



Freedom From Addictive Behaviors Conference









Mike & Julia Quarles
Grace Walk Recovery Ministry

John 8:36 "So if the Son makes you free, you will be free indeed."

FreedomFromAddiction.org

Freedom From Addictive Behaviors Conference *Topics*

**The Freedom From Addictive Behaviors Conference
Consists of Eight Sessions:**

-  **#1 *The Strange Odyssey of a Legalistic Preacher Who Became a Drunk, Discovered Grace and Was Set Free***
Mike Quarles Testimony, How he found freedom from addiction and
Julia Quarles Testimony, How a wife found her freedom from codependency.
-  **#2 *The Problem of Addictive Behaviors***
A Biblical understanding of the problem of addiction and how it develops.
-  **#3 *The Price For Freedom***
The requirement for experiencing freedom and why so few are experiencing it.
-  **#4 *God's Answer For Addictive Behaviors***
Understanding God's clear, definitive and complete answer for addictive behaviors.
-  **#5 *Strongholds of Addictive Behaviors***
The lies people believe that keep them in the bondage of addictive behaviors.
-  **#6 *Forgiveness – Your #1 Ticket To Freedom***
The hardest and most liberating thing you will ever do.
-  **#7 *How To Walk Free And Stay Free***
How to walk in freedom by winning the battle for the mind.
-  **#8 *The Basics of Recovery To Freedom In Christ***
What are the basics, the absolute essential truths that we must know to
experience and maintain our freedom in Christ.



On staff with *Grace Walk Ministries*, Mike and Julia Quarles direct the *Grace Walk Recovery Ministry* and teach the *Freedom From Addictive Behaviors Conference*. Mike is a former pastor who struggled with alcoholism. He is a graduate of Reformed Theological Seminary. Mike served for twelve years as Director of the *Freedom in Christ Recovery Ministry*. Prior to coming with *Freedom in Christ*, he was the Conference Coordinator and counselor with Grace Ministries International in Atlanta, GA. Mike and Julia are the parents of three grown children and have seven grandchildren. Mike and Julia live near Atlanta, GA.

Mike and Julia have written a book with Dr. Neil Anderson, *Freedom From Addiction*, in which Mike tells how he finally found freedom and Julia tells how she found her freedom from codependency. They have also written a *Freedom From Addiction Workbook*, that takes you through an intensive personal appraisal to show you the lies you are believing that are keeping you in bondage and an in-depth inductive Bible study that shows you the truth that sets you free. They also co-authored *On Day at a Time*, a devotional and *Overcoming Addictive Behavior* with Neil Anderson.

Is Freedom From Addictive Behaviors Possible?

More resources, programs and money are being directed toward recovery than ever before. How are we doing? Honesty compels us to admit that the problem is intensifying and escalating. Why? Doesn't God's word tell us *"It is for freedom that Christ set you free..."* (Galatians 5:1)? What's missing? The foundational key to freedom in Christ is to understand your identity in Christ and receive your freedom from sin as a result of Christ's work on the cross. But this seems to be a truth that has largely been hidden from the Christian community.

Mike Quarles had been a Christian for 18 years, was a seminary graduate and had served in the pastorate. More than anything he wanted his life to count for God. But he found himself hopelessly addicted to alcohol and nothing he tried helped. He attended hundreds of A.A. meetings and had five different sponsors. He saw numerous counselors, psychiatrists, psychologists (Christian and secular). He tried all the Christian disciplines and all of the formulas he had heard about. He even tried the drug antabuse, which if you ingest alcohol makes you violently ill. He was in a Christian *12 Step Group*, an accountability group, group therapy, and public confession. He went through a secular treatment center and Christian treatment center. He flew to New Jersey and spent three days with an addiction specialist. He was called before the Church Discipline Committee for being a drunk.

All of this time Mike believed he was an addict, an alcoholic, a drunk, a failure and a sinner. Finally he learned the transforming truth that he was a child of God who was in Christ and that Christ had done everything necessary for him to walk in freedom. It was only then that he was able to experience the truth that *"If Christ sets you free, you are free indeed"* (John 8:36). Since that time Mike has been involved in ministry helping others to experience the peace, freedom, joy and victory that is their rightful inheritance as a child of God.

