



# BETHEL CHRISTIAN UNIVERSITY

## COURSE: ADDICTION RECOVERY

### COURSE SYLLABUS

I'm my biggest barrier. You cannot blame anyone for your decisions but yourself. Myself did this to me:

1. Pride
2. My Strength
3. My Plans
4. My Goals and Agenda

### COURSE MATERIALS

- “*Freedom From Addiction*” – by Neil T. Anderson, Mike & Julia Quarles

### **Strongholds of Addiction—Bondage**

Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: but every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death. **James 1:13-15 (KJV)**

### **Five Major Strongholds of Addiction**

1. Hopelessness
2. Guilt
3. Self-Help
4. Insecurity
5. This is the life—But only as I know it

### **The Truth Will Set You Free**

If you don't know the truth you can never be free. Christ Jesus is Truth.

- And ye shall know the truth, and the truth shall make you free. **John 8:32 (KJV)**
- If the Son therefore shall make you free, ye shall be free indeed. **John 8:36 (KJV)**

- It is not for kings, O Lemuel, it is not for kings to drink wine; nor for princes strong drink: Lest they drink, and forget the law, and pervert the judgment of any of the afflicted. Give strong drink unto him that is ready to perish, and wine unto those that be of heavy hearts. Let him drink, and forget his poverty, and remember his misery no more. **Proverbs 31: 4-7 (KJV)**
- You also, as living stones, are being built up a spiritual house, a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ. **1 Peter 2:5 (KJV)**

### **REALLY FREE**

Freedom is the Assurance that your needs for Security, Significance, Love, Acceptance, and Worth are always met in Christ. My personal needs are met regardless of changing circumstances or personal bondage.

### **THE ASSURANCE OF VICTORY OVER SIN**

We cannot save ourselves, and we cannot overcome the penalty of death nor the power of Sin by human effort. Only God can do that for us, and He did.

### **THE BATTLE FOR THE BODY**

When we don't know our real purpose for being here, we try to look good, seek man made comforts, make a lot of noise and create our own light.

### **THE BATTLE FOR THE MIND**

The three most critical Issues that confront us as believers are:

1. To do something about the disposition of our physical bodies.
2. To reprogram our minds to the truth of God's Word.
3. If I'm right enough or have done enough, I can get what I need from the Lord.

### **PROGRAMMED FOR ADDICTION**

The Four Failure Patterns

1. Authority
2. Irresponsibility
3. Quitting
4. Earn as much money as possible