

THE WAY OUT

**BIBLICAL BASED CONCEPTS
FOR OVERCOMING ALCOHOL
AND DRUG ABUSE**



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THE WAY OUT

**OF
ALCOHOLISM AND DRUG ADDICTION**

Loran R. Pyles

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SUBSTANCE ABUSERS VICTORIOUS
One Cascade Plaza
Akron, OH 44308

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You have a problem with substance abuse (alcohol, drugs) and you really want to be free from it.

You may have tried (using will power) to quit and that hasn't worked. You've prayed and asked God to set you free — and He hasn't. Here's the dilemma: You can't do it — and God won't do it. But there is a third alternative: God will **enable** you to do it. And that's what this book is all about.

It is of utmost importance that you **carefully read everything**. You will read a lot of scripture. Don't skim through it — but read it carefully — and re-read it until you grasp its meaning. Scripture is God's Word. It is without error — and it's the first and last word on everything. (Don't be thrown by a few Thee's and Thou's which are old English terms for "you".)

Answer carefully and honestly all the questions as you come to them. Don't attempt to complete this book in one sitting. Be sure you have mastered all the material in one chapter before moving on to the next. There may be times when you'll want to quit — (and go back to the bottle or drugs). **Don't quit** — keep moving!

Our prayers are with you.

1. WHERE IT ALL BEGAN

God created — by simply saying, “Let there be” — it happened. After creating the earth, the sun, moon, and stars He saw that it was good. Then came the living creatures, birds, fish, and animals and He also saw that it was good. Then came the missing ingredient, the one thing that made it all make sense. God created man and called him Adam. “And God saw all that He had made, and behold, IT WAS **VERY** GOOD. (Genesis 1:31)

There was great joy in God’s heart. He now had someone on whom He could shower His love and with whom He could have continuous, joyful fellowship. And there was now someone who could love Him in return.

But, Adam was alone. He was the only human being on the face of the earth. God saw that it was not good for Adam to be alone so God created a companion for him and called her Eve.

In His great wisdom, God warned Adam, “. . . **from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you shall surely die.**” (Genesis 2:17)

Eve was deceived by Satan, who came to her in the form of a serpent. She saw the tree that Adam had been warned about and it looked so good — she desired it and she ate. She then gave to Adam, and he ate.

The serpent had said to her, “Eat, your eyes will be opened, and you will be like God.” They ate, their eyes were opened, but they became more **UNLIKE** God. At that moment, they became ungodly, they became sinners, they became enemies of God. (see Romans 5:6, 8, 10)

They saw that they were naked. Fear set in. And using fig leaves, they made themselves loin coverings. They knew they had sinned, and they immediately tried to hide. Perfect love (such as had existed between Adam and God) casts out fear. There is no fear in love. When man sins against love, fear sets in. Sin brings fear. Sin causes man to hide.

God walked in the garden and called out, “Where are you, Adam? Adam! Where are you, Adam? I love you.”

Man can’t hide from God, and he cannot hide his sins from God.

Adam admitted his nakedness and God asked, “Have you eaten from the tree of which I commanded you not to eat?”

Adam admitted that he had, and attempted to shift the blame to Eve.

When God confronted Eve, Adam probably felt greatly relieved, satisfied that he had been able to convince God that he really wasn’t at fault. Eve probably felt the same way after she attempted to shift the blame to the serpent, and God confronted the serpent.

However, they weren’t off the hook. God was still God. God was still holy and sovereign and just and gracious and merciful. Sin had to be dealt with, and Adam and Eve would have to face the consequences of their behavior. Spiritually, they were now dead in trespasses and sin. Physically, their bodies would wear out, they would die.

They would reproduce sinners, and mankind to this day remains under the sentence of death.

Your problem is sin. You may try to hide the fact by saying you don't have a problem, or that you are the way you are because of someone else or your environment or circumstances. Or, you may say you are sick - in fact, so sick that you've lost your sanity, and you are no longer morally or spiritually responsible for your behavior. It is easier to say "I'm sick," than to say, "I'm wrong." You may be able to convince those in your world around you of all this, but God is not impressed, and His sentence remains, ". . . the wages of sin is death." (Romans 3:23)

We only hide when we have something to hide. By the fact that we try to hide it, is an admission that we really do know that we have a problem.

As you work through this program, it will be absolutely necessary that you be totally honest with yourself. If you play games — you lose.

2. FIRST THINGS FIRST

God has a plan for your life. First and foremost, He wants you to have a personal relationship with Him through His Son, Jesus Christ. Once that relationship has been established, you have His assurance for strength and power and victory. Probably somewhere along the way you have tried religion without this personal relationship and it didn't work. You may have prayed and asked God to remove your problem and He didn't, and you wondered why. The answer simply is because you were concerned only with the problem. God is concerned about your whole life. He isn't going to remove the problem and let the rest of your life go untouched. Only as you are willing to submit (surrender) every area of your life to Him will He give victory over the problem. The price of victory comes high. It calls for **everything**. But look what your problem has **cost** you. It cost you **everything** and gave you **nothing**. God's price is everything but in turn **gives** everything. In order for you to have victory you must first unconditionally surrender.

God has spoken in His Word and has told us how we are to live. When we choose to rebel and do things our way we have problems. That's why **you** have **your** problem. You have had your problem for several years — possibly for most of your life. You may have been through rehabilitation and treatment programs, but have continued to experience one failure after another. By now the thought is in your mind, "It's no use. I can't change." But you can. The Bible says, "I can do **all** things through Christ who strengthens me." (Philippians 4:13)

Realize that the problem is sin. You are a sinner (Romans 3:23) and because you are a sinner, you sin. You are a slave of sin. You may have referred to your problem as a weakness, a fault, an illness, disease, or an addiction, but the real problem is sin and you are a slave to sin. Jesus said, ". . . everyone who commits sin is the slave of sin" (John 8:34). Sin is your master and you obey your master. Your master may have you getting drunk, using drugs, involved in sex sins or lying or gossiping or stealing. Your master commands and you obey.

Sin is serious. God is not an "old buddy" who winks at sin — not even your sin. People tend to make rules for others and exceptions for themselves. God is Holy. He is high and lifted up (Isaiah 6), and He hates sin — your sin — no exceptions. All sin is rebellion. It's defiance. You against God. You are in a war and you can't win.

"But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us. For if while we were enemies, we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life." (Romans 5:8,10)

Jesus reconciled you with all your sins, your rebellion, your defiance to God who is holy and righteous.

God, who is absolutely just, declared that the soul that sins shall die. He then took the initiative and provided a way that you can be reconciled to Him. He sent Jesus to take the punishment for the sins you committed. He died in your place. Jesus died as though He were the drunk, the fornicator or adulterer, the homosexual, the gossip, the addict, the liar, the thief, etc. Whatever your hangup, He was hung up for it on the cross. His death and only His

death satisfied God's justice. God declares it is just as if you had never sinned at all — and it is just as if you'd never sin again. The slate is wiped clean. That is called justification.

Your reconciliation to God, your forgiveness of sins, your abundant life, your eternal life are all based solely on what Christ did on the cross on your behalf. There is nothing you can do to earn or to be deserving of any of these things. This is what is meant by grace — God gives you what you don't deserve. You and all of your sins were still in the future when Christ died. None of your sins caught Him by surprise. He knew about them, put them on Christ and Christ died the death **you** deserve. This is what is meant by mercy. God doesn't give you what you do deserve.

God offers you His grace and mercy and this is how you get it: "Believe in the Lord Jesus Christ." Believe means more than intellectual belief. A tightrope walker announced that he would push a wheelbarrow across Niagra Falls on a tight rope. A large crowd of people gathered to watch, convinced that he couldn't do it and would probably end up killing himself. Just as he was climbing the ladder to get up to the tightrope, a man approached him and said, "I just wanted to let you know I believe in you. I believe you can do it." "Good," said the tightrope walker, "you're just the man I'm looking for. Get into the wheelbarrow." That's what it means to believe in Jesus Christ. You get into the wheelbarrow, you trust your whole life to Jesus Christ. Simply tell Him you admit you are sorry for the sins you've committed, and that you accept His forgiveness, that you know He died on the cross for your sins, and you receive Him by faith and proclaim Him Savior and Lord of your life.

* Read this **completely** and carefully through again.

COMMITMENT

On this date I unconditionally commit my life to Jesus Christ.

(name)

(date)

3. GOD (still) LOVES THE BACKSLIDER

"If Jesus has set me free from sin, why do I continue to sin?" This is a question that has bothered everyone down through the ages. We come to Jesus with our sins and guilt; He forgives our sins and breaks our bondage to sin — and yet we continue to sin. It seems that sin has a stranglehold on us and won't let go. We sin and then guilt sets in and we remember all the other times we sinned.

Backsliding — a term often heard in Christian circles — but never really defined. When a person sins to the extent that his fellowship with God is broken, we can say he is backsliding.

If, for example, you borrowed some money from a friend and you didn't pay him back when you said you would — you avoid that friend. Your fellowship with him is broken. You don't go around him, you dodge him on the street, and you don't want to face him.

The day comes when you realize this is wrong. You go to your friend, you confess to him that you owe him the money, that you didn't keep your word, and you tell him you're sorry — you ask him to forgive you and he does. Fellowship is immediately restored.