The **Grace Walk Recovery Ministry** is dedicated to the belief that God has an answer for addictive behaviors and that answer is freedom. The goal of the **Grace Walk Recovery Ministry** is not to help people quit drinking or doing drugs, but to enable them to get radically right with God and experience freedom in Christ that He purchased for us on the cross. Of course when that happens the drinking, drugging and addictive behaviors take care of themselves. Our belief is that a person who understands who they are in Christ will not engage in self-destructive addictive behaviors as a lifestyle. It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. (Galatians 5:1). Freedom is your birthright as a child of God. Jesus came to set the captives free. **DON'T SETTLE FOR LESS!**

*The Spirit of the Lord is on me, because
He has anointed me to preach good news to
the poor. He has sent me to proclaim freedom
for the prisoners and recovery of sight for the
blind, to release the oppressed." — Luke 4:18*

SESSION # 1

The Strange Odyssey Of A Legalistic Preacher Who Became a Drunk Discovered Grace and Was Set Free

LEARNING OBJECTIVE

To show through a personal testimony how the truth does set you free from addiction. This is the story of my painful struggle with addiction and my search to be free.

I. HOW DO WE LEARN SPIRITUAL TRUTH?

- A. Not by facts, information, knowledge - but revelation (illumination) of Truth.
- B. Desperation is the key to revelation. Then we're able to receive Truth.
- C. Before we receive Truth, we have to learn that we can't free ourselves.

II. A TRAUMATIC EVENT

- A. Have you ever waked up and not known where you were?
- B. Why was I in this situation with bums, winos, street people?
- C. Why does a person destroy all that's good in their life?

III. MESSAGES WE RECEIVE AND THE LIES WE BELIEVE—

I am: *Insecure • Something's wrong with me • Guilty • Worthless •
Inadequate • Alcoholic, Addict, Anorexic, etc. • Unloved and Unaccepted •
Inferior Failure • Stupid, dirty, no good, evil, etc.*

A. What Can I Do To Get Acceptance And Worth?

It's my greatest need - I must have it - We spend all our lives trying to get it.

B. A Life-Changing Event And The Beginning Of An Addiction

1. A way to escape the pain of self-consciousness
2. A way to relate and be one of the guys
3. A way to feel good about myself

III. MESSAGES WE RECEIVE AND THE LIES WE BELIEVE (continued)

C. What Alcohol Did For Me -Something that nothing else had done

1. Feel O. K. about myself
2. My hobby, my recreation and my social life
3. A way to relax and escape
4. A way to commiserate and celebrate
5. Denial of problems and reality
6. A way to deal with stress

IV. CONVERSION EXPERIENCE

A. Is There Meaning and Purpose To Life?

B. Life Radically Changed

C. My Lifestyle as a Christian

1. Practiced all the disciplines
2. Pursued education and preparation with zeal

D. Result - Marriage a mess - Personal life a shambles - And I'm the pastor!

E. Realization - All I had learned about living the Christian life wasn't working for me.

1. I see myself as a failure
2. I turn to my old way of dealing with failure— alcohol

V. WHAT I TRIED TO GET FREE FROM MY ADDICTION

- | | |
|---|---|
| 1. Consistent Quiet Time | 16. Christian Treatment Center |
| 2. Bible Study | 17. Read Every Book on Addiction |
| 3. Fasting | 18. Healing of Memories Session |
| 4. Visitation Evangelism | 19. Baptism of The Spirit Session |
| 5. Christian 12 Step Program | 20. Casting out Of Demons Session Twice |
| 6. Accountability Group | 21. Public Confession |
| 7. Hundreds of AA meetings and 5
Different Sponsors | 22. Group therapy |
| 8. Christian Counselors | 23. Took the Drug Antabuse |
| 9. Christian Psychiatrist | 24. Disciplined by My Church |
| 10. Secular Psychiatrist | 25. Rigid Schedule with
Every Minute Planned |
| 11. Christian Psychologist | 26. Hundreds of Hours Studying
Scriptural Principles |
| 12. Secular Psychologist | 27. Memorized Chapters of Scripture |
| 13. Addictions Counselor | 28. Discipleship Groups |
| 14. Flew to N. J. and Spent 3 days
with a Specialist | 29. Prayer |
| 15. Secular Treatment Center | 30. Promises to God and My Wife |

A. Why didn't any of these work? Flesh + Law = Bondage

"For when we were in the flesh, the sinful passions which were aroused by the law were at work in our members to bear fruit to death." (Romans 7:5).

B. A Misunderstanding of the Problem and the Answer

1. The problem is not you, but the lies you believe .
2. The answer is not what you do, but what God has done .

C. Where Did This Get Me?

Out of control, depressed, & suicidal

D. God's Goal and Purpose for us—

"We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired even of life. Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead." (2 Corinthians 1:8,9, NIV).

