relationships; but, you need healing! Jesus knows *why* you got involved in being addicted to addiction in the first place. He is going to help you with the foundational cause so as to cure the obvious need.

True Healing

There are types of help that mask your problem; it is like taking a pain killer. The pain may be indicating a serious problem; but, you may be able to take a pain killer that makes it feel like the problem was solved. All you did was get rid of the warning-pain that could have saved your life.

Human cures, such as you trying to solve your problems by getting involved with addiction issues, are like pain killers; they may have made you feel better; but, they didn't cure you. Healing from Jesus doesn't just get rid of your addiction and being isolated. He deals with why you got addicted in the first place.

You can end up trading one issue for another one, if you don't get the cause healed. It wouldn't be a good solution for you to get set free from addiction issues, so you could be addicted to something else. If you still have deep seated pain of friendlessness and the addiction issue is removed from your life, the thing that masked the pain would have to be replaced.

If you need extreme pleasure to help you through your day, then it wouldn't be helpful to get rid of the extreme pleasure without getting rid of the need for it. The *cause* that is pushing you toward addiction, is very important.

Jesus' Solutions

Since Jesus offers supernatural solutions to your addiction and the emotions that come with it, you need to be aware of the fact that His solutions are brought about by very different procedures. If you are impressed with any of the world's solutions, you may not be willing to allow Jesus to approach your problem by using His techniques.

Jesus won't impress you with big terms and labels; He won't come to you with great degrees and letters behind His name; He won't offer you a beautiful office that looks very business-like; He won't even mention that He is the Creator of the universe.

Here is Jesus' approach to you and your physical and emotional issues: **Mat 11:28-29 (NIV)**
Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. That solution goes way down into the center of your heart and heals the *cause* for why you are having struggles with addiction in the first place.

Chapter Five - Prayer Addiction To Pain Reducing Procedures

Self-Medicating

Jesus, if I didn't get involved in addiction because of extreme pleasure, but because I was suffering so much, help me be set free. If I become dependent on drugs, alcohol, gambling, pornography, internet, video games, television, and other things, as a way of escape, give me Your type of healing that doesn't addict. If my body or my emotions are in so much pain that I just want relief from the agony, give me You powerful healing that sets me free.

Jesus, if I went out and found something that would take my mind off of the issues of life and the pain in my body, help me see that I also got side effects. Set me free from these "solutions" that have side effects that cause difficulties and pain of their own. Give me Your cures that help me get rid of my pain without side effects.

Human Solutions

Jesus, since my human plans didn't take everything into consideration, empower me to give them up. As I try to navigate through life, help me stop coming up with what I think would solve my problems. But, help me realize that I don't have the ability to look at what the long-term results will be to my solution to the problem. Help me look to You for Your long-term miracles that take everything into consideration.

Jesus, since my limited mind couldn't consider every possible contingency, they not only didn't create permanent answers, they frequently produced problems that were worse than the problem I was trying to solve. Give me Your solutions that consider all the issues I will ever face and address all the problems I will ever have.

Additions Caused By Pain

Jesus, my physical and emotional pain can be excruciating. Empower me to trust Your help in dealing with a physical or emotional pain; help me follow Your directions. Help me stay under Your supervision, as to what advice, instructions, and treatments I expose myself to. There are a lot of professionals, who do not believe in You and the Bible. Protect me from following procedures and advice that lead me away from You. You alone can give me solutions that don't create new problems and new pain to my life.

Jesus, since You alone decide on morality, attitudes, character, and right and wrong issues, help me avoid Yoga, types of meditation, acupuncture, and many other fake religions and their procedures. Keep me from allowing them to lead me away from truth and healing. Empower me to not replace one pain with a "solution" that causes emptiness, fake peace, and dead-end streets of disappointment.

Jesus, help me keep in mind that my struggle with addiction and loneliness came from *me* trying to solve a problem or produce a good lifestyle. Help me not ever make that mistake again.

Medication

Jesus, if I ever have to be prescribed mood-altering medications, help me not allow myself to be over medicated. Help me just accept the very minimal amounts of assistance and relief. Help me take the same approach to pain relievers; let me take just enough to manage the pain. Empower me to not allow drugs to be my permanent and complete solution to pain. Give me Your healing power that doesn't give me new problems that add to my old ones.

Jesus, protect me from mood altering drugs that take away aspects of my ability to address and react to the people and circumstances around me. Protect me from their middle of the road emotional approach. If I need to get very excited, angry, appreciative, or loving, protect me from them keeping me from responding normally. Protect me from just being calm and unaffected by some of the important moments in my life.

Professionals

Jesus, help me not be impressed with people who have spent their entire lives interviewing, studying, documenting, and developing characteristics of the various problems that people go through. Even though they are able to label various types of addictions and can sit down with me and describe my life as if they know me on a personal level. Help me realize they don't know what the solution is.

Jesus, help me be impressed with Your incredible knowledge of all the aspects of my issues and Your power to know what the solution is.

Jesus, help me understand that You don't need to describe my problem down to its finest details, I just need Your healing power that sets me free from all the fine details of my issues. Also, help me see that even if they were able to solve my problem with addiction and loneliness, they can't give me the lifestyle You are going to give me. Heal me and teach me *life* principles that will solve my issue with addiction and can be used in every other area of my life.

Experts

Jesus, help me not want You to spend Your time proving to me that You understand the various aspects of my issues. Help me just want Your healing and blessing. Help me not want You to listen to my problems, so You can help me help myself. Let me just tell You what my problem is, so You can listen and then work a miracle in my life.

Jesus, help me not yield to people who have spent a lifetime being a professional who can *describe* my problem down to its smallest detail. Help me let You *heal* my problem down to its smallest detail.

Sympathy

Jesus, I **do not have a High Priest (You) Who is unable to sympathize with my weaknesses, but I have One Who has been tempted in every way, just as I am-
-yet was without sin (Heb 4:15).**

Jesus, I have friends that can sympathize with me, hurt with me, care about me, and stick with me thick and thin. They may be the very best thing for my feelings being cared for and loved. But, make it clear to me that You don't just offer me sympathy; You have deep sympathy, love, and concern for me; but, that isn't all You have to offer. Help me not just seek sympathy; help me pursue Your mighty healing power.

Heb 4:16 (NIV) Let us then approach the throne of grace with confidence, *so that we may receive mercy and find grace to help us in our time of need.* Jesus, love, friendship, understanding, and faithfulness are vital characteristics from my relationships; but, I need healing! You know *why* I got involved in being addicted to addiction in the first place. Help me with the foundational cause, so You can cure the obvious need.

True Healing

Jesus, set me free from types of help that mask my problem, like taking a pain killer. Since pain typically indicates a serious problem, help me not just seek a pain killer that makes me feel like the problem was taken care of. If I got involved in those things that addicted me because of much deeper problems, help me not just seek healing from the addiction. Help me get that deeper problem healed too.

Jesus, help me give up all human cures; they are like pain killers; they may make me feel better; but, they don't cure me. Heal me from my addiction and being isolated. And, deal with why I got addicted in the first place.

Complete Healing

Jesus, keep me from trading one issue for another one, because I didn't get the *cause* healed. Keep me from solutions that set me free from addiction issues, so I can be addicted to something else. If I still have deep seated pain of friendlessness and the addiction issue is removed from my life, the addiction that masked the pain would have to be replaced.

Jesus, help me understand that, if I need extreme pleasure to help me through my day, then it wouldn't be helpful to get rid of the extreme pleasure without getting rid of the need for it. Heal me from the *cause* that is pushing me toward addiction.

Jesus' Solutions

Jesus, since You offer supernatural solutions to my addiction, then help me cooperate with Your solutions, that are brought about by very different procedures. Help me not be impressed with any other solutions, or I may not be willing to allow You to approach my problem by using Your techniques.

Jesus, set me free for being impressed with professionals, who use big terms and labels. Set me free from being impressed with great degrees and letters behind people's name. Set me free from beautiful offices that look very business-like. Help me be impressed with You, Who won't even mention that You are the Creator of the universe.

Jesus, teach me Your approach to me and my physical and emotional issues: **Mat 11:28-29 (NIV) Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.** Let this solution go way down into the center of my heart and heal the *cause* for why I am having issues with addiction in the first place.

Chapter Six - Truth

Why Is It So Hard To Break Free From Problems With Addiction?

You Have Been Trapped

A lot of people don't realize what struggles with addiction really are. They don't realize that people who are facing addiction issues have lost their control over the matter. People with addiction issues make themselves and other people promises to quit; and, when they make those promises, they are often very sincere. It isn't until they really try to break free that they discover they are trapped.

Once you have allowed your body to experience intense, immediate pleasure, it accepts the plan as a superior plan to normal life. Your body doesn't like pain, delays in getting pleasure, nor does it just want mild experiences of happiness. It likes intense pleasure, and will keep dealing with you about fulfilling its desires. This is when emotions like loneliness can intensify.

You Are A Spirit Being

The real you, your spirit, that lives inside your body, understands work, accomplishments, delays, and the mild, normal forms of pleasure that come from living life the way God created you to live it. So, there is the real you, that lives in your body, and your body. As you can see, you and your body don't have the same philosophies or goals. This creates a conflict between you and your animalistic body. This is when emotions, like loneliness start to form; they represent this conflict.

You, the spirit person inside your body, has a conscience. The Holy Spirit speaks to the real you, a spirit being, and helps you feel good about treating yourself and other people the right way. He also causes you to feel bad when you treat yourself and others in wrong, bad, or evil ways. However, your body doesn't have a conscience; it is animalistic in its drives, urges, desires, and demands. It doesn't care who it hurts; it just wants to feel good and avoid experiencing pain. This creates a physical and emotional battle between you and the conscienceless desires of your body.

