BREAKING THE CHAINS OF ADDICTION

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Oluwatobi S. Adewuyi
Coordinator

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God bless you!

TOPIC:

BREAKING THE CHAINS OF ADDICTION
Bible Text: Matthew 15:13

Introduction

There is a deep conviction that God is ready to liberate someone from the bondage of addiction. Addiction is one of the rampant diseases in our day, largely due to the increasing influence of nudity and immorality in the media. Statistics show that at least one in every ten youths is addicted to something. The devil is on a rampage, trapping young people in addictions early in life to stop them from serving God wholeheartedly, even when they desire to.To deal with this plague, we must understand what the Bible says about it and its origin.

Bible Text: Matthew 13:25–28 (KJV) — "But while men slept, his enemy came and sowed tares among the wheat, and went his way..."

Study

Origin of addiction

The phrase *"while men slept"* does not refer to literal sleep but to a state of carelessness and lack of watchfulness. It was during this period that the enemy sowed seeds in the hearts of men. These seeds did not sprout immediately—it took a process. By the time they began to manifest, many didn't even realize when the devil sowed them. Some were introduced to addictive habits in school, others through friends, relatives, or even accidentally through exposure on phones or media. The devil ensures contact with these things, sowing the seed of addiction early until it grows into bondage. Many who are now addicted never planned

it. They simply found themselves trapped in a habit that now controls them. The enemy uses opportunities to sow these seeds to enslave people spiritually, mentally, and emotionally.

FOUR STAGES OF ADDICTION

1. The Introduction

This is the beginning stage. Some are introduced to it by friends, relatives, or through exposure on phones and social media. The availability of digital devices and the influence of the media make it easier for the enemy to plant these seeds. Awareness helps believers guard themselves better against such entry points.

2. The Progression

At this stage, the person believes they are still in control. They continue to indulge in the act and see it as harmless or normal. Gradually, it becomes more frequent and powerful, taking deeper roots in their lives.

3. The Realization

Here, the individual begins to recognize the damage. They want to stop but find themselves powerless to do so. Guilt sets in. Some even started these habits as early as 8 or 10 years old. At this point, they realize that addiction hinders their progress and greatly affects their relationship with God.

4. The Quest for Deliverance

Now the person seeks a way out, often after many years of indulgence. They may experience repeated failures in their attempt to stop. Deliverance from addiction does not usually happen through mere laying on of hands because addiction

operates on the **soul and mind plane** rather than just the physical or spiritual.

THE PLANES OF HUMAN EXISTENCE

1. **Spirit** – Where warfare happens.
2. **Soul** – The seat of emotions, thoughts, and decisions.
3. **Body** – The physical aspect, where healing often occurs.

Addiction primarily operates in the **mind and soul**, and its root is **deception by the devil**.

STEPS TO FREEDOM

1. Surrender Completely to God

James 4:7 (KJV) — "Submit yourselves therefore to God. Resist the devil, and he will flee from you."
James 4:10 (KJV) — "Humble yourselves in the sight of the Lord, and he shall lift you up."No one can overcome addiction by personal strength. Deliverance begins with total submission to God. You cannot win the devil with your own power; victory begins with surrender.

2. Renew Your Mind

Since addiction operates through the mind, renewing it is essential. Study and meditate on the Word of God until it takes root in you. Read books that build your spirit and strengthen your mental life. Some addictions are even influenced by unclean spirits, and these are overcome through prayer, the Word, and faith in Christ. The Word of God purifies and transforms the mind.

3. Be Accountable to Someone

Have a trusted, mature believer you can confide in—someone who is spiritually grounded and not a gossip. Accountability helps you stay on track.

Avoid all **external triggers** that lead to temptation—whether friends, phone content, or certain environments. The progression of addiction often follows this path: **External Triggers → Mind → Contemplation → Fall into Sin.**

4. Replace the Habit with Something Positive

When you stop an addictive habit, replace it with something constructive. Read edifying books, learn a skill, get involved in productive work, or serve in ministry. Idleness gives room for temptation.

SPIRITUAL EFFECTS OF ADDICTION

1. It makes you feel spiritually dry.
2. It quenches the fire on your altar.
3. It gives the devil a foothold in your life.
4. It hinders spiritual and physical growth.

Addiction prevents you from serving God effectively. It weakens your spiritual life and distracts you from divine purpose.

PRAYER

Father, in the name of Jesus, we thank You for Your Word. We pray for everyone under the bondage of addiction—let every chain be broken in the mighty name of Jesus. Let healing flow to those who are wounded and freedom come to every captive. We also pray for those in financial or personal distress—let heaven provide for their needs in Jesus' name. **Amen.**

Conclusion

If you are struggling with addiction or need help, reach out to a mature spiritual leader or pastor for guidance and prayer. God desires your freedom, and He is willing to help you if you surrender to Him completely.

God bless you.
You will not fail Jesus.

Invitation

If you know that you are still living in sin and you are ready to repent and begin to live your life in strict obedience to God so that you can overcome every sin in your life to make heaven, please place your right hand on your chest and say this prayer with your mouth.

Say,

"Lord Jesus, I accept You as my personal Lord and Savior. I believe that You died for me and took away my sins so that I will not face the penalty of them. I surrender my life to You today, and I make a decision to obey and follow You. Come into my life now and accept me as Your child. Thank You for saving me, in Jesus Christ's name I pray, Amen."

Congratulations, now you are saved. If you prayed this short prayer, please WhatsApp **+2347067511039** and let me know that you have just been saved. I want to have a word with you. God bless you!

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