1. To Bring us to the end of ourselves and our resources
2. No freedom, peace and joy without brokenness

VI. FREEDOM AT LAST!

A. If your theology (what you believe) is true, you will be free

1. If Jesus is in me and I am in Him, what else do I need?

"In that day you will know that I am in My Father, and you in Me, and I in you."
(John 14:20).

2. Crucified with Christ, dead to sin and freed from it—

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me." (Galatians 2:2).

B. Two things happened on the cross—

1. Christ died for my sin - therefore my sins are forgiven
2. I died with Christ - therefore I have been freed from sin

"We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. If we have been united with him like this in his death, we will certainly also be united with him in his resurrection. For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin— because anyone who has died has been freed from sin." (Romans 6:4-7)

C. Only One Thing Keeps you in Bondage— LIES

D. Only One Thing Sets You Free— TRUTH

VII. RESULTS OF FREEDOM

A. Situation unchanged BUT peace, joy and contentment

B. If the Son sets you free, you are really free! John 8:36



*God's plan is not to improve us,
but to break us of our independence and self-sufficiency!*



*God is not trying to make us strong,
but to weaken us so we will give up on ourselves!*



*God does not want to change our life,
but exchange it so we will trust Christ to be our life!*

SESSION # 2

The Problem Of Addiction

LEARNING OBJECTIVE

To gain a Biblical understanding of the problem of addiction and understand what it really is so that we can lay a proper foundation for recovery.

I. LOOKING AT THE PROBLEM OF ADDICTION.

What is it? What causes it? Biblical understanding will help us to know what's needed.

A. What is it? American Heritage Dictionary—

1. To devote or give (oneself) habitually or compulsively.
2. To cause to become compulsively and physiologically dependent on a habit-forming substance.
3. Bondage—*"They promise them freedom, while they themselves are slaves of depravity—for a man is a slave to whatever has mastered him."* (2 Peter 2:19)
4. Look closely at these verses. Why would anyone want to repeat all these horrible acts?

"Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over wine, who go to sample bowls of mixed wine. Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper. Your eyes will see strange sights and your mind imagine confusing things. You will be like one sleeping on the high seas, lying on top of the rigging. "They hit me," you will say, "but I'm not hurt! They beat me, but I don't feel it! When will I wake up so I can find another drink?" (Proverbs 23:29-35).

B. More Resources, Money, Treatment Facilities directed at the problem

BUT the problem keeps escalating and intensifying.

1. If Bondage, the spiritual must be addressed.
2. Church overall has defaulted to the secular.

C. How does addiction develop and why is it so entrenched?

D. A Definition of the Flesh: The flesh is the way(s) I have learned to meet my basic needs of love/acceptance and worth/value apart from God. It is a learned independence developed over the years. It is the self-life. They are memory patterns that I will always have of what has worked for me in the past. Some of our flesh patterns are good and acceptable and even applauded by other Christians, such as perfectionism and workaholism. However anything that we are depending on to meet our needs of love/acceptance and worth/value apart from Christ is a flesh pattern. In fact anything can be a flesh pattern, including things that are good, noble and spiritual. If I am looking to my family or my ministry to meet my needs instead of my relationship with Christ, it is a flesh pattern. The way we meet our basic needs, escape, protect and defend ourselves, deal with stress and try to succeed are flesh patterns. To sum up, the way we meet our basic needs is how we find life and where we find our identity.

Problem of Addiction

AREA	NATURE	CURE	ISSUE	RESULT
1 Body	Physical Addiction	Abstain	Actions	Behavior Change
2 Soul	Emotional Habituation	Cope	Feelings	Improve Self
3 Spirit	Spiritual Bondage	Cross	Identity	New Person

Problem of Addiction

All the secular can do is treat the first two areas. They cannot even begin to deal with the spiritual. That is why you may find out something about your problem and learn to cope, and even stop practicing your addiction but you will not be free. The secular doesn't have an answer and there is no freedom to be found there. If addiction is spiritual bondage (and it is), God is the only one who can set us free.

How We Get Into Bondage

World— Family background, what people say, hurts, traumas, abuses, failures, successes.

Flesh— Learned ways to meet needs of love & worth and find life independent of God.

Devil— Accusations and lies about who we are, who God is, and what we need in life.

Who God says we are and what Christ did on the cross to make us new creations alive in Him.

False Identity

Finding life in the flesh

True Identity

Finding **LIFE** in Christ

Unacceptable

Very Bad

Acceptable

The flesh patterns above are simply the way we learn to meet our basic needs of love/acceptance and worth/value apart from Christ in our own resources based on how we perceive ourselves.

The reason that most programs don't work is that they treat the symptoms. The problem is not the behavior, but the misbelief behind the behavior. A person will not change until they change their beliefs. We are set free not by how we behave, but by what we believe. Jesus said, "You will know the truth, and the truth will set you free."