Biblical Guidance

God created you with a free will; you can expose your body to anything you want to. However, as long as you follow Bible principles, you will never give your body a taste of immediate, intense pleasure. The Bible tells you what will hurt you--sin--and what is good for you--righteousness. As long as you listen to Jesus and the Bible's directions, you avoid exposing your body to things it can get used to. For as long as your body doesn't know about all these things, it can't drive you crazy, as it tries to get them.

The potential to desire extreme pleasure was resident in your body; but, the knowledge, the memory of the experiences, and the deep desire to get that experience wasn't there yet. But, when you made a mistake, decided to go ahead and try it once, or jumped into it on purpose, the bodily desire was on. You had a fight on your hands from the moment you exposed your body to immediate, extreme pleasure. You discovered that your body was out of control and you were going to need outside help.

Holy Spirit Guidance

You may not have been exposed to a Bible in your early training. But you were exposed to warnings from the Holy Spirit in your conscience. **John 16:8 (NIV) When He comes, He will convict the world of guilt in regard to sin and righteousness and judgment.** You were warned by the Holy Spirit to avoid those things that take your control away from you. But, like the rest of us, you sinned against your conscience and went ahead and did things you knew were wrong. We all tried one or more of those things listed in Galatians 5:19-21.

A List Of Spiritual Diseases

Gal 5:19-21 (NIV) The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery (excessive indulgence in sensual pleasures); idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. As you look over this list, not everyone agrees with the fact that these things aren't good for us. You can't go to a "professional" and them see these things as spiritual diseases. Many of these "experts" are *currently* involved in the same spiritual diseases themselves.

Making A Trade

Outside Help

There are a lot of places for you to go to try to get help. There are hundreds, if not thousands of methods out there for you to try. However, there is one method that brings true health, healing, and wholeness to your life. If you go to a physical doctor to get healed from a disease and he doesn't see anything wrong with it, he won't help you. Only Jesus has a clear picture of what has long term wrong, bad, and evil effects.

Jesus, the Bible, and the Holy Spirit have labeled bad, damaging, and addicting things, *sins*. Only Jesus has a clear picture of what will bring long term blessings into your life. He, the Bible, and the Holy Spirit have labeled them *righteousness*. If you come to Jesus, He will not only help you with those things you know about, He will give you a much more complete list of sins and righteousness. This will help you avoid any new pit falls that are still in front of you.

It's Not Just Following A List

Jesus has a procedure that works on every person that follows it. He has one hundred percent results with all who follow His system to the letter. He has everything you need or could ever want. Not only does He have everything you need in order to be delivered from addiction issues, He has the ability to take you into a way of life that is far superior to anything you have ever thought about or imagined you would ever have. Obviously, you would be very happy just to get rid of your struggles with addiction and loneliness; but, Jesus has much more to offer.

Complete Healing

Jesus isn't offering you a system that leaves you craving something that is out of your control, while teaching you how to suffer through it. He is going to provide you with a powerful healing that resets your body back to normal. It will still have the "normal" potential to be infected again with the old struggles or even with a new one. You won't be able to expose your body to immediate, extreme pleasure again and get by with it. But, it will no longer be driving you. You will *no longer* be that kind of person; Jesus will take you back to that place of innocents, freedom, and self-control. You will get your control back.

Focusing On A New Life

After Jesus sets you free from your body's *overwhelming* drives, He will be inviting you into a way of life that is superior to what you see most people involved in. It will have a lot more pleasure, joy, happiness, and fun than those who have regimented their lives and disciplined themselves to never expose their body to immediate, intense pleasure. Letting Jesus empower you to be free is a lot more wonderful than the results of human effort.

Jesus' rewards and benefits will help you get involved in life, in a very dynamic way. You aren't being led into a life where being set free from struggles with alienation and addiction are the main theme. You will be led away from the thing that is dominating your thoughts, feelings, and deeds. Jesus doesn't cause you to spend your days learning how to deal with your struggles with addiction. That would keep that problem in the forefront of your mind all the time.

Seeing Your Future

If you don't *really* desire to be set free from your problems with addiction, you will be going through all these studies and prayers, but, your heart won't really be in the process; you will be kidding yourself into believing that you *desire* to be set free but you won't.

Jesus has to show you where you are going; He has to help you *want* the new way of life He is offering. He will have to show you what it is you are trading for. **Mat 13:44 (NIV) The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field.** Jesus has to help you sell out your issues with addiction, so you can buy into the great things He has to offer.

Chapter Six - Prayer

Why Is It So Hard For Me To Break Free From Problems With Addiction?

I Have Been Trapped

Jesus, help me understand what my struggles with addiction really are. Help me realize that facing addiction issues has caused me to lose control over the matter. Since I am dealing with addiction issues, help me stop promising myself and other people to quit, even though they are very sincere. Help me see that this is going to take supernatural healing.

Jesus, help me understand the nature of an addiction. Help me accept that I am trapped. Once I allowed my body to experience intense, immediate pleasure, it put me in this situation where I must have Your help. My body doesn't like pain, delays in getting pleasure, nor does it just want mild experiences of happiness. It likes intense pleasure, and will keep dealing with me about fulfilling its desires. Help me understand that all who get in this situation must have Your miraculous intervention.

I Am A Spirit Being

Jesus, help me accept the fact that the real me lives inside my body. Since the spirit me can understand work, accomplishments, delays, and the mild, normal forms of pleasure, help me accept them. Help me be willing to embrace those things that come from living life the way God created me to live.

Since there is the real me, that lives in my body, and my body, help me see that my body and I don't have the same philosophies or goals. Help me understand that this is when emotions, like loneliness start to form; they represent this conflict. Help me allow You to enter into this conflict and help me win over my body.

Jesus, since I, the spirit person inside my body, has a conscience, let the Holy Spirit speak to the real me, a spirit being. Empower me to cooperate with Him, as He helps me feel good about treating myself and other people the right way. Help me yield to Him as He causes me to feel bad, when I treat myself and others in wrong, bad, or evil ways.

Jesus, since my body doesn't have a conscience, it is animalistic in its drives, urges, desires, and demands. It doesn't care who it hurts; it just wants to feel good and avoid experiencing pain. Help me yield to Your training and power, as You and I deal with the fact that this creates a physical and emotional battle between me and the conscienceless desires of my body.

Biblical Guidance

Jesus, since God created me with a free will, help me never forget that I can expose my body to anything I want. But, empower me to follow Bible principles, so I will never give my body any more tastes of immediate, intense pleasure. Help me submit to the Bible, as it tells me what will hurt me. Thank You for labeling sin, that will hurt me, and for labeling righteousness, that is good for me. Help me listen to You and the Bible's directions. Teach me how to avoid exposing my body to things it could get addicted to.

Jesus, help me see that, for as long as my body doesn't know about all these things, it can't drive me crazy, as it tries to get them. Since the potential for addiction is resident in my body, train and empower me to keep the knowledge, the memory of the experiences, and the deep desire to get that experience from it.

Jesus, help me not make mistakes, decide to go ahead and try it once, or jump into it ignorantly. In those areas where I have already exposed my body to immediate, extreme pleasure, help me to look to You for training, power, desire, and submission to a different approach to life. Help me learn how to control my eyes, the places I go, the people I associate with, and the principles I base my life on.

Holy Spirit Guidance

Jesus, even though I wasn't exposed to a Bible in my early training like I needed to be, help me see that I was being exposed to warnings from the Holy Spirit in my conscience. **John 16:8 (NIV) When He comes, He will convict the world of guilt in regard to sin and righteousness and judgment.** Jesus, help me receive the powerful warnings of the Bible, as I expose myself to it and its principles. And, help me obey the constant guidance and warnings of the Holy Spirit. Let me see how much it would have helped me, if I had listened to Him and avoided those things that addicted me. Keep me aware of and empower me to avoid any more of those things listed in Galatians 5:19-21.

A List Of Spiritual Diseases

Jesus, protect and set me free from these things in this list of spiritual diseases in **Galatians 5:19-21 (NIV): The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery (excessive indulgence in sensual pleasures); idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.**

Jesus, help me understand and agree with the fact that these things aren't good for me. Even though "professionals," friends, and my body don't see these things as spiritual diseases, empower me to see what they can and are doing to me. Even though many "experts" are *currently* involved in the same spiritual diseases themselves and are trying to make me feel good about them, help me make You my final authority on all right and wrong issues.

Making A Trade

Outside Help

Jesus, even though there are a lot of places for me to go to try to get help, even though there are hundreds, if not thousands of methods out there for me to try, help me accept that there is only one method that brings true health, healing, and wholeness to my life. Help me see that if I go to a physical doctor to get healed from a disease and he doesn't see anything wrong with it, he won't help me.

Jesus, only You have a clear picture of what has long term wrong, bad, and evil effects on me. Since You, the Bible, and the Holy Spirit have labeled wrong, bad, and evil things, *sins*, give me those things that will bring long term blessings into my life. Give me those things You, the Bible, and the Holy Spirit have labeled *righteousness*. Help me with those things I know about. And, give me a much more complete list of sins and righteousness. Let them provide me with great deliverance and protection.

It's Not Just Following A List

Jesus, I believe You have a procedure that works on every person that follows it. I believe that You get one hundred percent results with all who follow Your system to the letter. I believe that You have everything I need or could ever want. Not only do You have everything I need in order to be delivered from addiction issues, I believe You have the ability to take me into a way of life that is far superior to anything I have ever thought about or imagined I would ever have.

Jesus, obviously I would be very happy just to get rid of my struggles with addiction; but, help me get much more of those things You have to offer.

