

Thinking about Addiction - Jesus wants to set you free

John 8:31-32 NKJV

Are you trying to overcome a bad habit? Jesus wants to set you free.

‘If you abide in My Word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.’

You ask, ‘What is this “truth” that will make me free?’ Jesus answers in six words:

‘If you abide in My Word.’ Victory is gained in your mind and maintained in your mind. One lady joked, ‘Giving up cigarettes is easy; I’ve done it thousands of times.’ Seriously, how can you stop going back to old habit patterns? By repenting of them, renouncing them, and replacing the old thoughts that lead us back to them with new thoughts.

And where do these new thoughts come from? Jesus answers, ‘If you abide in My Word.’ This means staying out of places that foster wrong thoughts and away from people who encourage wrong thoughts. It may mean changing what you watch on television.

You’ll notice that before you give in to a bad habit, you think the thoughts that lead to it. The Bible says,

‘Do not be conformed to this world but be transformed by the renewing of your mind’

Romans 12:2 NKJV.

In the early stages of recovery from any addiction it’s critical to saturate your mind daily in the Scriptures, pray, and be willing to reach for the support of a friend (see Ecclesiastes 4:9-10).

Will you sometimes fail on your way to success? Yes. But victory begins when you decide to be free, and believe God will set you free.

Daily thoughts

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