Satan tempts — makes sin look so good: "You deserve it, just this once," or, "you don't want to be an odd ball," or, "you'll feel better if you do it." For whatever reason, you give in and you yield to the temptation. Then Satan comes, but this time he seems to whisper in your ear, "You really blew it this time; there's no way God will forgive you for that anymore!" Then you feel guilt, discouragement — maybe despair.

Take heart! In spite of the way you may feel, there is hope. God is still a God of grace and mercy and love.

In Matthew 18:21, 22, Peter asked, "Lord, how often shall my brother sin against me and I forgive him? Up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven." Our attitude towards those who sin against us is to be continually forgiving — so much that we actually lose count. God goes far beyond what He expects of us, and He forgives us continually.

Part of the problem is a wrong concept of God. So many people think of God as looking down on us, ball bat in hand, just waiting to swat us whenever we step out of line.

If you're a Christian, every dealing God has with you is in love. As a Christian you will never experience His wrath. His wrath for sin was poured out on Christ on the cross. He corrects His children when they need it — but correction is not wrath. Correction develops discipline (inner control over behavior) and is done lovingly — not for the purpose of destroying you. Remember, He is shaping you into the exact image of His Son, Jesus, and that's no easy task. We struggle, we resist, we fight change every step of the way.

Picture a small child who is learning to walk. For a few months he pulls himself up to his feet and walks around (but hangs on for dear life) a chair or table. But then comes the big day. He decides to take a step away from the object

he was holding to — and he takes his first step. He's very wobbly — maybe even manages a second step — but then falls flat on his face. He screams and cries. What is the response of his parents at this point? Do they throw him out of their home because he failed and fell and made a lot of noise in the process? No way! They're proud of him. They pick him up, love him, and put him back down and they say, "Now, try it again!" We stumble and fall and we feel terrible and our Heavenly Father picks us up, loves us and then puts us back down and says, "Now try it again!"

But what about the judgment, won't I stand before the judgment seat of Christ some day? We often try to picture that in our minds — a huge movie screen — our whole life (including all our innermost thoughts) projected on the screen and suddenly the projector stops right in the middle of our committing a terrible sin. Christ sternly demands that we give a full explanation of our action or thoughts. And even worse than that, the whole world is sitting in the audience, observing all our sins.

Again, take heart, that's not the way it will be. The purpose of the judgment seat of Christ is to give rewards for those things we did in this life which were done for His glory. It is not a time of punishment or embarrassment. Remember? He has forgiven and forgotten **all** our sins. There is no way He will ever bring them up — He can't. They were cast into the sea of His forgetfulness — never to be brought up against us. He promised!

But why do I continue to sin? Is there any hope? I thought I was set free!

Back in the days when slavery was "in", slaves were brutally taught to obey their masters — blindly, without question or hesitation. This evil system was abolished with the signing of the Emancipation Proclamation.

President Lincoln signed the document and all the slaves were set free — no longer slaves.

An old, former slave is sitting along side the road. His former master comes riding on a horse and sees his former slave. Hatred and bitterness well up inside the former master and as he approaches his former slave he snaps, "Water my horse, boy!" Without question or hesitation, by impulse, the former slave obediently grabs the bucket, fills it with water and begins to water the horse. And then it hits him — "I've been set free, I'm not his slave anymore. I don't have to do this. I'm free!" He throws the bucket to the ground and says, "Water him yourself. I'm not your slave anymore!"

We've obeyed sin for so long — sin orders, and even though Christ set us free from the power of sin, we impulsively obey sin. But we're not sin's slave anymore. We don't have to obey — we're free!

The prodigal son (Luke 15:11-32) wasn't content to remain in the pig pen because God didn't create man to live in pig pens. In spite of the sins he committed and the mess he had made of his life, he knew that his father would welcome him back.

Perhaps you've been living like a slave or a prodigal son.

The little book of First John was written to Christians. A verse to “hang on to” is 1 John 1:9, **“If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”** It means that we agree with God that what we did was wrong, and we tell Him exactly what we did. Our prayer might go something like this: “Father, I know that it was wrong for me to harbor anger in my heart. Thank you for your forgiveness and cleansing . . .”

Don’t make excuses — don’t try to justify your actions (Don’t be like the man who prayed, “Lord, if you had to live with that woman, you’d get mad too!”)

Don’t put yourself down: “Lord, I’m a rotten, no good person, I’m terrible etc. . . .” If you’re all those things, He already knows it — but still loves you. If you form your thoughts on how bad you are, you’ll not see how good and how loving and how powerful He is.

Sometimes out of frustration or despair someone cries out, “Lord, I did it again.” Imagine their surprise if a big booming voice from heaven were to ask, “Did what again?” When God forgives, He forgets.

God will lovingly and warmly welcome you back. He’s waiting for you right at the point where **YOU LEFT HIM**. He wants you back. He forgives you. He loves you. Make your move towards Him now!

COMMITTMENT:

If backslidden: I am today _____ returning to the fellowship
(date)

of my Heavenly Father. I will try to remember that I am no longer a slave of sin. Christ set me free.



If you haven't committed your life to Jesus Christ—set this book aside until you do. Without that all-important, absolutely necessary commitment, everything from this point on will be an exercise in futility.

4. WALKING WITH CHRIST

You have committed your life to Jesus Christ and you are now a Christian. Your sins are forgiven, eternal life has begun in you. God's Holy Spirit now lives in you to give you direction, to give you power, to convict you of sin in your life, to keep your heart warm toward God. You have been born again. Saved. Born into God's family. You are a child of God.

Do you remember the last time your doctor gave you a prescription? "Take this medicine and you will get well." The medicine won't help until you take it. You can show the prescription to your friends, you can talk about it, think about it, but until you actually take the medicine, nothing will happen. Following is a prescription for you. In order to mature as a Christian and ultimately have victory, do this without fail:

1. Study your Bible. The Bible is God's Word and through it He speaks directly to you. There may be things He wants you to begin doing; there will also be sins He wants you to stop doing. Before victory over your problem can come, there must first be obedience on your part. God is too wise to ever make a mistake, and He loves you too much to ever hurt you. He knows what's best and even though you may not fully understand, just do whatever He tells you. Set aside a definite time each day for studying your Bible. Before you begin, ask God to help you understand what you read and to speak to you through His Word. It's far better to prayerfully read a few passages with understanding than to read long passages, even several chapters, and then not remember anything you read. It helps sometimes to underline key verses. Perhaps use a red pencil to underline sins to avoid, a blue pencil to underline promises to trust, a black pencil to underline an example to follow, a green pencil to underline a command to obey. Each day after you have completed your Bible study, reread those verses underlined. Ask God to make those things become real in your life.

COMMITMENT

I will set aside _____ minutes per day for Bible study.

The best time for me to do this will be _____.

"Be diligent to present yourself approved to God as a workman who does not need to be ashamed, handling accurately the word of truth." II Timothy 2:15

"Thy word is a lamp to my feet, and a light to my path." Psalm 119:105

"I hate and despise falsehood, but I love Thy law." Psalm 119:163

2. Spend time in prayer. One of the best ways to get on your feet is first to get on your knees. Prayer is talking with God. You are talking with Someone who knows everything about you and still loves you very, very much. He knows all about your problem, He knows your hurts, He knows your faults, He

knows your sins and He still loves you and He understands. Here's a simple outline to follow when you pray.

Adoration - praise God for who He is and for what He means to you;

Confession - confess sins, surrender your will to Him;

Thanksgiving - thank Him for everything, answered prayers, circumstances, etc.

Supplication - your requests-be specific for your needs and the needs of others.

COMMITMENT

I will meet with God daily in prayer. The best time for me would be _____.

"Until now you have asked for nothing in My name; ask, and you will receive, that your joy may be made full." John 16:24

"Seek the Lord and His strength; seek His face continually." I Chronicles 16:11

"And you will seek Me and find Me, when you search for Me with all your heart." Jeremiah 29:13

3. Confess sin. The very moment you realize you have sinned, immediately confess to Him. To confess means more than just saying, "I did it." It means that you agree with God that your action or attitude was wrong. Confessing your sin is no substitute for **forsaking** it. God is conforming you into the image of His Son (Romans 8:29). Sin is anything that you do that attempts to block God's efforts in making you like Christ. Keep short accounts with God. Don't let your sins pile up. When God forgives, He forgets. He will never bring your sins up against you—ever.

MEMORIZE

I John 1:9 On this date, I memorized I John 1:9 _____.

"... if we walk in the light as He Himself is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses (and keeps cleansing) us from all sin. If we say that we have no sin, we are deceiving ourselves, and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. I John 1:7-9

4. Get actively involved in a church that believes and teaches the Bible. Ask the pastor about Sunday School, Bible study groups, or other organizations within the church that will provide fellowship. As you get involved in these organizations or activities, you will make new friends and you will discover that others have the same problems and struggles that you have. You will find someone who cares — someone who will be supportive of you in all your struggles, and someone who will hold you up before God in prayer. You need to be accountable to someone who cares enough to confront you if you begin to "stray". God wants you to be in fellowship with other believers. This will help you to grow as a Christian.

COMMITMENT

I will seek out — and faithfully attend and participate in a church
where the Bible is believed and taught.

5. Tell others. Simply tell them what God has done for you. You have become a Christian. You have experienced His forgiveness, and He has made you into a new person.