Complete Healing

Jesus, give me a healing that doesn't leave me craving something that is out of my control, while teaching me how to suffer through it. Provide me with a powerful healing that resets my body back to normal. Even though it will still have the "normal" potential to be infected again with the old struggles or even with a new one, teach me how and empower me to not expose it to immediate, extreme pleasure again and try to get by with it.

Jesus, help me live a life, where my body will no longer be driving me. Help me *no longer* be that kind of person. Take me back to that place of innocents, freedom, and self-control. Let me have my control back, so I can give it to You on a continuous basis.

Focusing On My New Life

Jesus, after You set me free from my body's *overwhelming* drives, help me be ready and cooperative with You. Help me accept Your invitation into a way of life that is superior to what I see most people involved in. Lead me into a life that is a lot more pleasurable, joyous, happy, and fun.

Jesus, let my new life be better than the life of those who have regimented their lives and disciplined themselves to never expose their body to immediate, intense pleasure. Give me Your rewards and benefits that will help me get involved in life in a very dynamic way.

Jesus, lead me into a life, where being set free from struggles with addiction is the main theme. Lead me away from the thing that is dominating my thoughts, feelings, and deeds. Set me free from spending my days learning how to deal with addiction issues. Keep this problem from being in the forefront of my mind all the time.

Seeing My Future

Jesus, give me a *deep* desire to be set free from my problems with addiction, so I will be going through all these studies and prayers with great results. Help my heart be intensely involved the process. Keep me from kidding myself into believing that I *desire* to be set free but don't. Give me an intense *want* for the new way of life You are offering.

Jesus, help me make this trade: **Mat 13:44 (NIV) The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field.** Help me sell out my issues with addiction, so I can buy into the great things You have to offer.

Chapter Seven - Truth

How To Get The Benefits Of Biblical Training

1. Establish Your Relationship With Jesus And His Bible

There is a special book in the Old Testament named Ecclesiastes; it was written by Solomon, son of King David. Solomon became king over all of Israel, after his dad. Let Jesus take you on a journey into the life of this Solomon in the Old Testament. Jesus was there when Solomon was King. He had established Biblical training and procedures for Solomon. He made sure he had more than enough Biblical information to live his life.

David, Solomon's father, had a wonderful relationship with God and His Word. But, Solomon decided to just go with his own wisdom, goals, plans, and dreams. He thought that since God had given him incredible wisdom, he didn't really need to consult God and the Bible. Let Jesus help you see why you need Him to guide you into your healing from addiction issues. He knew how to guide the wisest man on the planet; and, He knows how to help you. Let Solomon's life help you see where you went wrong, so you can repent and make a U-turn and go Jesus' way.

2. Get Ready For The Supernatural Power Of God

1 Ki 3:5 (NIV) At Gibeon the LORD appeared to Solomon during the night in a dream, and God said, "Ask for whatever you want Me to give you." What if God came to you in a dream and said, "Ask for whatever you want Me to give you."? What would you ask for? There are things that you want that seem like they would be a great benefit to you; but, in the long run they would let you down? What would be the very best thing you could ask for from God?

Solomon realized his weaknesses and looked to God for help with those weaknesses. He was getting ready to face the assignments for his life; and, he knew he was inadequate for the job. So, he asked God for the things that he needed to do a good job; that was the right thing to do.

3. Know What The Right Things Are

1 Ki 3:6 (NIV) Solomon answered, "You have shown great kindness to your servant, my father David, because he was faithful to you and righteous and upright in heart. You have continued this great kindness to him and have given him a son to sit on his throne this very day.

Solomon knew why God had blessed his father; he knew what it would take for God to bless him. But, even though he started out right in the beginning, he didn't use this knowledge for his own life all the way to the end. As you are looking at Solomon, who ended up heading in a bad direction, keep in mind that he knew what it would take to be successful in life. He had seen his father do the right and best things.

4. Have A Humble Attitude

1 Ki 3:7 (NIV) Now, O LORD my God, you have made your servant king in place of my father David. But I am only a little child and do not know how to carry out my duties.

This is totally different from your world training. You were taught to believe in yourself, have self-confidence and self-esteem, concentrate on your strengths, believe you can do anything you set your mind to, and visualize your greatness. However, the only way to get Jesus' help, is to give up all those concepts and do what Solomon did here. The more you are full of yourself, the less room there is for Jesus in your life.

5. Face The Difficulty Of Your Assignment

1 Ki 3:8 (NIV) Your servant is here among the people you have chosen, a great people, too numerous to count or number. For you to realize that your problem with addiction is over your head, will help you look to Jesus for His help. It isn't until you come to the end of yourself and the end of human help that you open yourself to getting Jesus' help.

Since Jesus honors your God-given free will with great intensity, any confidence or faith in what you can do or what other humans can do will typically cause Him to back off and allow you to try that solution. But, when you realize that only Jesus can help you with your issue with addiction, that is when you start experiencing breakthroughs in this addiction and in your struggles with loneliness.

6. Ask For The Right Things

1 Ki 3:9 (NIV) So give your servant a discerning heart to govern your people and to distinguish between right and wrong. For who is able to govern this great people of yours?" When you went for money, possessions, happiness, pleasure, and freedom from pain, you didn't have a clear picture of where you should look for them. You lacked **a discerning heart** and you lacked the ability **to distinguish between right and wrong.**

You used the trial-and-error method rather than following the instructions and guidances of Jesus and the Bible. All these things you went after already had a sin-label placed on what was harmful for you. And there were also righteousness-labels on all the things that were good for you. Plus, the Holy Spirit spoke to your conscience and caused you to feel wrong about what you were about to do.

Now that you have had a chance to see the results of all the methods you have used in you past, ask Jesus for **a discerning heart** and the ability **to distinguish between right and wrong.** Once Jesus answers that prayer, be sure to give Him the credit and not just think you are getting smarter.

7. Stay In Those Places Where God Is Pleased

1 Ki 3:10 (NIV) The Lord was pleased that Solomon had asked for this. Solomon started out asking for the right things; but, why didn't he stay there? God gave him everything he needed to keep going in the right direction. But, Soloman took the provisions of God and ran with them. He took God's gifts and used them the way he wanted to. Rather than maintaining a close and intimate relationship with the God that gave him the gifts, he walked off and used them for his own glory and honor.

The gifts of God need to be under the supervision of God. You will be receiving healing from your struggles with addiction and feeling lonely. When that happens, pray and ask Jesus to help you not just thank Him and then regain control over your own life.

Chapter Seven - Prayer

How I Get The Benefits Of Biblical Training

1. I Am Establishing My Relationship With Jesus And His Bible

Jesus, take me on a journey into the life of Solomon in the Old Testament. Show me that, just like You were there when Soloman was King, You are with me in my life. Just like You had established Biblical training and procedures for Solomon, You have them for me. Just like You made sure Solomon had more than enough Biblical information to live his life, You are doing the same for me.

Jesus, help me compare David, Solomon's father, and Solomon. Help me learn from David's wonderful relationship with God and His Word. And, help me see what happened to Solomon, when he decided to just go with his own wisdom, goals, plans, and dreams. Show me what happened to him, when he thought that since God had given him incredible wisdom, he didn't really need to consult God and the Bible.

Jesus, help me see why I need You to guide me into my healing from addiction issues. You knew how to guide the wisest man on the planet; and, You know how to help me. Let Solomon's life help me see where I went wrong, so I can repent and make a U-turn and go Your way.

2. I Am Getting Ready For The Supernatural Power Of God

1 Ki 3:5 (NIV) At Gibeon the LORD appeared to Solomon during the night in a dream, and God said, “Ask for whatever you want Me to give you.” Jesus, if God came to me in a dream and said, “Ask for whatever you want Me to give you.”, help me know what to ask for. Teach me what those things are, that I want, that seem like they would be a great benefit to me; but, in the long run, they will let me down.

Jesus, teach me the Bible, so I will know what will be the very best thing I could ask for from God. Solomon realized his weaknesses and looked to God for help with those weaknesses; help me do the same. He was getting ready to face the assignments for his life and he knew he was inadequate for the job; help me to realize this too.

3. I Am Learning What The Right Things Are

1 Ki 3:6 (NIV) Solomon answered, “You have shown great kindness to your servant, my father David, because he was faithful to you and righteous and upright in heart. You have continued this great kindness to him and have given him a son to sit on his throne this very day.

Jesus, Solomon knew why God had blessed his father; he knew what it would take for God to bless him. But, even though he started out right in the beginning, he didn't use this knowledge for his own life all the way to the end. Protect me from making that mistake; help me put my trust in You and leave it there.

4. I Am Getting A Humble Attitude

1 Ki 3:7 (NIV) “Now, O LORD my God, you have made your servant king in place of my father David. But I am only a little child and do not know how to carry out my duties.

Jesus, show me that this is totally different from my world training. I was taught to believe in myself, have self-confidence and self-esteem, concentrate on my strengths, believe I can do anything I set my mind to, and visualize my greatness. Help me give up all those concepts and do what Solomon did here. Set me free from being full of myself, so there will be more room for You in my life.

5. I Am Facing The Difficulty Of My Assignment

1 Ki 3:8 (NIV) Your servant is here among the people you have chosen, a great people, too numerous to count or number. Jesus, since my problem with addiction is over my head, help me always look to You for my help. Help me not turn to the right or the left for some other way to be helped. No matter how hard it is for me to win, help me trust You all the way to victory.

Jesus, help me come to the end of myself and the end of human help, and, open myself to getting Your help. Since You honor my God-given free will with such intensity, set me free from any confidence or faith in what I can do or what other humans can do. Help me not do anything that would cause You to back off and allow me to try that solution. Let me always be aware that only You can help me with my issue with addiction, so that can be the moment when I start experiencing breakthroughs.