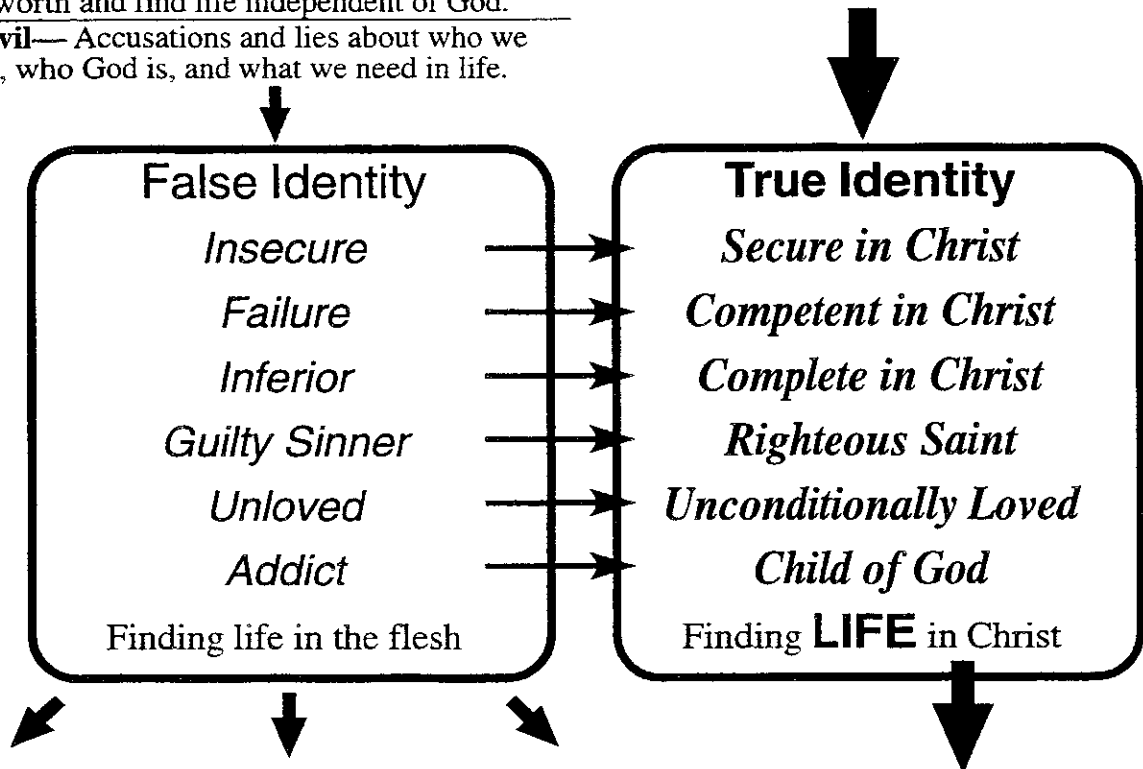
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Unacceptable

Very Bad

Acceptable

Irresponsible	Drugs/Alcohol	Perfectionistic
Procrastination	Sexual Addiction	Workoholic
Denial	Eating Disorder	Driven to Succeed
Rebellious	Homosexuality	Self-Sufficient
Anxious & Fearful	Obsessive-compulsive	Materialistic
Lying	Co-dependent	Controlling

The flesh patterns above are simply the way we learn to meet our basic needs of love/acceptance and worth/value apart from Christ in our own resources based on how we perceive ourselves.

Love

Joy

Peace

Patient

Kind

Good

Faith

Gentle

Self-control

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How We Get Into Bondage and Why We Don't Get Out

(An explanation of the diagram)

1. Our greatest needs are to be accepted (loved) and have worth (value). This is what drives us to do what we do. It is the motivation behind all behavior. ***God made us that way and His design is that He will meet all our needs when we look to Him.***

2. As we grow up, have problems and go through life we get messages about who we are. At first they are only feelings about ourselves, but they quickly turn into what we believe about ourselves. It is the way we see ourselves and who we believe we are.

3. ***As a result we all develop a false identity about who we are.*** This false identity comes from the world (family, environment, hurts, trauma), our flesh (ways we try to live life in our own resources) and the devil, who constantly accuses us and tells us lies about ourself, God and what we need in life. It shapes all of our life and everything we do.

4. We begin to try to meet our needs for acceptance and worth the best way that we can in our own resources (flesh). As a result we develop ways of living as we attempt to cope, escape, defend ourselves, succeed (or avoid failure). ***These are flesh patterns or ways that we learn to live life independent of God.*** We develop these patterns based on how we perceive ourselves, what we believe about God and how we think life works.