COMMITMENT

I will unashamedly tell about my faith in Christ to:

name _____ date _____

“... Go home to your people and report to them what great things the Lord has done for you, and how He had mercy on you.” Mark 5:19

“For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes . . .” Romans 1:16

6. Obey God. You will be tempted to do wrong, but remember, temptation is not sin. When you give in to the temptation and do it, that is sin. As you read your Bible, God will speak to you and you will learn what God wants you to do and not to do. For a happy victorious life, obey Him.

5. WHO GOD IS AND WHO YOU ARE

Have you ever thought about what God is really like? So often people reduce Him to "The Man Upstairs" or "The Man" or "The Higher Power" or even "God as I understand Him." God is so great, so awesome, so powerful, so holy, that man will never fully understand Him. If we could, He wouldn't be God. Note what the scriptures say about Him:

"Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments and unfathomable His ways! For who has known the mind of the Lord, or who became His counselor? Or who has first given to Him that it might be paid back to Him again? For from Him and through Him and to Him are all things. To Him be the glory forever. Amen." Romans 11:33-36

"... Blessed art Thou, O Lord God of Israel ... forever and ever. Thine, O Lord, is the greatness and the power and the glory and the victory and the majesty, indeed everything that is in the heavens and the earth; Thine is the dominion, O Lord, and Thou dost exalt Thyself as head over all. Both riches and honor come from Thee, and Thou dost rule over all, and in Thy hand is power and might; and it lies in Thy hand to make great, and to strengthen everyone." I Chronicles 29:10-12

"... I saw the Lord sitting on a throne, lofty and exalted, with the train of His robe filling the temple. Seraphim stood above Him, each having six wings; with two he covered his face, and with two he covered his feet, and with two he flew. And one called out to another and said, 'Holy, Holy, Holy is the Lord of hosts, the whole earth is full of His glory.' And the foundations of the thresholds trembled at the voice of him who called out, while the temple was filling with smoke." Isaiah 6:1-4

Look into the heavens at night and behold the millions and billions of stars. God created and put every one of them there (and He remembers where He put them). Every star, every planet, every moon does exactly what God put it there to do, and He knows every one of them by name.

"Lift up your eyes on high and see who has created these stars, the One who leads forth their host by number, He calls them all by name; because of the greatness of His might and the strength of His power not one of them is missing." Isaiah 40:26

"Where were you when I laid the foundation of the earth! Tell Me, if you have understanding, who set its measurements, since you know? Or who stretched the line on it? On what were its bases sunk? Or who laid its cornerstone, when the morning stars sang together, and all the sons of God shouted for joy?" Job 38:4-7

"Surely My hand founded the earth, and My right hand spread out the heavens; when I call to them, they stand together." Isaiah 48:13

Look at the wonders of our world, the seasons, the oceans and land, the mountains, the weather, plant and animal life, man — God created it all.

"It is I who made the earth, and created man upon it. I stretched out the heavens with My hands, and I ordained all their host." Isaiah 45:12.

"Thou has established all the boundaries of the earth; Thou hast made summer and winter." Psalm 74:17

"By the word of the Lord the heavens were made, and by the breath of His mouth all their host. He gathers the waters of the sea together as a heap; He lays up the deeps in storehouses. Let all the earth fear the Lord; let all the inhabitants of the world stand in awe of Him. For He spoke, and it was done; He commanded, and it stood fast." Psalm 33:6-9

"Behold, the nations are like a drop from a bucket, and are regarded as a speck of dust on the scales; behold, He lifts up the islands like fine dust. Isaiah 40:15

God created a perfect universe and a perfect world — everything perfect in balance and order. The earth is exactly the right distance from the sun. Any further away or any closer, life couldn't survive. The earth tilts at the right angle, rotates at the right speed, revolves around the sun. The mountains are all the right height, the oceans the right depth, and there is exactly the right amount of ice at the north and south poles.

Starting with the tiniest molecules, to the immeasurable expanse of the universe, God holds all things together. If He ever took His hands off the universe, it would be all over.

"For by Him all things were created, both in the heavens and on the earth, visible and invisible, whether thrones or dominions or rulers or authorities — all things have been created by Him and for Him. And He is before all things, and in Him all things hold together." Colossians 1:16, 17

This great God who is powerful, majestic, awesome in glory, King of kings, Lord of lords, and holy, knows you. He knows your name, He knows everything about you — your thoughts, your ways, your behavior, and He loves you very much. He gave Himself to save you from sin.

"... looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus; who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself a people for His own possession, zealous for good deeds." Titus 2:13,14

"Thou dost know when I sit down and when I rise up; Thou dost understand my thought from afar. Thou dost scrutinize my path and my lying down, and art intimately acquainted with all my ways." Psalm 139:2-3

He has chosen to adopt you and make you His child. He has forgiven all your sins, past, present, and future.

"See how great a love the Father has bestowed upon us, that we should be called children of God; and such we are. For this reason the world does not know us, because it did not know Him." I John 3:1

"The Spirit Himself bears witness with our spirit that we are children of God, and if children, heirs also, heirs of God and fellow-heirs with Christ, if indeed we suffer with Him in order that we may also be glorified with Him." Romans 8:16-17

"And when you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions." Colossians 2:13

He has transformed you and made you into a totally new person, and He declares that you are COMPLETE in Him.

"Therefore if any man is in Christ, he is a new creature; the old things passed away; behold new things have come." II Corinthians 5:17

"... and in Him you have been made complete, and He is the head over all rule and authority . . ." Colossians 2:10

He gives you strength to serve and live for Him.

"Do you not know? Have you not heard? The Everlasting God, the Lord, the creator of the ends of the earth does not become weary or tired. His understanding is inscrutable. He gives strength to the weary, and to him who lacks might He increases power. Though youths grow weary and tired, and vigorous young men stumble badly, yet those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary." Isaiah 40:28-31

Remember all this the next time you feel down on yourself or you feel inferior or you have a problem or temptation that is too great for you to handle. You are unique. and you are very special to God.

Romans 8:29 says, "For whom He foreknew, He also predestined to become conformed to the image of His Son, that He might be the first-born among many brethren."

God is in the process right now of conforming you to the image of Jesus. **He** is doing for you what you can't do for yourself — He is making you like Jesus.

In I Corinthians 13 we have what is called the love chapter. God is love. When we substitute the name of Jesus for the word love, we get a good idea of what Jesus is like, and what God is conforming us to.

"Jesus is patient, Jesus is kind, and is not jealous; Jesus does not brag and is not arrogant, does not act unbecomingly; does not seek His own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things. Jesus never fails . . ."

To see how much God has done in your life (and how much He has to do), read the above passage again but this time put your name in there.

Don't be discouraged if you are poles apart. Read it again in a few months and note how far He's brought you.

6. PUT OFF - PUT ON

In Luke 11:24-26, Jesus tells of an unclean spirit that goes out of a man and seeks rest. Finding nowhere to rest, the spirit says, "I will return to my house from which I came." When he returns, he finds it "swept and put in order." Then he goes and takes along seven other spirits more evil than himself, and they go in and live there; and the last state of that man becomes worse than the first.

The man saw that the house was dirty (he recognized and admitted he had a problem) and he cleaned his house by casting out the evil spirit (he removed the problem).

He probably sat back at that point, very pleased with himself — thinking that all was well now — his house was clean. But it was also empty. The evil spirit returned once again, saw the house was empty, and moved back in — along with seven more evil spirits (more evil than the first) and now the man was worse off than before.

Does that seem familiar? How many times have you just quit drinking because either you thought, or someone told you that to eliminate the drinking (or drugs) would solve your problem? You quit for a few days (or hours) and then you were drinking again, and things seemed to only get worse.

If you're going to be completely victorious over your problem, don't leave an empty house. Don't just stop doing it, but replace the bad habit — the problem — with something positive. The Bible says it this way, "Put off (the old sinful habit) and put on (the new righteous, Christ-like way)" or remove the old and replace it with the new.

Look through the following list of things God wants you to remove from your life. Place a check by those things which need to be removed from your life. Then look through the list of things God wants you to have in your life.

Beside each of the behaviors or attitudes you want removed, write the behavior or attitude you will replace it with.