6. I Am Asking For The Right Things

1 Ki 3:9 (NIV) So give your servant a discerning heart to govern your people and to distinguish between right and wrong. For who is able to govern this great people of yours?" Jesus, teach me that when I went for money, possessions, happiness, pleasure, and freedom from pain, I didn't have a clear picture of where I should look for them. Show me that I lacked a **discerning heart** and I lacked the ability **to distinguish between right and wrong.**

Jesus, set me free from the trial-and-error method, rather than following the instructions and guidance of You and the Bible. Since all those things I went after already had a label placed on what was harmful for me, empower me to always avoid them from now on. Since You also labelled what was good for me, empower me to make them my priority.

Jesus, since the Holy Spirit spoke to my conscience causing me to feel wrong about what I was about to do, now that I have had a chance to see the results of trial-and-error methods, give me a **discerning heart** and the ability **to distinguish between right and wrong.**

7. I Am Staying In Those Places Where God Is Pleased

1 Ki 3:10 (NIV) The Lord was pleased that Solomon had asked for this. Jesus, since Solomon started out asking for the right things, but, didn't stay there, help me see where he went wrong. Help me see that God gave him everything he needed to keep going in the right direction. But, Solomon took the provisions of God and ran with them. Help me understand that he took God's gifts and used them the way he wanted to.

Jesus, help me not do like Solomon; help me maintain a close and intimate relationship with the God that is giving me the gifts. Help me not get healed and then walked off and used them for my own glory and honor. Help me take each gift that God gives me and let it stay under the supervision of God. Make it clear to me that I will be receiving healing from my struggles with addiction and feeling lonely. When that happens, I pray and ask You to help me not just thank You and then regain control over my own life.

Chapter Eight - Truth

Gaining Rewards For Seeking The Right Things

God Answers The Right Prayers

1 Ki 3:11-12 (NIV) So God said to him, “Since you have asked for this and not for long life or wealth for yourself, nor have asked for the death of your enemies but for discernment in administering justice, I will do what you have asked. I will give you a wise and discerning heart, so that there will never have been anyone like you, nor will there ever be.”

Jesus is pleased that you are turning to Him for your healing from addiction issues. You are looking to Him for the meeting of your needs; that is pleasing to Him. As you go through these studies and pray these prayers, you are asking for those things Jesus wants to do for you. This puts you into a position for getting your prayers answered positively.

Getting More Than You Ask For

1 Ki 3:13 (NIV) Moreover, I will give you what you have not asked for--both riches and honor--so that in your lifetime you will have no equal among kings. You are coming to Jesus for His help with your difficulties with addiction; but, He is going to do so much more for you. You are allowing your struggles with loneliness to motivate you to allow Jesus to get involved in your life. He will be using this motivation to lead you into such blessings, miracles, and healing that they will show you how much you need to give the rest of your life to Him and His Bible.

Live Based On Jesus And His Bible

1 Ki 3:14 (NIV) And if you walk in my ways and obey my statutes and commands as David your father did, I will give you a long life. Jesus and His Bible will work on your attitudes and character. The power and gifts of God must be used through attitudes and character that Jesus has helped you get. It is easy to seek the blessings, miracles, and healing of God, get them, and feel like that is all you need.

You will only remain, if you pray and ask God to empower you to stay, after you get your prayers answered. *But*, the thing that will help you the most to stay in the principles of the Bible is for you to learn *why*. You need to know *why* the Bible is asking you to believe and do those things in it. If you don't allow Jesus to teach you *why* He is saying these things in the Bible, you will lose interest and start applying world training and human reasoning to your life.

Don't Just Go Back To Normal Life

1 Ki 3:15 (NIV) Then Solomon awoke--and he realized it had been a dream. He returned to Jerusalem, stood before the ark of the Lord's covenant and sacrificed burnt offerings and fellowship offerings. Then he gave a feast for all his court.

Solomon moved into doing those things that God was asking of him. He came out of the dream and did things that looked like he was going to live his life with God. But, it was a matter of where his heart was; his father David had an emotional, heart-felt, real and sincere relationship with God.

The big thing about Solomon was, he prayed for the right things and went through the motions of doing the right things; but, his heart wasn't open to allowing God in. You can't just have a studious, mental, and scholarly relationship with God. Your healing from difficulties with addiction will only come through relationship.

Don't Just Go Through The Motions

As you join Jesus in these studies and prayers, it is vital that you allow your heart to get involved. If you just go through the motions, then you will learn a lot of principles; but, you won't *feel* a special love and appreciation for Jesus. God is all about relationships; He isn't trying to use your issues with addiction and loneliness to just heal you. He wants to bring you into His love, respect, and compassion for you.

Rather than you just trying to learn Biblical principles, Jesus wants you to stop and look at how much He loves you. He has provided all these things because He loves you and cares about your suffering. He is doing all these supernatural things because He really loves you. Pray and ask Jesus to help you read all these things while stopping off to see how much God is being generous and compassionate to you; don't just take them for granted.

The Results Of Information Only

Eccl 1:2 (NIV) "Meaningless! Meaningless!" says the Teacher. "Utterly meaningless! Everything is meaningless." This is the results of Solomon's system of life-pursuit. God gave him incredible blessings and power; but, he lived his life alone, carrying his blessings with him and left God.

What pulled Solomon away? What was Solomon seeking rather than a relationship with God? He was seeking money, possessions, positions, power, popularity, prestige, pleasure, and accomplishments. Instead of doing what the Bible teaches, he sought these *things* first. **Mat 6:33 (NIV) But seek first His (God's) kingdom and His righteousness, and all these things will be given to you as well.**

When Solomon went after *things* first, he ended up with Satan's bait. There isn't anything wrong with *things*, it just matters *why* you get them, *how* you get them, and *what* you do with them, once you get them.

Chapter Eight - Prayer

I Am Gaining Rewards For Seeking The Right Things

God Answers The Right Prayers

1 Ki 3:11-12 (NIV) So God said to him, “Since you have asked for this and not for long life or wealth for yourself, nor have asked for the death of your enemies but for discernment in administering justice, I will do what you have asked. I will give you a wise and discerning heart, so that there will never have been anyone like you, nor will there ever be.” Jesus, help me see that You are pleased that I am turning to You for my healing from addiction issues.

Jesus, help me keep looking to You for the meeting of my needs; help me keep doing those things that are pleasing to You. As I go through these studies and pray these prayers, help me be asking for those things You want to do for me. Let this put me into a position for getting my prayers answered positively.

I Am Getting More Than I Ask For

1 Ki 3:13 (NIV) Moreover, I will give you what you have not asked for--both riches and honor--so that in your lifetime you will have no equal among kings. Jesus, I am coming to You for Your help with my difficulties with addiction; but, help me understand that You are going to do so much more for me.

Jesus, help me continue to allow my struggles with loneliness to motivate me to get You involved in my life. Use this motivation to lead me into such blessings, miracles, and healing that they will show me how much I need to give the rest of my life to You and Your Bible.

I Am Living Based On Jesus And His Bible

1 Ki 3:14 (NIV) And if you walk in my ways and obey my statutes and commands as David your father did, I will give you a long life. Jesus, use Your Bible to work on my attitudes and character. Help me let the power and gifts of God be used through attitudes and character that You have helped me get. Help me not seek the blessings, miracles, and healing of God, get them, and then feel like I don't need anything else from You.

Jesus, empower me to stay in good attitudes and character, after I get my prayers answered. Help me stay in the principles of the Bible. Show me that it is for me to learn *why* it and You are asking me to believe and do those things in it. Help me to allow You to teach me *why* You are saying these things in the Bible. Show me that knowing *why* will keep me from losing interest and start applying world training and human reasoning to my life.

I Am Not Going Back To Normal Life

1 Ki 3:15 (NIV) Then Solomon awoke--and he realized it had been a dream. He returned to Jerusalem, stood before the ark of the Lord's covenant and sacrificed burnt offerings and fellowship offerings. Then he gave a feast for all his court. Jesus, help me always realize that Solomon moved into doing those things that God was asking of him. Help me understand that he came out of the dream and did things that looked like he was going to stay on the right track; but, he had a major problem.

Jesus, show me that it was a matter of where Solomon's heart was; his father David had an emotional, heart-felt, real and sincere relationship with God. Solomon prayed for the right things and went through the motions of doing the right things; but, his heart wasn't open to allowing God in. Empower me to *not* just have a studious, mental, and scholarly relationship with God; teach me that my healing from difficulties with addiction only come through that relationship.

I Am No Longer Just Going Through The Motions

Jesus, as I join You in these studies and prayers, empower me to allow my heart to get involved. Help me not just go through the motions and just learn a lot of principles. Help me *feel* a special love and appreciation for You. Since God is all about relationships, He is *not* trying to use my issues with addiction and loneliness to just heal me.

Jesus, bring me into Your love, respect, and compassion for me. Rather than just trying to learn these principles, help me stop and look at how much You love me. Reveal to me that You have provided all these things, because You love me and care about my suffering. Help me realize that You are doing all these supernatural things, because You really love me. I ask You to help me read all these things while stopping off to see how much You are being generous and compassionate to me.

The Results Of Information Only

Ecc 1:2 (NIV) “Meaningless! Meaningless!” says the Teacher. “Utterly meaningless! Everything is meaningless.”

Jesus, help me understand that this is the end result of Solomon’s system of life-pursuit. You gave him incredible blessings and power; but, he walked away, carrying his blessings with him and left You. Show me what Solomon was seeking, rather than a relationship with God. Make it clear to me that He was seeking money, possessions, positions, power, popularity, prestige, pleasure, and accomplishments.