5. A flesh pattern is simply a way that we have learned to meet our needs independent of God. All of us have them because none of us were born Christians and none of us look to God to meet all our needs all the time. We wrongly think it is just the way we are. ***One of Satan's biggest lies is that what we do determines who we are.***

6. Some of these ways (flesh patterns) are unacceptable such as irresponsibility. Some of them are very bad such as drug and alcohol addiction. But some of them are acceptable such as perfectionism and driven to succeed. ***We need to know that anything that we do to meet our needs apart from God is flesh.*** It could be good, right, noble and even spiritual, but if we are trying to meet our needs instead of looking to God, it is flesh.

7. Some of these ways develop into strongholds such as drug addiction which causes a lot of problems in our lives. As we seek help, more than likely the counsel is to focus on the wrong behavior and try to change it. ***This is the reason we don't get free. The root problem is not the behavior. The root problem is the misbelief behind the behavior.*** As long as a person believes lies about himself he will never get free, no matter what he does.

8. Alcoholism, addiction, eating disorders, etc., are not the problem. The problem is the lies we believe about who we are that causes us to try to meet our needs in our own resources. ***The reason we don't easily give them up is that the way we meet our needs for acceptance and worth is the way we find life and identity.*** It is deeply ingrained in us.

9. When a person learns that they are not a failure, an addict, unloved, insecure, inferior and guilty — BUT are forgiven, accepted, competent, complete, righteous and secure in Christ, they will begin to change and experience freedom. ***A person who understands who they are in Christ will not engage in self-destructive, addictive behavior as a life style.***

10. The reason few are finding freedom is that they are trying to change their behavior. They may be trying to change it through spiritual disciplines, but that is nothing but Christian behavior modification (legalism). ***A person will always act in accordance with how they perceive themselves.*** If we really want to help we must help them know the truth of who they are in Christ to see any real, lasting change and freedom.

I. THE PROBLEM OF ADDICTION *(continued)*

E. The Bondage of Addiction is a Stronghold—

“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” (2 Corinthians 10:4,5).

It's in the mind (thought, misbelief) opposite of God. *“A stronghold is a mindset impregnated with hopelessness that causes us to accept as unchangeable what is known to be against the will of God.”—Ed Silvano*

F. Addiction is Satan's substitute—It's a counterfeit for intimacy with God

1. Dr. A. E. Wilder-Smith -Addictionologist - *“Drugs change the nature of consciousness..the reason for the drug epidemic is that we have not taught our children to enjoy God forever on a daily basis. We are made for God - to spend time with Him. They are sensory deprived so they induce spiritual experiences through drugs.”*

2. Oswald Chamber says Satan's counterfeit for fullness of the Holy Spirit is drunkenness or sexual experience— *“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit” (Ephesians 5:18).*

3. *“God cannot give us happiness and peace apart from Himself, because it is not there. There is no such thing.” —C. S. Lewis*

4. The essence of addiction is self-consciousness—If this is true then what would the answer for addiction be? *“Thou has made us for Thyself and our hearts are restless until they find their all in Thee.” — Augustine*

5. *“As long as I keep looking for my true self in the world of conditional love, I remain ‘hooked to the world’ - trying, failing and trying again. It is a world that fosters addictions because what it offers cannot satisfy the deepest craving of my heart...Our addictions make us cling to what the world proclaims as the keys to self-fulfillment...These addictions create expectations that cannot but fail to satisfy our deepest needs. As long as we live within the world's delusions, our addictions condemn us to face an endless series of disillusionments while our sense of self remains unfulfilled. In these days of increasing addictions, we have wandered far away from our Father's home. The addicted life can be aptly designated a life lived in a ‘distant country’. I am the prodigal son every time I search for unconditional love where it cannot be found. Why do I keep leaving home where I am called a child of God, the beloved of my Father?”*

—Henri Nouwen, *The Return of the Prodigal Son*

Characteristics of the Addicted

From Proverbs 31:4-7

1. Perishing— to lose oneself, fail, be undone, be destroyed...

HOPELESS AND LOW SELF IMAGE

The Lie— I am the same old, poor sinner who is helpless and hopeless and will never change.

The Truth— The old person I used to be was crucified with Christ (Rom 6:4). I am a new creation (2 Cor 5:17), who is dead to sin (Rom 6:2). I am a righteous saint (2 Cor. 5:21).

2. Anguish— bitter, grieved, vexed and discontent...

BITTER and GUILTY

The Lie— I deserve to be punished and condemned and I can't face the truth about myself. I am a prisoner of my past.