Things God wants removed (put off) from our lives:

- (F) _____ ANGER (Colossians 3:8) (Ephesians 4:31) (Galatians 5:19-22) _____
- _____ PRIDE (NIV Romans 12:16) _____
- _____ GREED (Colossians 3:5) _____
- _____ ANXIETY (Philippians 4:6) _____
- _____ VENGEANCE (Romans 12:19) _____
- _____ EVIL DESIRES (NIV I Peter 1:14) _____
- _____ LYING (Ephesians 4:25) (Colossians 3:9) _____
- _____ REBELLION (Titus 1:10) (I Timothy 1:9) _____
- _____ ARROGANCE (NIV Mark 7:22) (Romans 1:30) _____

F = Work of the Flesh

NIV = New International Version

- (F) _____ JEALOUSY (Galatians 5:19-22) (Romans 13:13) _____
- _____ QUICK TEMPER (Titus 1:7) _____
- _____ HYPOCRISY (I Peter 2:1) _____
- _____ BAD TALK (Ephesians 4:29) _____
- _____ EVIL THOUGHTS (Mark 7:20-23) _____
- _____ LAZINESS (NIV Hebrews 6:12) _____
- _____ BITTERNESS (Ephesians 4:31) _____
- _____ TIMIDITY (2 Timothy 1:7) _____
- _____ DOUBT (Mark 11:20-23) _____
- _____ FOOLISHNESS (Proverbs 19:3) _____
- _____ CHILDISHNESS (I Corinthians 13:11) _____
- _____ SELFISH AMBITION (Philippians 2:3) _____
- _____ BOASTING (I Corinthians 13:4) _____
- _____ STEALING (Ephesians 4:28) (I Corinthians 6:10) _____
- _____ WRATH (Rage) (NIV Colossians 3:8) (Ephesians 4:31) _____
- _____ MALICE (Colossians 3:8) (Ephesians 4:31) _____
- _____ WISE IN OWN ESTIMATION (Romans 12:16) _____
- _____ SLANDER (Colossians 3:8) (Romans 1:30) (I Peter 2:1) _____
- _____ ABUSIVE SPEECH (Filthy Language) (NIV Colossians 3:8) _____
- _____ HAUGHTINESS (Romans 12:16) _____
- _____ WORLDLINESS (I John 2:15) _____
- _____ PASSION (Colossians 3:5) _____
- (F) _____ IMMORALITY (Galatians 5:19-22) (I Corinthians 6:18) _____
- (F) _____ IMPURITY (Galatians 5:19-22) (Colossians 3:5) _____
- (F) _____ IDOLATRY (Galatians 5:19-22) (I Corinthians 6:9) _____
- (F) _____ SORCERY (Galatians 5:19-22) (Revelation 21:8) _____
- (F) _____ DISSENSIONS (NIV Galatians 5:19-22) (Romans 13:13) _____
- (F) _____ ENVY (Galatians 5:19-22) (Romans 1:29) _____
- (F) _____ DRUNKENNESS (Romans 13:13) (I Corinthians 6:10) (Galatians 5:19-22) _____
- (F) _____ CAROUSING (Galatians 5:19-22) (Romans 13:13) _____

F = Work of the Flesh

NIV = New International Version

- (F) _____ SENSUALITY (Galatians 5:19-22) (Romans 13:13) _____
- (F) _____ ENMITIES (Galatians 5:19-22) _____
- _____ OLD SELF (Ephesians 4:22) _____
- _____ LUST (Matthew 5:28) _____
- _____ LOVE OF MONEY (2 Timothy 3:2) _____
- _____ QUARRELSOME (2 Timothy 2:24) _____
- _____ DEEDS OF DARKNESS (Romans 13:12) _____
- _____ SEXUAL PROMISCUITY (Romans 13:13) _____
- _____ FORNICATION (I Corinthians 6:9) _____
- _____ GRIEVING THE SPIRIT (Ephesians 4:30) _____
- _____ HOMOSEXUALITY (I Corinthians 6:9) (I Timothy 1:10) _____
- _____ DECEIT (Romans 1:29) _____
- _____ ADULTERY (I Corinthians 6:9) _____
- _____ GOSSIP (Romans 1:29) _____
- _____ LAW BREAKING (I Timothy 1:9) _____
- _____ COWARDLINESS (Revelation 21:8) _____
- _____ UNMERCIFUL (Romans 1:31) _____
- _____ SELF INDULGENCE (James 5:5) _____
- _____ UNTRUSTWORTHY (Romans 1:31) _____
- (F) _____ STRIFE (Galatians 5:19-22) (Romans 13:13) _____
- _____ MALICE (Romans 1:29) (Colossians 3:8) _____
- _____ UNLOVING (Romans 1:31) (2 Timothy 3:3) _____
- _____ COVETOUSNESS (I Corinthians 6:10) _____
- _____ REVILER (I Corinthians 6:10) (2 Timothy 3:2) _____
- _____ LOVERS OF PLEASURE (2 Timothy 3:4) _____
- _____ INSOLENT (Romans 1:30) _____
- _____ BOASTFUL (Romans 1:30) _____
- _____ SWINDLER (I Corinthians 6:10) _____
- (F) _____ DISPUTES (Galatians 5:19-22) _____

F = Work of the Flesh

NIV = New International Version

(F) _____ FACTIONS (Galatians 5:19-22) _____
 _____ CONCEIT (2 Timothy 3:4) _____
 _____ UNGRATEFUL (2 Timothy 3:2) _____
 _____ PROFANE (I Timothy 1:9) _____

F = Work of the Flesh _____

NIV = New International Version _____

Things God wants added to (put on) our lives:

- (F)_____ GENTLENESS (I Timothy 6:11) (Galatians 5:23) (Colossians 3:12)
- _____ HUMILITY (I Peter 5:6) (Colossians 3:12)
- _____ THANKFULNESS (I Thessalonians 5:18)
- (F)_____ PEACE (2 Timothy 2:22) (Galatians 5:22)
- _____ FORGIVENESS (Ephesians 4:32) (Colossians 3:13)
- _____ HARMONY (I Peter 3:8)
- _____ CONTENTMENT (Hebrews 13:5-6)
- _____ PURITY (James 3:17)
- _____ DISCIPLINE (Titus 1:8)
- (F)_____ SELF CONTROL (Galatians 5:23) (I Peter 1:13)
- _____ GRACEFUL SPEECH (Colossians 4:6)
- _____ TRUTHFULNESS (Ephesians 4:25)
- (F)_____ FAITHFULNESS (Galatians 5:22) (I Corinthians 4:2)
- (F)_____ KINDNESS (2 Timothy 2:24) (Ephesians 4:32) (Galatians 5:22) (2 Peter 1:7)
- (F)_____ LOVE (2 Timothy 2:22) (Galatians 5:22) (I Corinthians 13:13)
- (F)_____ PATIENCE (2 Timothy 2:24) (Galatians 5:22) (Colossians 3:12)
- _____ SINCERITY (NIV James 3:17)
- _____ PROPER RESPECT (NIV I Peter 2:17)
- _____ DILIGENCE (Romans 12:11)
- (F)_____ JOY (Galatians 5:22)
- _____ BOLDNESS (Proverbs 28:1)
- _____ KNOWLEDGE (2 Peter 1:5)
- _____ WISDOM (James 1:5)
- _____ MATURITY (Hebrews 6:1)
- _____ INTEREST IN OTHERS (Philippians 2:4)
- _____ RIGHTEOUSNESS (I Timothy 6:11) (2 Timothy 2:22) (Matthew 5:6)
- _____ SEPARATION (2 Corinthians 6:14)

F = Fruit of the Spirit

NIV = New International Version

- _____ ENCOURAGEMENT (Hebrews 3:13)
- _____ SERVICE TO OTHERS (Galatians 5:13)
- _____ HEART OF COMPASSION (Colossians 3:12)
- (F)_____ GOODNESS (Galatians 5:22)
- _____ SYMPATHETIC (I Peter 3:8)
- _____ GODLINESS (Likeness of God) (I Timothy 6:11)
- _____ TENDER HEARTED (Ephesians 4:32)
- _____ FAITH (I Timothy 6:11) (2 Timothy 2:22)
- _____ PERSEVERANCE (I Timothy 6:11)
- _____ DRAW NEAR TO GOD (James 4:8)
- _____ PUT ON ARMOR OF LIGHT (Romans 13:12)
- _____ PUT ON THE LORD JESUS CHRIST (Romans 13:14)
- _____ RENEWED IN THE SPIRIT OF YOUR MIND (Ephesians 4:23)
- _____ PUT ON THE NEW SELF (Ephesians 4:24)
- _____ LABOR WITH HANDS (Ephesians 4:28)
- _____ SHARE WITH THOSE IN NEED (Ephesians 4:28)
- _____ MERCIFUL (James 3:17)
- _____ UNWAVERING (James 3:17)

F = Fruit of the Spirit

NIV = New International Version

List the behaviors checked above which need to be "put off" from your life, and along with that, those which you will "put on."

PUT OFF

PUT ON

What action do you need to take on each of these?

How will you know if you have accomplished this?

How do you plan to pray about this?

It would be helpful to have a prayer partner to join you in praying about this.

Who will you ask to be your partner? _____

7. THIS IS YOUR LIFE

There are four major areas of your life. The mental, physical, spiritual, and social.

Luke 2:52 says, “**And Jesus kept increasing in wisdom** (mental), **and stature** (physical), **and in favor with God** (spiritual) **and men** (social).

MENTAL: your emotional maturity, judgment

PHYSICAL: your health and general physical condition

SPIRITUAL: your commitment and relationship with God (not just church attendance, or affiliation, or prayer)

SOCIAL: your friends and relationships with them, organizations you belong to, community activities, obeying the law, relationship with family, your job performance, success, financial condition.

Because of your chemical dependency, in all probability growth in each of these areas has come to a stand still. Growth mentally, physically, spiritually, and socially decreased as your dependency increased.

Every area of your life has been affected and controlled by your addiction. For this reason we refer to your problem as a “life dominating” problem. To be victorious over the addiction, the areas of your life must be carefully restructured. Proceed through the following chapters carefully and prayerfully. Answer each question.

Don't skip over anything.

Plan your future carefully, **that's where you're going to spend the rest of your life.**

By the way

If you haven't as yet committed your life to Jesus Christ — and you didn't set this book aside — how about now?