Jesus, help me do what the Bible teaches; help me not be like Solomon, and seek *things* first. Help me obey **Matthew 6:33 (NIV): But seek first His (God’s) kingdom and His righteousness, and all these *things* will be given to you as well.** Help me realize that when he went after *things* first, he ended up with Satan’s bait. Teach me that there isn’t anything wrong with *things*, it just matters *why* I get them, *how* I get them, and *what* I do with them once I get them.

Chapter Nine - Truth What Happens When You Pursue Money, Happiness, And Pleasure First?

**These next two pages are very long, but, vital training and prayer for your future success.
Ask Jesus to help you through them.**

Life Without God

Ecc 1:2 (NIV) “Meaningless! Meaningless!” says the Teacher. “Utterly meaningless! Everything is meaningless.” What does man gain from all his labor at which he toils under the sun? The friendlessness, alienation, aloneness, and being isolated that come from going after happiness and pleasure without the guidance of God, was being expressed by Solomon. He was wiser, more gifted, and more intelligent than any man before him or after him.

Solomon had more money, possessions, positions, power, prestige, popularity, pleasure, and accomplishments than any of us are capable of getting. Yet, he couldn’t find the happiness, satisfaction, and the meaning his heart was seeking. Why? He didn’t **seek *first* God’s kingdom and His righteousness.** Jesus’ message to you is that all these things will never satisfy you. But, you will be able to use many of them to help others.

Life With God

You need Jesus to help you see what Satan's bait and traps look like. You need Jesus to show you that they are covered with wonderful things on the outside of them. But, they have a hook or a trap connected to them. Let Him empower you to see that you won't be able to tell the difference between sin and righteousness without His and the Bible's help. Satan's bait looks just like those things Jesus created that are good.

Allow Jesus to show you that you got trapped into a problem with addiction, because you didn't let Him warn you about something you couldn't see; but He could. You don't want to miss this truth. Solomon wandered from one trap to the next. He ended up pretty much trying it all, and, with the same results. That isn't very smart. He had a wisdom from God that he used on a human level.

Let Jesus show you the nature and character of satanic addiction-bait. And, let Him show you how to get free from those things that have hooked and trapped you. Let Him help you not use your knowledge, understanding, wisdom, and abilities. Allow Him to empower you with His knowledge, understanding, wisdom, and abilities. You need help seeing things that are hidden from you. Jesus wants to use Solomon to help you see things more clearly. You must understand this in order to be set free.

The Pursuit Of Happiness Without God

The Information Trap

Eccl 1:13, 18 (NIV) I devoted myself to study and to explore by wisdom all that is done under heaven. What a heavy burden God has laid on men! For with much wisdom comes much sorrow; the more knowledge, the more grief. But, when you include Jesus, you will gain a lot of knowledge from Him that will bring great joy, happiness, and freedom.

Ask Jesus to help you not try to get your happiness and satisfaction by filling your mind with all kinds of success or power information. Your heart may be looking for happiness through research, study, and learning self-help and how-to-succeed information. But, there are never enough facts to satisfy your mind and heart. It is only the truths of the Bible that will lead you into the meaning to life and the blessings of God.

The Foolishness Trap

Eccl 1:17 (NIV) Then I applied myself to the understanding of wisdom, and also of madness and folly, but I learned that this, too, is a chasing after the wind. It's the difference of trying to get enjoyment to fill an empty heart, or, already have happiness before you go to a party.

Ask Jesus to help you not just let go, spend money, and do crazy things trying to enjoy yourself. Ask Him to protect you from laying your senses and reasoning down and give yourself over to trying anything that is fun. Ask Him to protect you from things that put your life in danger, like sky diving, bungee jumping, driving recklessly, and taking chances trying to get a thrill in life.

Flirting with death will only give you a thrill for as long as you are taking chances; the danger has to keep getting closer and closer to death to be fun. Satan is trying to kill you; so, he sees to it that you get rewards, while you are endangering your life. Jesus wants to give you life and life more abundantly. Jesus can bless you by pouring His Spirit on you. He can give you powerful reasons for wanting to live and not die.

The Wisdom Trap

Ecc 2:12-14 (NIV) Then I turned my thoughts to consider wisdom, and also madness and folly. What more can the king's successor do than what has already been done? I saw that wisdom is better than folly, just as light is better than darkness. The wise man has eyes in his head, while the fool walks in the darkness; but I came to realize that the same fate overtakes them both.

Ask Jesus to help you not try to use your wisdom or foolishness to make you happy. That is to try to get *them* to create happiness in you. When you start with sadness, emptiness, loneliness, hopelessness, and folly, you are starting from the wrong perspective. Things are to be experienced after *Jesus* gives you happiness. You are to be a happy person using things. Not a sad person trying to get things to make you happy.

The Partying, Alcohol, and Drugs Trap

Ecc 2:1-3 (NIV) I thought in my heart, "Come now, I will test you with pleasure to find out what is good." But that also proved to be meaningless. "Laughter," I said, "is foolish. And what does pleasure accomplish?" I tried cheering myself with wine, and embracing folly--my mind still guiding me with wisdom. I wanted to see what was worthwhile for men to do under heaven during the few days of their lives.

Ask Jesus to protect you from spending a lot of time and money on drinking, drugs, dancing, partying, and riotous living. As you allow Jesus to fill your heart with His type of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control, if you then expose your body to extreme pleasure, it will prefer those things that provide it. You will get hooked, trapped, and enslaved to something that overwhelmed your emotions, but took over your life.

Gal 5:19 (NIV) The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery (excessive indulgence in sensual pleasures); idolatry and witchcraft...selfish ambition...drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. Only the pleasures of God will stay with you long after the party is over.

The Accomplishments Trap

Ecc 2:4-6 (NIV) I undertook great projects: I built houses for myself and planted vineyards. I made gardens and parks and planted all kinds of fruit trees in them. I made reservoirs to water groves of flourishing trees.

Ecc 2:7-8 (NIV) I bought male and female slaves and had other slaves who were born in my house. I also owned more herds and flocks than anyone in Jerusalem before me. I amassed silver and gold for myself, and the treasure of kings and provinces. I acquired men and women singers, and a harem as well--the delights of the heart of man.

Ecc 2:9 (NIV) I became greater by far than anyone in Jerusalem before me. In all this my wisdom stayed with me. I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my work, and this was the reward for all my labor. Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun.

Solomon started these projects with an empty heart and life and he ended with them empty. Why? They didn't have what he was looking for. It is easy for you to come up with a plan that you think will make you happy. Many have come up with such a plan and spent their entire lives trying to get that plan to make them happy. They never gave up on the plan, because they kept thinking that maybe they just hadn't done enough or done it right.

The hole in your heart and mind is a vacancy that only God can fill. It will never give you extreme pleasure, because that would addict and enslave you. But, you will be one of the happiest people on the planet. You will love your life; and people will love being around you. Addiction is lonely, because it excludes true relationships. All of Solomon's accomplishments were all about him and his happiness.

Making A Name For Yourself Trap

Ecc 2:15-19 (NIV) Then I thought in my heart, "The fate of the fool will overtake me also. What then do I gain by being wise?" I said in my heart, "This too is meaningless." For the wise man, like the fool, will not be long remembered; in days to come both will be forgotten. Like the fool, the wise man too must die! So I hated life, because the work that is done under the sun was grievous to me. All of it is meaningless, a chasing after the wind.

I hated all the things I had toiled for under the sun, because I must leave them to the one who comes after me. And who knows whether he will be a wise man or a fool? Yet he will have control over all the work into which I have poured my effort and skill under the sun. This too is meaningless.

Solomon was trying to protect his things, his accomplishments, and his reputation. Ask Jesus to help you invest in people, so you can be a team, a family, and a movement. As you share Jesus and teach people the Bible, *everything* you do, invest in, and provide will last forever. As your message and investments pass on from person-to-person, many won't know it was you who started the whole thing. But, the Bible says they will know you in eternity.

The Sex Trap

1 Ki 11:1-4 (NIV) King Solomon, however, loved many foreign women besides Pharaoh's daughter--Moabites, Ammonites, Edomites, Sidonians and Hittites. They were from nations about which the LORD had told the Israelites, "You must not intermarry with them, because they will surely turn your hearts after their gods." Nevertheless, Solomon held fast to them in love.

He had seven hundred wives of royal birth and three hundred concubines, and his wives led him astray. As Solomon grew old, his wives turned his heart after other gods, and his heart was not fully devoted to the LORD his God, as the heart of David his father had been.

God is all about relationships; and, relationships are what He wants you to be involved in. But, as you can see, Solomon was involved in the wrong relationships. Once again, he was trying to find some kind of a relationship that would make him happy. Once Jesus fills your heart with the fruit of the Spirit listed in Galatians 5:22-23, you will know what relationships to get involved in and which ones to avoid. Solomon's relationships not only didn't make him happy, they ruined his life.

Gal 5:22-23 (NIV) But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. These are emotions that fill your heart all day long every day. There is a satisfaction, a completeness, a happiness, and a feeling of accomplishment that goes with you everywhere you go. Rather than always looking, hunting, pursuing, and longing for something to make you happy, you enter into all that you do with **the fruit of the Spirit** already in your heart.

Coming To The Right Conclusion

Stop And Think

Eccl 2:20 (NIV) So my heart began to despair over all my toilsome labor under the sun. Struggles with addiction came from the pursuit of those things that you pursued before you were seeking **first His (God's) kingdom and His righteousness**. What happens when you seek first God's kingdom and His righteousness? **All these things will be given to you as well**. But, you didn't do it that way; so, how can you get all this mess straightened out?