The Truth— There is no more guilt and condemnation in Christ (Rom. 8:1). God has taken care of my past in the cross and I am now a product of the cross.

3. Poverty— to be destitute, have lack, needy, poor...

DESTITUTE and DEFEATED

The Lie— I am unloved and unaccepted. I have been forsaken and I am without support.

The Truth— God loves me and accepts me and will never leave me or forsake me (Heb. 13:5,6) and has given me everything I need for life and godliness (2 Pet 1:3), every spiritual blessing (Eph 1:3) and victory (1 Cor 15:57).

4. Misery— to toil severely with wearying effort...

WEARY and BURDENED

The Lie— It is up to me and I am giving out.

The Truth— God will do it all for me (1 Thess 5:24) and has called me to give up on myself and my resources (2 Cor 1:8,9) and rest in Him (Heb 4:10).

II. WHAT IS NEEDED AT CORE OF PROGRAM -

Foundational? - Basic?

A. Identity in Christ

1. Why is it Basic? - No person can consistently behave in a way that is inconsistent with the way they perceive themselves

2. How does the person see himself, What does he believe?

a. Worthless, Unloved, Inferior, Inadequate, Insecure?

b. Alcoholic, Addict, Anorexic, Failure, Perfectionist?

B. We were addicts, anorexics, etc.— BUT NO MORE!

“And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.” (1 Corinthians 6:11, NIV).

1. Regeneration- New creation - not who we used to be *“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!”* (2 Corinthians 5:17, NIV).

2. Justified— Righteous— Freed *“God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.”* (2 Corinthians 5:21, NIV).

3. Sanctified - Set Apart - Made holy - We are Saints *“For he chose us in him before the creation of the world to be holy and blameless in his sight...”* (Ephesians 1:4, NIV).

C. What Keeps Us In Bondage?— LIES About Who We Are

1. I Am An Alcoholic

2. I Am Helpless, Hopeless And Never Going To Change

3. I Am A Product Of My Past

4. I Am Different And My Problem Is Different

5. I Am A Victim Of My Past, My Background And My Genes

6. I Am Insecure & Need Someone to Validate Me

7. I Am Guilty & Condemned Because of My Behavior

8. I Am A Sorry, No Good Sinner

9. I Am Inadequate & Will Never Measure Up

10. I Am Inferior to Others

III. OVERVIEW OF TREATMENT

A. Secular

1. Positive Aspects

- a. Better job of addressing problem than church overall
- b. Emphasize honesty - Break down denial
- c. Support, Fellowship, Encouragement
- d. Gives something positive to do

2. Negative

- a. Doesn't offer Freedom- but coping skills

"If we are trying to help people establish their identity, find purpose and meaning in life and seek to meet their needs without Christ, then we need to know that is precisely the agenda of Satan on planet earth." -Neil Anderson

- b. All secular can offer is to improve the flesh
- c. Focus on problem rather than the answer
- d. Motivate by fear
- e. Focus on disease - but identity is really the issue
- f. Christ not welcome
- g. Beats down denial, often man
- h. Not only a program, but a way of life - almost cultic

B. Christian Programs

1. Positive

- a. Christ- centered
- b. Use God's Word
- c. Don't have to compromise convictions and beliefs
- d. Usually uplifting

2. Negative

- a. Many Have No Clear Focus & Direction
- b. Focus on behavior
- c. Most don't tell you how to find freedom in Christ

C. What's wrong with the 12 Steps? Absolutely Nothing— All they cover is good but they don't cover what is needed to be free. What is not covered in the 12 Steps that are essential to find freedom? Actually quite a bit. If you leave out the the person of Christ and the work of Christ you have basically left out everything that you need to gain peace, freedom, joy, and victory. A lot of Christian groups have added Scripture and Christ to the 12 Steps, but most of them are still more focused on the Steps than they are on the person of Christ and the work of Christ. The upshot is that they do not emphasize the truth that sets you free.

D. If a program is not centered on the person and work of Christ, it might offer good advice on how to cope, but it will lack the truth that brings freedom in Christ.

What's Not In the 12 Steps That's Essential To Freedom

What's Wrong With The 12 Steps? Absolutely Nothing! Everything they cover is helpful and good. The problem is what they don't cover. They don't cover what is necessary for a person to be free. This is a list of what's not covered.