The only lasting answer to your problem is a relationship with Jesus Christ.

The only way to God is through Christ. Jesus said, **"I am the way, and the truth, and the life; No one comes to the Father but through Me."** John 14:6

Down inside yourself you've probably felt a little tug that says, "Do it!" That's God's Spirit trying to bring you to Him. God loves you very, very much and He wants you to come to Him. Quit resisting, stop fighting love.

Receive Jesus Christ by faith. Simply tell Him you admit you are sorry for the sins you've committed, and that you accept His forgiveness, that you know He died on the cross for your sins, and you receive Him by faith and proclaim Him Saviour and Lord of your life.

If you are just now doing this, go back to page 8 and sign the commitment.

8. MENTAL

"And Jesus increased in wisdom . . ."

Mental

The "mental" area of your life has to do with your emotional maturity and stability — judgment, self control, the intellect, thoughts.

"Set your mind on the things above, not on the things that are on earth." Colossians 3:2

What "earthly" things consume too much of your thought life?

With what "things above" can you replace those thoughts?

"A joyful heart is good medicine, but a broken spirit dries up the bones." Proverbs 17:22

Do you believe your mental attitude may effect your physical health? _____

Give reasons for your answer.

"He who is slow to anger has great understanding, but he who is quick tempered exalts folly. A tranquil heart is life to the body, but passion is rotteness to the bones. Proverbs 14:29-30.

Relate an incident in your life when your quick temper resulted in folly.

Relate an incident when you wisely held your temper — and the result.

"For the Lord will be your confidence, and will keep your foot from being caught. Proverbs 3:26

In what or whom have you usually put your trust? _____

Did it keep you from danger or harm? _____

". . . keep sound wisdom and discretion, so they will be life to your soul, and adornment to your neck. Then you will walk in your way securely, and your foot will not stumble. When you lie down, you will not be afraid; when you lie down, your sleep will be sweet." Proverbs 3:21b-24

How long has it been since you were able to lie down and not be afraid, and your sleep has been sweet? _____

What unconfessed foolishness or indiscretion has kept you from sleeping well?

"For who has known the mind of the Lord, that he should instruct Him? But we have the mind of Christ." I Corinthians 2:16

(mind of Christ — He did the will of the Father, and He loved people; Philippians 2:1-11. mind of Christ = servanthood)

What does this say to you?

"For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so; and those who are in the flesh cannot please God." Romans 8:5-8

"Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you just as I have forewarned you that those who practice such things shall not inherit the kingdom of God." Galatians 5:19-21.

In what way has your mind been set on the things of the flesh?

THINK ON THESE THINGS

* * * * *

- * You are young only once, but you can stay immature indefinitely.
- * In most cases, IQ is less important to a person's education than I WILL.
- * Stop worrying about what other people are thinking about you. They're not thinking about you at all. They're worrying about what you are thinking about them.
- * The secret of patience is to do something else in the meantime.
- * Every evening I turn my worries over to God . . . because He's going to be up all night anyway.
- * One can easily pick a wise man by the things he doesn't say.
- * You can tell the size of the man by the size of the things that make him angry.
- * It is far better to forgive and forget than to resent and remember.
- * Strong language usually comes from weak people.
- * Following the line of least resistance makes man and rivers crooked.
- * Form good habits; they're as hard to break as bad ones.
- * "Horse sense" is what keeps horses from betting on what people will do.

Answer the following questions:

YES

NO

NEED THE
FOLLOWING
IMPROVEMENT

How far did you go in school? _____

Do you see a need for additional education?

Do you like to read?

Do you read rapidly and with good comprehension?

Are you able to remember names and/or other important facts?

Are you able to put things out of your mind that need to be forgotten?
(past experiences pertaining to your problems, etc.)

Are you a worrier?

Do you believe you are as mature as others your age?

Do you tend to think only of yourself?

Do you learn from past mistakes?

Do you often act without thinking?

Do you suffer from anxiety or depression?

Are you able to control your temper?

Are you a moody person?

Do you tend to "bottle up" anger and/or other feelings?

Do you feel guilty much of the time?

Do you often experience feelings of helplessness?

Do you hold grudges and/or resentments?

Do you enjoy pornographic materials?

Do you daydream, drink, use drugs to escape reality or hurts or
problems, etc.?

Do you harbor feelings of self pity?

Do you have a sense of humor?

Is fear a problem with you?

From your answers, note:

Problems/Improvement Needed/Weaknesses

* * * * *

How has your problem affected the mental area of your life?

* * * * *

In what way has the mental area of your life affected your problem?

* * * * *

I will put off (remove) _____ and put on (replace with) _____

(refer to Put off-Put on list on pages 23-28)

* * * * *

What steps will you need to take in order to get where you would like to be in the mental area of your life?

I will do the following:

To be started by:

To Be completed by:

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

MAJOR GOAL _____

To be started by: To be completed by:

Steps to be taken

- 1.
- 2.
- 3.

MAJOR GOAL _____

Steps to be taken

- 1.
- 2.
- 3.

What will you need to continue working on, probably for the rest of your life?

Describe the way you would like the mental area of your life to be 5 years from now.

"Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things." Philippians 4:8

"Therefore, gird your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ." I Peter 1:13

9. PHYSICAL

"And Jesus increased in . . . stature . . ."

Physical

The "physical" area of your life has to do with your health and general physical condition.

"Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers." 3 John 1:2

Do you feel that your soul is as healthy as your body?

Compare the number of hours a week you spend on spiritual health vs. the number of hours spent on your physical health.

"The glory of young men is their strength . . ." Proverbs 20:29a

What are you doing to get/stay in shape?

". . . the heavy drinker and the glutton will come to poverty . . ." Proverbs 23:21

How much money have you spent over the past two years abusing your body?

To abuse your body can lead to poverty. How much money have you had to spend in medical bills during the past several years because of abusing or mistreating your body? _____ Was it worth it? _____

"Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body." I Corinthians 6:18-20

Who owns your body?

In what ways have you been mistreating and abusing His property?

"I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship." Romans 12:1

How can you present your body as a living and holy sacrifice?

THINK ON THESE THINGS . . .

- * If I had known I was going to live so long, I'd have taken better care of myself.
- * With proper care, the human body should last a life time.
- * Even nails have heads to prevent them from going too far.

Answer the following questions:

YES

NO

NEED THE
FOLLOWING
IMPROVEMENT

Have you had a physical checkup within the past year?

Have you had a dental checkup within the past year?

Is your weight about what it should be?

Are you physically "in shape"?

Do you worry about your health?

Do you keep your body clean?

Should you stop smoking?
drinking?
using illegal drugs?

Is the food you eat of proper quality and type for good health?

Is the quantity of food you eat appropriate for maintaining weight
and health?

Do you exercise regularly?

Do you receive the proper amount of rest and sleep?

Do you take good care of your personal appearance?

From your answers above, note:
Problems/Improvements Needed/Weaknesses

* * * * *

How has your problem affected the physical area of your life?

In what way has the physical area of your life affected your problem?

* * * * *

I will put off (remove) _____ and put on (replace with) _____
(refer to Put off/Put on list on pages 23-28)

* * * * *

What steps will you need to take in order to become what you would like to be in the physical area of your life?

I will do the following:

To be started by: To be completed by:

MAJOR GOAL _____

Steps to be taken

- 1.
- 2.
- 3.

MAJOR GOAL _____

Steps to be taken

- 1.
- 2.
- 3.

MAJOR GOAL _____

Steps to be taken

- 1.
- 2.
- 3.

MAJOR GOAL _____

Steps to be taken

- 1.
- 2.
- 3.

What will you need to continue working on, probably for the rest of your life?

Describe the way you would like for the physical area of your life to be 5 years from now.

"Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; but I buffet my body and *make it my slave*. . ." I Corinthians 9:26-27a

10. SPIRITUAL

"And Jesus increased in . . . favor with God . . ."

Spiritual

Your relationship, commitment and reliance on God. (not just church attendance or affiliation or prayer)

"Put on the full armor of God, that you may be able to stand firm against the schemes of the devil." Ephesians 6:11

What is the armor of God?

How are we told to deal with the devil's schemes?

What have been some of the devil's schemes that have confronted you in the past?

"And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption." Ephesians 4:30

List some ways that you have learned through scripture and the study of this book so far, by which the Holy Spirit can be grieved. _____

Are you diligently putting forth an effort to remove those things from your life? _____

"Now those who belong to Christ Jesus have crucified the flesh with its passions and desires." Galatians 5:24

Are you learning some ways to "crucify the flesh?" List the ways that have been helpful to you. _____

"As you therefore have received Christ Jesus the Lord, so walk in Him." Colossians 2:6

What does it mean to walk in Him?

"For not one of us lives for himself, and not one dies for himself; for if we live, we live for the Lord, or if we die, we die for the Lord; therefore whether we live or die, we are the Lord's." Romans 14:7-8

Do you think it would be harder to live for the Lord or die for Him? Why?

"There is therefore now no condemnation for those who are in Christ Jesus." Romans 8:1

When you think back about your problem, do you often feel condemned? _____

Who causes you to feel this way? _____

"For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus." Philippians 1:6

Have you allowed Christ to begin a good work in you?_____ Will you now allow Him to complete it?_____

Do not take these questions lightly. Be honest and sincere.