Mat 11:28 (NIV) "Come to Me (Jesus), all you who are weary and burdened, and I will give you rest." It doesn't matter how messed up your life is; Jesus is more powerful, skillful, and resourceful in healing your life, than you have been in messing it up. He just has to first convince you that there is nothing else that is going to meet your needs. If you aren't convinced, you will try to mix Jesus and Christianity with all your other plans.

Get The Emotional Healing You Need

Eccl 2:21 (NIV) For a man may do his work with wisdom, knowledge and skill, and then he must leave all he owns to someone who has not worked for it. **This too is meaningless and a great misfortune**. Not only is Jesus able to help you with all the problems, drives, and slavery of your addiction issues, He is able to take away the emotional friendlessness, loneliness, alienation, and being secluded in your heart.

You haven't wasted your life; Jesus will give meaning and purpose to it. It isn't too late for you to win at life; He will give you all you need to be a great success in it. But, you must put your full trust in Him; or, you will just let Him heal you from addiction problems and then do what Solomon did: you will walk away and go do your own thing.

Get Your Purpose Established

Eccl 2:22 (NIV) What does a man get for all the toil and anxious striving with which he labors under the sun? Life in Jesus doesn't lack meaning and purpose; Jesus wants to take you and show you what life is all about. He wants to make your time on this earth count. And, He wants to make your eternal destiny become a great success. Life is only meaningless, when you leave Jesus out of it. Once you involve Him more, your life will become exciting, joyous, and fulfilling.

You Can't Figure It Out

Eccl 2:23 (NIV) All his days his work is pain and grief; even at night his mind does not rest. This too is meaningless. You won't be able to figure out what life is all about. You won't be able to figure out how to get rid of your problems with addiction. You won't be able to figure out how to straighten your life out. You won't be able to make up a plan for solving your problems. You need to turn the whole thing over to Jesus and let Him take it from here.

Settle Down And Rest

Eccl 2:24-25 (NIV) A man can do nothing better than to eat and drink and find satisfaction in his work. This too, I see, is from the hand of God, for without Him, who can eat or find enjoyment? Relax and settle down to the normal activities of life. Let Jesus take you back to the basics of your schedule, your plans, your goals, your routines, and your lifestyle. Let Jesus help you lay it all down before Him; He knows how to handle every bit of it.

Just try to go about a normal day of taking care of the basic needs of your life. Turn all your troubles, difficulties, and struggles over to Him. Let Jesus have all your thoughts and feelings, so you can learn how to put your total trust in Him. If you find yourself trying to figure out what is next, if you try to figure out what you think Jesus should do, or if you find yourself worrying about things, pray and allow Jesus to calm your heart.

The next thing you will need to learn is, what procedures do work with Jesus? What tools, methods, systems, and plans bring His kind of life and results? It is obvious you must approach your life with happiness already in it. But, how do you get that happiness from Jesus rather than things? You knew how to pursue things; now let Jesus teach you how to pursue Him and His way of life.

Chapter Nine - Prayer

What Happens When I Pursue Money, Happiness, And Pleasure First?

Life Without God

Ecc 1:2 (NIV) “Meaningless! Meaningless!” says the Teacher. “Utterly meaningless! Everything is meaningless.” What does man gain from all his labor at which he toils under the sun? Jesus, help me hear the friendlessness, alienation, aloneness, and being isolated that come from going after happiness and pleasure without Your guidance, that was being expressed by Solomon. You were wiser, more gifted, and more intelligent than any man before him or after him.

Jesus, since Solomon had more money, possessions, positions, power, prestige, popularity, pleasure, and accomplishments than I am capable of getting, help me learn from his mistakes. If he couldn't find the happiness, satisfaction, and meaning his heart was seeking, help me believe that I can't do what he did and get them either.

Jesus, teach me that Solomon didn't **seek *first* God's kingdom and Your righteousness.** Help me hear Your message to me; help me understand that all these things will never satisfy me. But, help me understand that I will be able to use many of them to help others.

Life With God

Jesus, since I don't know what Satan's bait and traps look like, show me that they are covered with wonderful things on the outside. When I read about them in the Bible, help me accept the fact that they have a hook or a trap connected to them. Empower me to see that I won't be able to tell the difference between sin and righteousness without Your and the Bible's help. Help me be convinced that Satan's bait looks just like those things You created, that are good.

Jesus, show me that I got trapped into a problem with addiction, because I didn't let You warn me about something I couldn't see; but You could. Help me not miss this truth. Help me not be like Solomon and wander from one trap to the next. Since he ended up pretty much trying it all, and, with the same results, help me be convinced that it will be the same for me.

Jesus, show me the nature and character of satanic addiction-bait. And, show me how to get free from those things that have hooked and trapped me. Help me not use my knowledge, understanding, wisdom, and abilities. Empower me with Your knowledge, understanding, wisdom, and abilities. Help me see things that are hidden from me. Use Solomon to help me see things more clearly. Help me understand this, so I can be set free.

The Pursuit Of Happiness Without God

The Information Trap

Eccl 1:13, 18 (NIV) I devoted myself to study and to explore by wisdom all that is done under heaven. What a heavy burden God has laid on men! For with much wisdom comes much sorrow; the more knowledge, the more grief. But, Jesus, when I include You, I will gain a lot of knowledge that will bring great joy, happiness, and freedom. Help me see where Solomon was getting his information.

Jesus, help me not try to get my happiness and satisfaction by filling my mind with all kinds of success or power information. Help me not look for happiness through research, study, and learning self-help and how-to-succeed information. Help me understand that there are never enough facts to satisfy my mind and heart. Help me realize that it is only the truths of the Bible that will lead me into the meaning to life and the blessings of God.

The Foolishness Trap

Eccl 1:17 (NIV) Then I applied myself to the understanding of wisdom, and also of madness and folly, but I learned that this, too, is a chasing after the wind. Jesus, teach me that it's the difference of trying to get enjoyment to fill an empty heart, or, already have happiness before I go to a party.

Jesus, help me not just let go, spend money, and do crazy things, trying to enjoy myself. Protect me from laying my senses and reasoning down and giving myself over to trying anything that is fun. Protect me from things that put my life in danger, like sky diving, bungee jumping, driving recklessly, and taking chances trying to get a thrill in life.

Jesus, help me accept the fact that flirting with death will only give me a thrill for as long as I am taking chances; the danger has to keep getting closer and closer to death to be fun. Satan is trying to kill me; so, he sees to it that I get rewards, while I am endangering my life. Give me life and life more abundantly. Bless me, by pouring Your Spirit on me. Give me powerful reasons for wanting to live and not die.

The Wisdom Trap

Eccl 2:12-14 (NIV) Then I turned my thoughts to consider wisdom, and also madness and folly. What more can the king's successor do than what has already been done? I saw that wisdom is better than folly, just as light is better than darkness. The wise man has eyes in his head, while the fool walks in the darkness; but I came to realize that the same fate overtakes them both.

Jesus, help me not try to use my wisdom or foolishness to make me happy. Help me not try to get *them* to create happiness in me. Teach me that when I start with sadness, emptiness, loneliness, hopelessness, and folly, I am starting from the wrong perspective. Things are to be experienced after *You* give me happiness. I am to be a happy person using things. Not a sad person trying to get things to make me happy.

The Partying, Alcohol, and Drugs Trap

Ecc 2:1-3 (NIV) I thought in my heart, “Come now, I will test me with pleasure to find out what is good.” But that also proved to be meaningless. “Laughter,” I said, “is foolish. And what does pleasure accomplish?” I tried cheering myself with wine, and embracing folly--my mind still guiding me with wisdom. I wanted to see what was worthwhile for men to do under heaven during the few days of their lives.

Jesus, protect me from spending time and money on drinking, drugs, dancing, partying, and riotous living. As I allow You to fill my heart with Your type of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control, if I expose my body to extreme pleasure, make it clear to me that it will prefer those things that provide it. I will get hooked, trapped, and enslaved to something that overwhelmed my emotions, but took over my life.

Gal 5:19 (NIV) The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery (excessive indulgence in sensual pleasures); idolatry and witchcraft...selfish ambition...drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. Jesus, help me be convinced that only the pleasures of God will stay with me long after the party is over.

The Accomplishments Trap

Ecc 2:4-6 (NIV) I undertook great projects: I built houses for myself and planted vineyards. I made gardens and parks and planted all kinds of fruit trees in them. I made reservoirs to water groves of flourishing trees.

Ecc 2:7-8 (NIV) I bought male and female slaves and had other slaves who were born in my house. I also owned more herds and flocks than anyone in Jerusalem before me. I amassed silver and gold for myself, and the treasure of kings and provinces. I acquired men and women singers, and a harem as well--the delights of the heart of man.

Ecc 2:9 (NIV) I became greater by far than anyone in Jerusalem before me. In all this my wisdom stayed with me. I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my work, and this was the reward for all my labor. Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun.

Jesus, Solomon started these projects with an empty heart and life and he ended with them empty. Help me always believe that they will never have what he was or I am looking for. It is easy for me to come up with a plan that I think will make me happy. I have already come up with such a plan and have spent a lot of my life trying to get that plan to make me happy. Help me give up on that plan; help me not keep thinking that maybe I just haven't done enough or done it right.

Jesus, help me embrace the fact that the hole in my heart and mind is a vacancy that only You can fill. It will never give me extreme pleasure, because that would addict and enslave me. But, I will be one of the happiest people on the planet. I will love my life; and people will love being around me. Teach me that addiction is lonely, because it excludes true relationships. All of Solomon's accomplishments were all about him and his happiness. Set me free from that approach to life.