- 1. The Person of Christ - Christ is our life**
- 2. The Work of Christ -God's only answer is the cross**
- 3. Forgiveness - God's only answer for anger**
- 4. Our identity in Christ which determines our behavior**
- 5. Grace - God's method of dealing with us**
- 6. Faith -The only way to get what God has for us**
- 7. God's unconditional love and acceptance**
- 8. The part and work of the Holy Spirit**
- 9. An answer for guilt and condemnation**
- 10. An understanding that the battle is in the mind**
- 11. Our position in Christ gives us victory over Satan**
- 12. Spiritual warfare - How to win the battle**
- 13. Our co-crucifixion frees us from the power of sin**
- 14. Dying to the law frees us from performing to gain acceptance and a sense of worth**
- 15. Dying to the world frees us from other's demands**
- 16. The part of the flesh (our learned independence)**
- 17. Prayer**
- 18. The Word of God**

In essence the 12 Steps are most likely the best program for enabling a person to cope with a problem, but they lack the necessary components to set a person free. In Romans 7:24 Paul did not say, "*What will set me free?*" There is no "what", no program that will set you free. He said "*Who will set me free?*" The answer is "*Thanks be to God through Jesus Christ our Lord!*" (Romans 7:25). Jesus said, "*So if the Son sets you free, you will be free indeed.*" (John 8:36). The issue for the one in bondage is not whether he wants to quit, it's does he want to be in right relationship with God? Only then will he be able to find freedom in Christ.

IV. WHAT ESSENTIAL TRUTHS MUST WE TEACH FOR PEOPLE TO FIND FREEDOM IN CHRIST?

1. Identity in Christ
2. The truths of Romans 6 that the old self has been crucified with Christ and they know they are dead to sin and alive to God.
3. Forgiveness which we must do to be free.
4. They must forgive and accept themselves to be free.
5. God loves and accepts them unconditionally just the way they are. There is no more guilt nor condemnation in Christ.
6. We are not under law, but under grace and are dead to the law and our performance doesn't affect our standing with God.
7. Satan is a defeated foe and has no power over us unless we believe his lies.
8. We have been given the victory and are seated with Christ in the heavenly places and everything is under Christ's feet.
9. Truth sets us free and lies keeps us in bondage and we must walk by faith in the truth to be free and stay free.
10. We must renew our minds by taking thoughts captive to walk free.
11. Apart from Christ we can do nothing and we must give up on ourselves and totally depend on God.
12. Christ is our life and has given us everything we need and He will meet all our needs.

V. SHIFT THE FOCUS FROM MAN AND THE PROBLEM TO GOD AND THE ANSWER— WHY DID CHRIST COME?

"The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed." (Luke 4:18).

1. Preach Gospel - Good News of What God Has Done
2. Proclaim Freedom - Our Rightful Inheritance
3. Recovery of Sight to Blind - The Truth Will Set You Free
4. Release the Oppressed - Don't put burdens of behavior on them
5. Proclaim Year of God's Favor - Proclaim GRACE

If you focus on what you do— your program, your commitment, your group, your steps, your treatment— Your recovery will be limited to your ability to carry through.



If you focus on God and what He has done at the cross, you will be able to experience freedom in Christ

SESSION # 3*The Price of Freedom***LEARNING OBJECTIVE**

To understand the difficulties and the issues in why people do not experience freedom from addiction and to understand why freedom is so difficult to obtain.

I. WHY CHRISTIANS DO NOT GET FREE**A. Price to pay for Freedom**

1. Price is yourself - Whoever finds his life will lose it, and whoever loses his life for my sake will find it. (Matt.10:39, NIV).
2. People want to be rid of problem— BUT not change
3. Advice or answer? Cope or change? Rehash/Resolution?
4. What price would you pay to be free?
5. When a person is willing to take full responsibility for himself and his problem then he has taken the first and most essential step toward freedom

B. Why Won't They Pay The Price? The price is costly

1. Must lose life to gain it
2. Don't easily part with what we have relied on all our lives

C. When Will They Ever Stop?

1. When they come to the end of themselves
2. And when they come to the end of their resources

D. Why does Most Treatment Fail?

1. Rom. 7:5 - Programs, rules, methods, principles fall short. *"For while we were in the flesh, the sinful passions, which were aroused by the Law, were at work in the members of our body to bear fruit for death."* (Romans 7:5).
2. What gives sin power in our lives? 9 out of 10 Christians don't know the answer to this question. (1 Cor. 15:56).
3. Must understand that we are under grace. Why? *"For sin shall not be your master, because you are not under law, but under grace."* (Romans 6:14).
4. What will set me free is the wrong question? *"Wretched man that I am! Who will set me free from the body of this death? Thanks be to God through Jesus Christ our Lord!"* (Romans 7:24).