"For the Lord gives wisdom; from His mouth come knowledge and understanding. He stores up sound wisdom for the upright; He is a shield to those who walk in integrity, guarding the paths of justice, and He preserves the way of His godly ones." Proverbs 2:6-8

In what way do you want the Lord to give you knowledge and understanding?

How do you want Him to shield you?

How do you want Him to preserve you?

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. Do not be wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your body, and refreshment to your bones." Proverbs 3:5-8

In what way have you recently trusted in the Lord instead of going your own way?

List some ways in which you are learning to acknowledge Him?

"Do not be bound together with unbelievers; for what partnership have righteousness and lawlessness, or what fellowship has light with darkness? II Corinthians 6:14

How have unbelievers pulled you down in the past?

What will you do to assure that this won't happen again?

"Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge; and in your knowledge, self control, and in your self control, perseverance, and in your perseverance, godliness; and in your godliness, brotherly kindness, and in your brotherly kindness, love. For if these qualities are yours and are increasing, they render you neither useless nor unfruitful in the true knowledge of our Lord Jesus Christ. For he who lacks these qualities is blind or short sighted, having forgotten his purification from his former sins. Therefore, brethren, be all the more diligent to make certain about His calling and choosing you; for as long as you practice these things, you will never stumble." II Peter 1:5-10

How can you practice:

diligence in your faith _____

knowledge _____

perseverance _____

brotherly kindness _____

moral excellence _____

self control _____

godliness _____

love _____

(use a dictionary if you are uncertain as to the meaning of any of these words)

In which of these do you need to concentrate your attention?

What will you do to strengthen yourself in these weak areas?

THINK ON THESE THINGS

* * * * *

- * If you LONG to be with Christians, you BELONG to Christ.
- * God's purpose is not to make us comfortable but conformable — conformable to Christ.
- * If your son died saving your neighbor from a fire, how would you feel if your neighbor skipped the funeral to watch TV?
- * The Bible is the only Book whose author is always present when one reads it.
- * Of all the thousands of deceptive substitutes, a substitute for salvation is the worst.
- * Do not pray the Lord to use you, but pray that He will make you usable.
- * To say, "I'm not good enough to be a Christian" is a bit like saying, "I'm not healthy enough to go to the hospital."
- * We can put a new suit on the man, but only Christ can put a new man in the suit.
- * No God — no peace; Know God — know peace.
- * People do not reject the Bible because it contradicts itself, but because it contradicts them.
- * Wouldn't it be shocking if some men preached what they practiced?

Answer the following questions:

YES

NO

NEED THE
FOLLOWING
IMPROVEMENT

Have you committed your life to Jesus Christ?

Do you spend time daily reading your Bible?

Do you spend time daily in prayer?

Do you try to put into practice what the Bible teaches?

Do you give to your church and other worthy causes?

Do you belong to any church or religious organization?

When you make decisions, do you ask what does God want me to do?

How do you handle it when you realize you have sinned?

Are you living a victorious Christian life?

Is your Christian life up and down a lot?

Are you experiencing the unconditional, supernatural love of God
in your life, and expressing that love in meaningful ways to others?

Are you seeking to be a leader in the particular areas in which God
has given you opportunity?

From your answers above, note:

Problems/Improvements Needed/Weaknesses

How has your problem affected the Spiritual area of your life?

* * * * *

I will put off (remove) _____ I will put on (replace with) _____

(refer to the Put off/Put on list on pages 23-28)

* * * * *

What steps will you need to take in order to get where you would like to be in the spiritual area of your life?

I will do the following

To be started by: To be completed by:

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

* * * * *

What will you need to continue working on, probably for the rest of your life?

Describe the way you would like the spiritual area of your life to be 5 years from now:

11. SOCIAL

"And Jesus increased in . . . favor with . . . man"

A. Interpersonal relationships

Your friends and your relationships with them; organizations you belong to; community activities; obeying the law

"My son, if sinners entice you, do not consent." Proverbs 1:10

Are you easily led by others to do things that you regret later?

"He who walks in integrity walks securely, but he who perverts his ways will be found out." Proverbs 10:9

In what social situations do you feel the most secure?

In what way do you see a connection between your answer and this verse?

". . . Happy is he who is gracious to the poor." Proverbs 14:21b

What is your attitude/actions towards those around you who are less fortunate than you?

"Do not be with heavy drinkers of wine, or with gluttonous eaters of meat; For the heavy drinker and the glutton will come to poverty . . ." Proverbs 23:20-21a

Do you tend to put yourself in the place of temptation by associating with people who, by their example, encourage you to do wrong? _____ Overall, how successful in life and how happy are these people?

"With his mouth the godless man destroys his neighbor . . ." Proverbs 11:9a

Relate an incident when you were on the receiving end of gossip.

"He who despises his neighbor lacks sense, but a man of understanding keeps silent. He who goes about as a talebearer reveals secrets, but he who is trustworthy conceals a matter." Proverbs 11:12-13

Are you able to remain silent when you know juicy tidbits about your neighbor or another person?

"Do not let kindness and truth leave you; bind them around your neck, write them on the tablet of your heart. So you will find favor and good repute in the sight of God and man." Proverbs 3:3-4

Are you able to be kind toward other people under any and all circumstances? _____

Do people regard you as a truthful person? _____

"For the crooked man is an abomination to the Lord . . ." Proverbs 3:32a

Are you a law abiding citizen? _____ Do you obey the laws even when there is no chance of getting caught if you don't? _____

"Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself; do not merely look out for your own personal interests, but also for the interests of others." Philippians 2:3-4

What does this say to you?

" . . . whoever wishes to become great among you shall be your servant." Matthew 20:26

What do you think Christ meant when he spoke of being a servant to others?

Give some specific examples of things you will do in order to serve others.

THINK ON THESE THINGS . . .

* * * * *

- * People don't care how much you know until they know how much you care.
- * Nothing makes us love our enemies as much as praying for them.
- * May God always bless you and may your enemies always know it.
- * We invite defeat when we remember what we should forget.
- * Who are "they" and why are they running your life?
- * Never wrestle with a pig. You both get all dirty, and the pig likes it.
- * There's no traffic jam in the extra mile.
- * To ease another's heartache is to forget one's own.
- * The easiest way to have heart trouble is to run upstairs and run down people.
- * Two kinds of auto finishes: lacquer and liquor.
- * No one is too big to be courteous, but some are too little.
- * Do unto others as you would have others do unto you, but do it first.
- * The only thing wrong with alcohol is that some folks drink it.

Answer the following questions:

YES

NO

NEED THE
FOLLOWING
IMPROVEMENT

Are you a law abiding citizen?

What organizations do you belong to?

Do you have many friends?

Do you and your friends do things together?

Are you alert to the influence your friends exert on you, both good and bad?

Have you prayerfully considered who God would have as your close friends?

Do you really like people?

Do they seem to like you?

Do you seek to have a positive influence on the lives of your close friends?

As you encounter people for the first time, do you greet them with love and respect?

Do you tend to "use" people?

Are you afraid to meet people?

Are you able to easily forgive and forget the wrongs others have done to you?

Do you accept people the way they are?

Do you respect those in authority over you, even when you disagree with them?

Are you able to carry on a conversation with a stranger?

Is loneliness a problem for you?

Do you feel your manners/etiquette are up to par?

Are you sensitive to the feelings of others?

From your answers above, note:
Problems/Improvement Needed/Weaknesses

How has your problem affected the social area of your life?

In what way has the social area of your life affected your problem?

* * * * *

I will put off (remove) _____ and put on (replace with) _____

(refer to Put Off/Put on list on pages 23-28)

* * * * *

What steps will you need to take in order to get where you would like to be in the social area of your life?

I will do the following:

To be started by: To be completed by:

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

What will you need to continue working on, probably for the rest of your life?

Describe the way you would like the social area of your life to be 5 years from now.

"A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another." John 13:34-35.

"Beloved, if God so loved us, we also ought to love one another." I John 4:11

12. SOCIAL

"And Jesus increased in . . . favor with . . . man."

B. FAMILY RELATIONSHIPS

Your relationship with your family, (parents, brothers and sisters, wife, husband, children)

FOR MEN

"Enjoy life with the woman whom you love all the days of your fleeting life which He has given to you under the sun; for this is your reward in life, and in your toil in which you have labored under the sun." Ecclesiastes 9:9

What is your reward in life?

"Let your fountain be blessed, and rejoice in the wife of your youth. As a loving hind and a graceful doe, let her breasts satisfy you at all times; be exhilarated always with her love." Proverbs 5:18-19

If a marriage has become stale and unexciting, list some practical ways to restore the exhilaration of first love.

"So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself." Ephesians 5:28

Give an example telling why the second statement of this verse is true.

FOR WOMEN

"Wives, be subject to your own husbands, as to the Lord." Ephesians 5:22

If a husband tries to get his wife to sin is she to subject herself to him? Give the phrase in this verse that substantiates your answer.

An excellent wife, who can find? For her worth is far above jewels. The heart of her husband trusts in her, And he will have no lack of gain. She does him good and not evil all the days of her life. Proverbs 31:10-12

What characteristics in your life harms or helps your husband and/or others?