Making A Name For Yourself Trap

Eccl 2:15-19 (NIV) Then I thought in my heart, "The fate of the fool will overtake me also. What then do I gain by being wise?" I said in my heart, "This too is meaningless." For the wise man, like the fool, will not be long remembered; in days to come both will be forgotten. Like the fool, the wise man too must die! So I hated life, because the work that is done under the sun was grievous to me. All of it is meaningless, a chasing after the wind.

I hated all the things I had toiled for under the sun, because I must leave them to the one who comes after me. And who knows whether he will be a wise man or a fool? Yet he will have control over all the work into which I have poured my effort and skill under the sun. This too is meaningless.

Jesus, Solomon was trying to protect his things, his accomplishments, and his reputation. Help me invest in people, so we can be a team, a family, and a movement. As I share You and teach people the Bible, let *everything* I do, invest in, and provide, last forever. As my message and investments pass on from person-to-person, many won't know it was me who started the whole thing. But, the Bible says they will know me in eternity. I thank You for this better way of life.

The Sex Trap

1 Ki 11:1-4 (NIV) King Solomon, however, loved many foreign women besides Pharaoh's daughter--Moabites, Ammonites, Edomites, Sidonians and Hittites. They were from nations about which the LORD had told the Israelites, "You must not intermarry with them, because they will surely turn your hearts after their gods." Nevertheless, Solomon held fast to them in love.

He had seven hundred wives of royal birth and three hundred concubines, and his wives led him astray. As Solomon grew old, his wives turned his heart after other gods, and his heart was not fully devoted to the LORD his God, as the heart of David his father had been.

Jesus, since God is all about relationships, and, relationships are what You want me to be involved in, help me see that Solomon was involved in wrong relationships. Show me that he was trying to find some kind of a relationship that would make him happy. Once You fill my heart with the fruit of the Spirit listed in Galatians 5:22-23, help me believe that I will know what relationships to get involved in and which ones to avoid. Help me see that Solomon's relationships, not only didn't make him happy, they ruined his life.

Gal 5:22-23 (NIV) But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Jesus, let these emotions fill my heart all day long, every day. Let them give me a satisfaction, a completeness, a happiness, and a feeling of accomplishment that goes with me everywhere I go.

Jesus, rather than me always looking, hunting, pursuing, and longing for something to make me happy, help me enter into all that I do with **the fruit of the Spirit** already in my heart.

I'm Coming To The Right Conclusion

I'm Stopping And Thinking

Eccl 2:20 (NIV) So my heart began to despair over all my toilsome labor under the sun. Jesus, help me be clear that my struggles with addiction came from the pursuit of those things that I pursued before I was seeking **first Your kingdom and Your righteousness.** Teach me that what happens, when I seek first God's kingdom and His righteousness: **All these *things* will be given to me as well.**

But, Jesus, I didn't do it that way; so, how can I get all this mess straightened out?

Mat 11:28 (NIV) "Come to Me (Jesus), all you who are weary and burdened, and I will give you rest." Jesus, help me understand that it doesn't matter how messed up my life is; You are more powerful, skillful, and resourceful in healing my life, than I have been in messing it up. Convince me that there is nothing else that is going to meet my needs. Show me that, if I am not convinced, I will try to mix You and Christianity with all my other plans.

I'm Getting The Emotional Healing I Need

Ecc 2:21 (NIV) For a man may do his work with wisdom, knowledge and skill, and then he must leave all he owns to someone who has not worked for it. This too is meaningless and a great misfortune. Jesus, help me understand that not only are You able to help me with all the problems, drives, and slavery of my addiction issues, You are able to take away the emotional issues in my heart of friendlessness, loneliness, alienation, and being secluded.

Jesus, help me see that I haven't wasted my life; You will give meaning and purpose to it. Help me believe that it isn't too late for me to win at life. You will give me all I need to be a great success in it. Help me put my full trust in You; so, I won't just let You heal me from addiction problems and then do what Solomon did: I will walk away and go do my own thing.

I'm Getting My Purpose Established

Ecc 2:22 (NIV) What does a man get for all the toil and anxious striving with which he labors under the sun? Jesus, life in You doesn't lack meaning and purpose; take me and show me what life is all about. Make my time on this earth count. And, make my eternal destiny become a great success. Show me that the only times, when my life is meaningless, is when I leave You out of it. Once I involve You more, my life *will* become exciting, joyous, and fulfilling.

I Can't Figure It Out

Ecc 2:23 (NIV) All his days his work is pain and grief; even at night his mind does not rest. This too is meaningless. Jesus, since I can't figure out what life is all about, and since I can't figure out how to get rid of my problems with addiction, and since I can't figure out how to straighten my life out, and since I can't make up a plan for solving my problems, help me turn the whole thing over to You and let You take it from here.

I'm Settling Down And Resting

Ecc 2:24-25 (NIV) A man can do nothing better than to eat and drink and find satisfaction in his work. This too, I see, is from the hand of God, for without Him, who can eat or find enjoyment? Jesus, help me relax and settle down to the normal activities of life. Take me back to the basics of my schedule, my plans, my goals, my routines, and my lifestyle. Help me lay it all down before You; You knows how to handle every bit of it.

Jesus, help me go about a normal day of taking care of the basic needs of my life. Help me turn all my troubles, difficulties, and struggles over to You. I give You all my thoughts and feelings, so I can learn how to put my total trust in You. If I find myself trying to figure out what is next, if I try to figure out what I think You should do, or if I find myself worrying about things, help me pray and allow You to calm my heart.

Jesus, teach me what procedures do work with You. What tools, methods, systems, and plans bring Your kind of life and results? It is obvious I must approach my life with happiness already in it. But, how do I get that happiness from You rather than things? I know how to pursue things; help me let You teach me how to pursue You and Your way of life.

Chapter Ten - Truth The Three Toolsets

Being Equipped To Win In Life

Jesus will be providing you with three toolsets that you will need to use, so you can keep winning over addiction issues. You are now moving into an even greater relationship with Jesus. His training will help you become *extremely* skillful by learning how to use these spiritual tools. By establishing a relationship with Him, He will teach you how to apply these three toolsets to your problem with addiction and to every other issue in your life.

Your next step is called spiritual growth; Jesus is using this growth to increase your relationship with Him; He will use it to train you and help you be aggressive and faith-driven. He will empower you to become a mature, trained, experienced, skilled child of God.

The three toolsets that Jesus will be giving you and training you how to use, will be like you going down to the store and buying your very first set of tools for a new career. You wouldn't know much about how to use them; but, you would need to buy them, so you could take them to school, where they would train you in their use.

A Project To Practice On

If you bought woodworking tools, then you would need to get some *materials* to practice on and you would need a *project*. Jesus is going to be giving you three spiritual toolsets for practicing on your difficulty with addiction. The *materials* you will be working on will be your life; and, the *project* you will be working on will be your struggles with addiction.

Your new spiritual tools will be basically kept in three “toolboxes.” They are labelled, **The Three Keys To All Of Christianity, The Seven Biblical Principles, and The Eight Power-Attitudes Of God.**

Since this problem with addiction is something you have a real desire to keep winning over, Jesus will be using it as your major “project.” Using your spiritual tools to overcome this issue will help you get skillful with these tools. Jesus will also be going through various other needs you have and letting you practice using these three toolsets on them as well.

Since your challenge with addiction is the biggest and most challenging issue in your life, it will be the hardest for you to completely win over. So, there will be times when Jesus will have you practice on some smaller issues.

Getting Some Successes

Easier, smaller problems in your life will take less effort to win over. You will need to see your three toolsets help you get good results from time to time. Complicated, and difficult problems like addiction will take a lot of skill, experience, talent, and power. You will need to allow Jesus to teach you, train you, help you practice, and help you grow spiritually for you to get a final success over this problem. It will be like crafting a big, beautiful cabinet, as one of your main projects.

A beginner craftsman will make a lot of mistakes. And, if you are working on wood, it isn't always easy to fix the mistake. In some cases, you might have to get a new piece of wood and start over. However, with your issues with addiction, you can't just find a new problem and start over. So, Jesus will help you practice on some other issues, so you can get better at using spiritual tools that are supernatural, powerful, and very different from what you are used to.

Spiritual Growth

If you were a person in sports working on something that was going to take a lot of physical strength and agility, there would be special routines that you would have to do every day to get your body ready for it. You would be required to do exercises that may not seem like they had anything to do with your goal. But, as a professional in sports, you would have to trust your coach. You would have to be willing to allow them to take you into physical training, special diets, and practices that got you ready for the real thing.

Jesus knows what He is doing; there can be many studies and prayer times that don't even mention your issues with addiction. But, they are vital to your future successes in dealing with your difficulties with it and with all of the rest of your life's assignments. Spiritual growth has to do with your power, your training, your skills, your talents, your experiences, and your abilities. Jesus is teaching you how to be a very successful child of God.

The Training And Provisions Of Jesus

Spiritual Power Tools

The world says that absolute power corrupts absolutely. This isn't true of Jesus: **Mat 28:18-20 (NIV) Then Jesus came to them and said, "All authority in heaven and on earth has been given to Me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."**

Jesus has immediately shared His power and authority with you; and, He is telling you to go share it with everyone else. Spiritual growth helps you have the necessary attitudes and character, so Jesus' power and power tools won't tempt you to be corrupted. Instead, you will get the same generosity, love, and compassion for others that Jesus has for you.

Spiritual growth helps you get the mighty power and principles of Jesus; and then you yield to them, so as to help hurting people. You will be exposed to power tools that could be used for wrong, bad, and evil purposes. But, Jesus makes sure they are used for win/win methods, systems, programs, and relationships that bless everyone who is willing.