"Strength and dignity are her clothing, and she smiles at the future. She opens her mouth in wisdom, and the teaching of kindness is on her tongue." Proverbs 31:25,26

What affect has alcohol and drugs had on your strength and dignity?

"Charm is deceitful and beauty is vain, but a woman who fears the Lord, she shall be praised." Prov 31:30

What have you been relying on to gain popularity and praise from others?

"And let not your adornment be merely external-braiding the hair, and wearing gold jewelry, or putting on dresses, but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit which is precious in the sight of God." I Peter 3:3,4

Describe what you believe is a gentle and quiet spirit.

With alcohol/drugs out of your life, is it attainable?

To a woman caught in adultery: (John 8:1-11)

v. 11b . . "Neither do I condemn you; go your way. From now on sin no more."

To a woman in the city who was a sinner: (Luke 7:36-50)

v. 48, 50 " . . Your sins have been forgiven . . . your faith has saved you; go in peace."

To a woman who had a hemorrhage for twelve years - (Luke 8:43-48)

v. 48. " . . Daughter, your faith has made you well; go in peace."

To a woman who for eighteen years had had a sickness caused by a spirit. (Luke 13:10-17)

v. 12. " . . Woman, you are freed from your sickness."

These were women who were looked down on. Imagine you are standing in front of Jesus. You have come to Him with your problem. What does He say to you?

FOR ALL

"For this cause a man shall leave his father and his mother, and shall cleave to his wife; and they shall become one flesh." Genesis 2:24

Look up the verses just before Genesis 2:24. Explain what "this cause" means and give the verse.

"Let the husband fulfill his duty to his wife, and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over his own body, but the wife does." I Corinthians 7:3-4

". . . as for me and my house, we will serve the Lord." Joshua 24:15

Do you and your family serve the Lord? _____ How? _____

Do you have family devotions? _____ Do you read the Bible and pray together? _____

In what ways could your family improve in this area?

"And, fathers, do not provoke your children to anger; but bring them up in the discipline and instruction of the Lord." Ephesians 6:4

Briefly explain your understanding of "bring them up in the discipline and instruction of the Lord."

"He who spares his rod hates his son, but he who loves him disciplines him diligently." Proverbs 13:24

In what way is discipline a form of love?

"Children, obey your parents in the Lord, for this is right. Honor your father and mother (which is the first commandment with a promise), that it may be well with you, and that you may live long on the earth." Ephesians 6:1-3.

Why should children obey their parents and what is the reward?

"Children, be obedient to your parents in all things, for this is well-pleasing to the Lord." Colossians 3:20

Does this include obeying inconsiderate, mean, ill-tempered parents, too?

"A good name is to be more desired than great riches, favor is better than silver and gold." Proverbs 22:1

"A person who gossips and ruins another person's good name is guilty of theft as surely as if he stole money from that man." Explain this statement — and which theft has the greater effect?

**"Beloved, let us love one another, for love is from God; and everyone who loves is born of God and knows God."
I John 4:7**

How can we know whether or not we really know God?

THINK ON THESE THINGS!

* * * * *

- * Love is the only language that everybody understands.
- * A child is more likely to see God as a Father if he sees God in his father.
- * Marriages are made in heaven, but so are thunder and lightning.
- * The best thing a father can do for his children is to love their mother.
- * You will never find your rainbow without going through some rain.
- * A happy wife sometimes has the best husband, but more often makes the best of the husband she has.
- * The difficulty with marriage is that we fall in love with a personality but must live with a character.

Answer the following questions:

YES

NO

NEED THE
FOLLOWING
IMPROVEMENT

Was your childhood home a close family unit?

Did you do things as a family?

Is your present family life comparable to your childhood family?

Are you actively seeking to improve family relationships?

Are there quite a few arguments and disagreements in the family group?

Are there hard feelings toward any member of your family?

Have you taken steps to resolve these hard feelings?

Are you divorced?

If so, what was the problem? _____

What could you have done to prevent the marriage from turning sour? _____

In what ways were you responsible for the break up? _____

Are you able to express love to all members of your family?

Do you feel loved by your family?

Do you give top priority to developing your relationship with your spouse?

Do you seek to love your spouse with God's unconditional love?

Do you communicate often and well with your spouse?

(If single), are you seeking God's wisdom whether you should marry and/or whom you should marry?

From the above, note:

Problems/Improvement Needed/Weaknesses

* * * * *

In what way has your problem affected your family life?

How has your family life affected your problem?

* * * * *

I will put off (remove) _____ and put on (replace with) _____

(refer to Put off/Put on list on pages 23-28)

* * * * *

What steps will you need to take in order to get where you would like to be in the family area of your life?

I will do the following:

To be started by: To be completed by:

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

MAJOR GOAL _____

Steps to be taken

1.

2.

3.

What will you need to continue working on, probably for the rest of your life?

Describe the way you would like the family area of your life to be 5 years from now.

* * * * *

"Be devoted to one another in brotherly love; give preference to one another in honor." Romans 12:10

13. SOCIAL

"And Jesus increased . . . in favor with . . . man."

C. Employment — your job performance, success, like or dislike of your job.

"In all labor there is profit, but mere talk leads only to poverty." Proverbs 14:23

Explain this verse

"Laziness casts into a deep sleep, and an idle man will suffer hunger." Proverbs 19:15

In your opinion, should an able bodied man suffer hunger or should he be provided for? _____

Why? _____

"For even when we were with you, we used to give you this order: If anyone will not work, neither let him eat." II Thessalonians 3:10

What does this verse say regarding some (not all) of the government welfare programs?

"Go to the ant, O sluggard, observe her ways and be wise, which having no chief, officer or ruler, prepares her food in the summer, and gathers her provision in the harvest. How long will you lie down, O sluggard? When will you arise from your sleep?" 'A little sleep, a little slumber, a little folding of the hands to rest' — and your poverty will come in like a vagabond, and your need like an armed man." Proverbs 6:6-11

What is this verse saying to you in regard to your spending habits?

Do you have a regular habit of saving some money from each paycheck? _____

"We hear that some among you are leading an undisciplined life, doing no work at all, but acting like busy bodies. Now such persons we command and exhort in the Lord Jesus Christ to work in quiet fashion and eat their own bread" II Thessalonians 3:11,12

Could you better be described as busy, or a busy body? _____

"Do you see a man skilled in his work? He will serve before kings; he will not serve before obscure men." Proverbs 22:29

List some practical ways in which you can become more skilled in your work.

". . . for the worker is worthy of his support." Matthew 10:10b

Are you "worthy of your support?" _____ Do you give 8 hours of work for 8 hours of pay? _____

THINK ON THESE THINGS

* * * * *

- * God put work into your life, He expects you to put life into your work.
- * The lazier we are today, the more we have to do tomorrow.
- * Real good jobs await men who do real good jobs.
- * If something goes wrong, it is more important to talk about who is going to make things right than who is to blame.
- * Someone said it couldn't be done, but alas, I didn't know that and went ahead and did it.
- * The **best** way to do a thing has not been found.
- * Ideas won't work unless you do.

Answer the following questions:

YES

NO

NEED THE
FOLLOWING
IMPROVEMENT

Are you satisfied with your job?

Would you want to be doing the same work 5 years from now?

Are you a job jumper?

What is the longest time you have ever stuck with one job?

Are you loyal to your employer?

Do you give 8 hours work for 8 hours pay?

Do you tend to grumble (gripe) and/or goof off on the job?

Do you get along with other employees?

When other employees are goofing off on the job, do you join them?

Are you confident that you are employed in the job in which God would have you to work?

Do you feel you have adequate education and/or training to function well in your vocation?

Do you strive for excellence in what you do?

Do you seek to maintain an attitude of loving and serving others as opposed to using them?

From your answers above, note:

Problems/Improvement Needed/Weaknesses

How has your problem affected the employment area of your life?

In what ways has the employment area of your life affected your problem?

* * * * *

I will put off (remove) _____ and put on (replace with) _____
(refer to Put off/Put on list on pages 23-28)

* * * * *

What steps will you need to take in order to get where you would like to be in the employment area of your life?

I will do the following _____ To be started by: To be completed by

MAJOR GOAL _____

Steps to be taken

- 1.
- 2.
- 3.

MAJOR GOAL _____

Steps to be taken

- 1.
- 2.
- 3.

MAJOR GOAL _____

Steps to be taken

- 1.
- 2.
- 3.

* * * * *

What will you need to continue working on, probably for the rest of your life?

Describe the way you would like the employment area of your life to be 5 years from now.

14. SOCIAL

"And Jesus increased . . . in favor with . . . men."

D. Finances — your financial condition, budgeting money, spending, investing, etc.

"Better is a little with righteousness than great income with injustice." Proverbs 16:8

Give an example that you know of personally that proves the truth of this statement.

"Wealth obtained by fraud dwindles, but the one who gathers by labor increases it." Proverbs 13:11

Can you name several successful (perhaps well-known) businessmen who gained their fortune through hard work and honesty, not by dishonest means?

"Do not withhold good from those to whom it is due, when it is in your power to do it. Do not say to your neighbor, 'Go, and come back, and tomorrow I will give it,' when you have it with you." Proverbs 3:27-28

How do you decide to whom good is due?

"My son, if you have become surety for your neighbor, have given a pledge for a stranger . . . do this then, my son, and deliver yourself . . ." Proverbs 6:1, 3

Why is it unwise to become a surety (a co-signer) with someone you're not sure you can trust?

"Honor the Lord from your wealth, and from the first of all your produce; so your barns will be filled with plenty . . ." Proverbs 3:9-10a

Do you tithe your income? _____ Do you give to the Lord first or from what is left at the end of the paycheck? _____ What should you do?

"He who gives to the poor will never want, but he who shuts his eyes will have many curses." Proverbs 28:27

Do you believe God enough to share what you have, to give to those who have less than you do?

"There is precious treasure and oil in the dwelling of the wise, but a foolish man swallows it up." Proverbs 21:20

Why does this verse say "wise" instead of "wealthy?"

What would you consider to be "precious treasure" and "oil" in your circumstances? (It isn't necessarily something material)

"Do not be overawed when a man grows rich, when the splendor of his house increases; for he will take nothing with him when he dies, his splendor will not descend with him." Psalm 49:16-17 (NIV)

If you were to become rich, what do you feel would be some wise ways of using your wealth or investing it or giving it away since "you can't take it with you?"

THINK ON THESE THINGS

* * * * *

- * We may give without loving, but we can't love without giving.
- * The next time you feel like complaining, remember that your garbage disposal probably eats better than 60% of the people of the world.
- * Give according to your income, lest God make your income according to what you give.
- * God judges what we give by what we keep.
- * Any fool can waste money—and most fools do.
- * Those who do not handle money wisely will work for those who do.

Answer the following questions:

YES	NO	NEED THE FOLLOWING IMPROVEMENT
-----	----	--------------------------------

Do you consider your income to be what it should be?

Is your spending compatible with what you earn?

Do you often make purchases impulsively?

Are you heavily in debt?

If so, why? _____

Do you pay all your just debts?

Do you have money saved?

Do you feel you are being a good steward with the money God has provided you?

Do you financially contribute to God's work here on earth (church - 10%)?

Do you pay your taxes which you owe to the government God has placed over you?

Are you sensitive to the financial needs of others and give help to meet those needs?

Do you have a budget or other measure to ensure that your spending is under control?

Do you make purchases in a prayerful and thoughtful way, and not primarily by impulse?

From your answers above, note:

Problems/Improvement Needed/Weaknesses

How has your problem affected the financial area of your life?

I will put off (remove) _____ and put on (replace with) _____

(refer to Put off/Put on list on pages 23-28)

* * * * *

What steps will you need to take in order to get where you would like to be in the financial area of your life?

I will do the following:

To be started by: To be completed by:

MAJOR GOAL _____

Steps to be taken

- 1.
- 2.
- 3.

MAJOR GOAL _____

Steps to be taken

- 1.
- 2.
- 3.

MAJOR GOAL _____

Steps to be taken

- 1.
- 2.
- 3.

MAJOR GOAL _____

Steps to be taken

- 1.
- 2.
- 3.

* * * * *

What will you need to continue working on, probably for the rest of your life?

Describe the way you would like the financial area of your life to be 5 years from now:

WHEN YOU'RE ON THE FIRING LINE

Temptation is always with you. It often hits when you least expect it. God never tempts you. Satan tempts. God tests. Satan always hits you in your weak spots. God always tests your strong points. God's testing is not so that He can see how strong you are. He already knows. He tests so that you can see what He has accomplished in your life.

No temptation has overtaken you but such as is common to man; and GOD IS FAITHFUL, WHO WILL NOT ALLOW YOU TO BE TEMPTED BEYOND WHAT YOU ARE ABLE; but with the temptation will provide the way of escape also, that you may be able to endure it. (I Corinthians 10:13) (emphasis is mine)

Rarely does anyone "fall off the wagon." They usually jump off. The way off the wagon is usually schemed out carefully in advance.

Escape Routes to Victory

1. Don't put yourself in the place of temptation. Stay away from the liquor stores. Don't go near them for any reason. Stay away from your old drinking friends. Stay away from places where alcoholic beverages are served.
2. Learn the power of the positive "NO." That's a NO that means NO! Too often people are guilty of saying NO in a way that says, "No, but if you keep asking or begging, I'll say 'yes'"
3. You are not obligated to give a reason for saying "NO!" When you try to give a reason, you leave yourself vulnerable to a rebuttal and 101 reasons why your reason doesn't hold water. A flat simple NO! says it all.
4. You may not have chosen to be an alcoholic or drug addict, but have you come to the point where you can say, "I choose not to be?"
5. When the thought to drink or use drugs first enters your mind, change your thought patterns. Easily said, but how do you pull it off? Try this: think about the number 3. Visualize the number 3 in your mind. Think 3 for a few moments. Now that the number 3 is firmly in your mind — stop thinking about it. Don't think 3 any longer — is it out of your mind?
Probably not. In fact, the harder you try, the more you think of 3. Now try this: Add $4 + 2 + 6 + 2 + 5$. Now subtract 10. Multiply this by 5. That number you were trying to forget was out of your mind. Philippians 4:8 says that whatever is true, honorable, right, pure, lovely, of good repute, let your mind dwell on these things. When wrong thought patterns enter your mind, replace them with thoughts that are true, honorable, right, pure, lovely and of good repute.

6. Use and personalize scripture. Romans 6:1 says, "What shall I say then, am I to continue drinking (or using drugs) that grace might increase? May it never be! How shall I, who died to drinking still live in it? Knowing this, that my old self was crucified with Him, that my body of sin (drinking, drugs) might be done away with, that I should no longer be a slave to drinking (drugs) for I died, and am freed from drinking (drugs). I died to drinking (drugs) but am alive to God in Christ Jesus. (Romans 6:1, 2, 6, 7, 11)

When you became a Christian, God saw you as participating in Christ's death burial, resurrection and now walking in newness of life. You are dead to sin, including the sin of drunkenness (keep in mind that in your case, there can be no more drinking, EVER. For you it is sin).

How does a dead person respond to the temptation to drink or use drugs? Dead people don't drink or use drugs. You died to that. But you are alive to God in Christ Jesus (Romans 6:11)

7. Let Satan, the enemy of your soul, be the one to "press the praise button." The one thing he can't stand, and hates most is for you to have a heart filled with praise for God.

When the tempting thought first enters your mind, let that automatically set off praises to God. Start praising Him. Read praise Psalms. Sing praise songs and hymns in your heart. In this manner resist the devil, and he will flee from you.

8. If the heat is really on, and you feel the "ship is taking in water," how long can you trust God to give you victory? Two minutes?

Pray now. Thank Him for the victory you have right now. Tell Him you are trusting Him for two minutes. Two minutes from now, pray again. Thank Him for the two minutes of victory. Tell Him you are trusting Him for two more minutes. Two minutes from then pray again and again and again.

When you feel you can trust Him for ten minutes, or thirty minutes, or an hour, or two hours, etc. tell Him how long you believe you can trust Him, and go back at the end of that time and pray again. Do this even through the night if necessary. Set your alarm for your meeting with God. If possible, find a friend who can go through this with you and help you pray.

9. Find a close friend(s) that possibly has had the same problem, who is also a Christian. Agree that you will be accountable to one another, that you will share your problems and struggles, and you will pray together. Whenever you are faced with temptation, get with your friend(s).

and Finally

God has enabled you to have victory over your problem. You are free.

Keep reading your Bible — daily.

Keep praying.

Stay in fellowship with other believers — stay actively involved in your church.

Continue sharing your faith.

Don't put yourself in a place where you'll be tempted.

Don't buy (or accept as a gift) alcohol or drugs.

REMEMBER THIS: If you forsake God, you'll go back to being an addict or alcoholic. The stakes are high. Keep your guard up!

JESUS HAS SET YOU FREE FROM YOUR PROBLEM, THEREFORE,

REMEMBER—

IT WAS FOR FREEDOM THAT CHRIST SET (YOU) FREE; THEREFORE
KEEP STANDING FIRM AND DO NOT BE SUBJECT AGAIN TO A YOKE
OF SLAVERY. GALATIANS 5:1

About Loran Pyles . . .

Loran received his college training at Missouri Valley College in Marshall, Missouri and Asbury College in Wilmore, Kentucky with additional training at Eastern Kentucky University, Richmond, Kentucky and Morehead State University, Morehead, Kentucky.

He served as Youth Director at Calvary Missionary Church in Hamilton, Ohio; Executive Director of Bristol, Virginia-Tennessee Youth for Christ; Pastor of Laurel Springs Baptist Church in Mariba, Kentucky.

He also served as Chief Probation Officer of the Juvenile and Domestic Relations Court, Superintendent of Juvenile Detention, and Director and Founder of Bristol Boys Home in Bristol, Virginia; Executive Director of Bethany Childrens' Home, Bethany, Kentucky; Chief Counselor at the Frenchburg Correctional Facility, Frenchburg, Kentucky; Executive Director of Glory House (a Christian halfway house for alcoholics and offenders) in Sioux Falls, South Dakota; Consultant with Work Ethic, Inc. in Akron, Ohio.

An ordained Southern Baptist minister and a Licensed Social Worker, he has had thirty years experience counseling with alcoholics and drug addicts.

He is married. He and his wife Sally have four sons and have had over one hundred foster children, most of whom were delinquent.

He has been listed in Who's Who in America in Religion, International Who's Who in Community Service and others.