Character And Attitudes

Most training programs don't deal with the attitudes and character of a person. The hospitals, clinics, businesses, schools, and suppliers will typically provide an evil person with the same things that they do to an honest person. As long as they get their money, they don't usually try to make sure the person is going to use their provisions for good. However, Jesus cares more about honesty and integrity than anything else.

Jesus wants to know what you are going to do with all your wins, victories, and successes. If He healed you, blessed you, and gave you His power and you purposefully used it for wrong, bad, and evil, that would make Him a part of what you did and who you are. Jesus isn't going to drive the get-away car while you rob the bank. He will make sure your attitudes and character are such that you will yield to His miracles, blessings, healings, and power for only right, good, and righteous purposes.

Jesus' Top Priority

Mat 6:33 (NIV) But seek first His kingdom and His righteousness, and all these *things* will be given to you as well. So, if Jesus spends a lot of time working on your spiritual growth, rather than just trying to help you keep winning over your struggles with addiction, you will know why. He wants you to learn how to win over these things by them flowing through you *as* a righteous, good person. However, this will happen to you by Jesus living in and through you.

Jesus wants to empower you to win and then go out and live a good, right, and righteous life with others. He wants you to share your victories for becoming a person who only involves themselves in win/win things. But, you will only *be* this type of person through a relationship with Jesus and His mighty power.

If you will allow Jesus to change your attitudes and character through the three toolsets, you will start winning in a greater way over your difficulties with addiction. You and Jesus will use this new freedom and success for wonderful, loving, and caring things. Many people will benefit from the new you.

What's Next?

Moving Forward With Jesus

You have been involved in studying with Jesus and Him helping you understand and grow through your studies and prayer times. You have spent time praying and asking Jesus to put the truths in your life that you discovered during these studies. These two procedures of studying and praying are getting you used to and ready for a special life with Him. This is introducing you into *procedures* that work in Christianity. Studying and praying for things are you using a couple of the tools in your three toolsets.

It is important to keep in mind that study and prayer are only two of many tools that are vital and powerful for helping you win over your battle with addiction. All the exposure to the truths in these studies and all the prayers you have prayed will need additional support. For example, you will need to *believe* that these studies and prayers are working.

Faith to believe is very important to God; and, so are other things that the three toolsets will provide you. So, ask Jesus to help you be ready for becoming skillful in all He is about to provide for you.

Chapter Ten - Prayer The Three Toolsets

I Am Being Equipped To Win In Life

Jesus, I am struggling with issues involving addiction; and, this is what is bothering me the most. Provide me with and teach me how to use the three toolsets that I will need in order to win over this issue. Move me into a closer and closer relationship with You. Take me into training that will help me become *extremely* skillful with these tools.

Jesus, through my relationship with You, help me apply these three toolsets to my issues with addiction and to every other difficulty in my life. Teach and empower me to take this next step into spiritual growth. Use my spiritual growth to increase my relationship with You. Use it to train me and help me with my struggles. Empower me to become a mature, trained, experienced, and skilled child of God.

Jesus, help me see that these three toolsets, that You will be giving me and training me how to use, will be my set of tools for a new spiritual career. Help me get to know what they are, what they do, and how to use them. But first, I need to get them, so I can take them to Your school, where You will train me all about them.

My Project To Practice On

Jesus, help me understand what *materials* I will be using to practice on. And, help me establish a *project* that You and I will be working on. Giving me these three spiritual toolsets, so we can start working on my problem with addiction, as my main project. Help me see that the *materials* I will be working on will be my life; and, the *project* I will be working on will be my struggles with addiction.

Jesus, teach me that Your spiritual tools are basically kept in three “toolboxes.” Teach me that **The Three Keys To All Of Christianity, The Seven Biblical Principles, and The Eight Power-Attitudes Of God** are the toolboxes that hold very powerful tools.

Jesus, since this issue with addiction is something I have a real desire to win over, use it as my major “project.” Help me use these spiritual tools to overcome my struggle with it. Let this practice help me get skillful with these spiritual tools. In addition, take me through various other needs I have and let me practice using these three toolsets on them as well.

Jesus, since my difficulty with addiction is the biggest and most challenging issue in my life, help me see that it will be the hardest for me to completely win over. So, help me accept times, when You will have me practice on some smaller issues. Help me cooperate with you, as you deal with lesser issues in my life. But, as You are showing me how to win over these smaller issues, help me be learning important lessons.

I’m Getting Some Successes

Jesus, help me see that easier, smaller problems in my life will take less effort to win over. Help me be willing to let you teach me how use these three toolsets to get immediate results from time to time. Since struggles with addiction are complicated, and difficult, show me that it will take a lot of skill, experience, talent, and power.

Jesus, help me allow You to teach me, train me, let me practice, and let me grow spiritually, so I will get a final success over this problem. Teach me that my biggest problem will be like crafting a big, beautiful cabinet, as one of my main projects.

Jesus, as a beginner craftsman, I will make a lot of mistakes. And, if I were working on wood, it wouldn’t always be easy to fix the mistake. In some cases, I might have to get a new piece of wood and start over. However, help me see that with my issues with addiction, I can’t just find a new problem and start over. So, help me practice on some other issues that I can get better at. Teach me how to use spiritual tools, that are supernatural, powerful, and very different from what I am used to.

Spiritual Growth

Why Am I Having To Learn Skills?

Jesus, like in sports, help me get my spiritual strength and agility built up. Like in learning any skill, help me learn special routines that I will have to do every day to get me, a spirit being, ready for the assignment. I will be required to do spiritual exercises that may not seem like they have anything to do with my goal. But, like a professional in sports, I will have to trust You, my coach.

Jesus, help me be willing to allow You to take me into spiritual training, special spiritual diets, and spiritual practices that get me ready for the real thing. Help me be patient, cooperative, filled with faith in You, and completely committed to all You require of me.

Healing Through Training

Jesus, help me always believe that You know what You are doing. Show me that there can be many studies and prayer times that don't even mention my issues with addiction. But, help me realize that they are vital to my future successes in dealing with my problems with it and with all of the rest of my life's assignments.

Jesus, help me see that spiritual growth has to do with my power, my training, my skills, my talents, my experiences, my maturity, and my abilities. Help me understand that You are not going to just heal me. You are going to teach me how to win over it. Teach me how to be a very successful child of God, so I can start winning over everything for now and for eternity.

My Training And Provisions From Jesus

Spiritual Power Tools

Jesus, the world says that absolute power corrupts absolutely. Teach me that this isn't true of You: **Mat 28:18-20 (NIV) Then Jesus came to them and said, "All authority in heaven and on earth has been given to Me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."**

Jesus, shared Your power and authority with me, so I can go share it with everyone else. Let spiritual growth help me have the necessary attitudes and character, so Your power won't tempt me to be corrupted. Instead, give me the same generosity, love, and compassion for others that You have for me. Set me free from spiritual cancer that wants everything from You for selfish, self-centered, and unloving motives.

Jesus, give me Your spiritual growth, that helps me win through Your mighty power and principles. Then let me be used by them to help hurting people. Expose me to these power tools that could be used for wrong, bad, and evil purposes. But, make sure they are used for win/win methods, systems, programs, and relationships by transforming my attitudes and character, so I can be a blessing to everyone who is willing.

Character And Attitudes

Jesus, since most training programs don't deal with the attitudes and character of a person, hospitals, clinics, businesses, schools, and suppliers will typically provide an evil person with the same things that they do to an honest person. However, since You care more about honesty and integrity than anything else, help me be healed from my issues with addiction, while You are transforming my attitudes and character.

Jesus, empower me to do right, good, and righteous things with all my wins, victories, and successes. Heal me, bless me, and work through me with Your power, so You and I can purposefully use them for win/win results in the lives of the needy. Help me be a person that You do great things in and through, so You can be loved, appreciated, and accepted by those who experience all these things.

Jesus, You are going to make sure my attitudes and character are such that I will yield to Your miracles, blessings, healings, and power for only right, good, and righteous purposes. Help me cooperate with this goal.

Jesus' Top Priority

Mat 6:33 (NIV) But seek first His kingdom and His righteousness, and all these *things* will be given to you as well. Jesus, when You spend a lot of time working on my spiritual growth rather than just trying to help me win over my issues with addiction, help me always keep in mind why. Help me learn how to win over these things, by them flowing through me as a righteous, good, and loving person.

Jesus, help me win and then go out and live a right, good, and righteous life with others. Help me use these victories for only involving myself in win/win things. Help me *be* this type of person through a relationship with You and Your mighty power.

Jesus, help me allow You to change my attitudes and character through the three toolsets, so I can start winning more and more over my battle with addiction. Help me use this new freedom and success for wonderful, loving, and caring things. Let many people benefit from the new me. Teach me how to use the three toolsets to help others.

What's Next?

I Am Moving Forward With Jesus

Jesus, thank You for allowing me to be involved in studying with You. Thank You for helping me understand and grow through my studies. Thank You for teaching me how to spend time praying and asking You to put those truths in my life that I discovered during my studies. Help me continue using these two procedures for studying and praying with You. Help me get used to and be ready for a special life with You.

Jesus, thank You for using these two procedures, of study and prayer, to introduce me into an even greater way of seeing how Christianity works. But, let me see that they are only two of many tools that are vital and powerful for helping me win over my issues with addiction.

Jesus, make it clear to me that all the exposure to the truths in these studies and all the prayers I have prayed will need additional support. Help me understand that I will need to *believe* that these studies and prayers are working. Show me that faith to believe is very important to God; and, so are several other things that the three toolsets will provide me. So, I ask You to help me be ready for becoming skillful in all You are about to provide for me.