II. WHAT HAS TO TAKE PLACE

A. God's goal and purpose for us— conform us to Christ's image (Rom. 8:29)

1. BUT - How does He do that? What has to take place?

2. Heb 12:27 "The words 'once more' indicate the removing of what can be shaken—that is, created things--so that what cannot be shaken may remain."

God is going to shake everything in your life that can be shaken so that what cannot be shaken will remain."

a. **Question**— What in your life can be shaken?

b. **Question**— What in your life can't be shaken?

3. 2 Cor 1:8,9 "*We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired even of life. Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.*"

B. How Do You Learn Spiritual Truth? Find freedom?

1. Not by facts, knowledge— BUT KNOW THE TRUTH.

2. We have to be disabused of the idea we can free ourselves

C. What's the Problem? Too weak, low morals, bad character, evil sin nature, lack of commitment— NOT!

1. Misunderstand the Problem and the Answer.

a. Problem is not you, but the lies you believe.

b. Answer is not what you do, but what God has done.

2. If your theology (beliefs) are true you will be free.

D. Brokenness— Tell me what to do? GIVE UP!

1. Hannah Whitall Smith wrote— "*rather than admit helplessness, men will undergo many painful sacrifices, if only self may share the glory. A religion of bondage always exalts self. It is what I do: my efforts, my fasting, my sacrifices, my prayers. But a religion of freedom leaves nothing for self to glory in. It is all Christ and what He does.*"

2. "*My grace is sufficient for you, for my power is made perfect in weakness. Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.*" (2 Cor 12:9)

3. There are many ways to get in bondage and many expressions and symptoms of bondage.

*But only one thing keeps you in bondage—
believing lies*



*Only one thing sets you free—
Believing the truth and walking by faith*

SESSION # 4*God's Answer For Addiction***LEARNING OBJECTIVE**

To understand God's clear, definitive and complete answer for addiction.

I. DOES GOD HAVE AN ANSWER FOR ADDICTION?

If so, why are there so many Christians in bondage? God's word is clear that it was for freedom that we were set free, but we can go back and live in bondage (Galatians 5:1)

A. Promise? Command? Fact?**B. Our Freedom Has Been Provided—** It is an accomplished fact.

1. Romans 6:1-7— It is all past tense— It's a done deal.
2. What is the proper response? Look at verse 8— BELIEVE!

C. What died? Martin Lloyd-Jones— *"What then does Paul mean by the old man? It seems to me quite plain... the old man is the man I used to be in Adam.. it is the man I once was, but which I am no longer."*

D. What did we die to?

1. Sin - *"...because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death."* (Romans 8:2).
2. World— *"May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me and I to the world."* Gal 6:14.
3. Law— Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: *"Cursed is everyone who is hung on a tree."* (Gal 3:13)
 - a. Why is this important? Get off performance treadmill
 - b. Will be trying to earn acceptance with God & others

E. If you know old self died— you will experience freedom

WHY? BECAUSE YOU ARE FREE!!!

Neil Anderson's Question— *"Do you believe the Christian life is learning the principles of the Bible and doing your best to live them?"* Answer: No, that is legalism at best and heresy at worst.

F. Rom 6:11 SUMMARIZES WHAT WE ARE TO BELIEVE

What must I experience? Nothing - Martin Luther says "We don't do anything, we don't give anything to God, but we receive and allow someone else to do all the work for us and in us and it's God that does it." The only experience necessary is Christ's death on the cross.

I. DOES GOD HAVE AN ANSWER FOR ADDICTION? *(continued)*

G. Our Identity in Christ is an issue of belief not experience.

1. How do you die to sin?
2. Our Identity is a historical fact of Christ's death and resurrection.
3. Salvation is not addition, but transformation.
4. Martin Lloyd Jones—*"Understand that the old man is not there. The only way to stop living as if he were still there is to realize that he is not there. That is the New Testament method of teaching sanctification. The whole trouble with us, says the N.T. is that we do not realize what we are that we still go on thinking we are the old man and go on trying to do things to the old man. That has been done; the old man was crucified with Christ. He is non-existent, he is no longer there... If we but saw this as we should, we would really begin to live as Christians in this world."*
5. Source of Encouragement— Not under law, but grace.
6. Stop sinning is a law answer— It never works and never helps.

II. GOD'S ANSWER PICTURED

A. The Door to Freedom is not Locked—Watchman Nee stated, *"Oh, it is a great thing to see that we are in Christ! Think of the bewilderment of trying to get into a room in which you already are! Think of the absurdity of asking to be put in! If we recognize the fact that we are in, we make no effort to enter."*

B. Identity Is The Issue— New identity is result of what God has done

C. Results of Co-Crucifixion— Romans 6

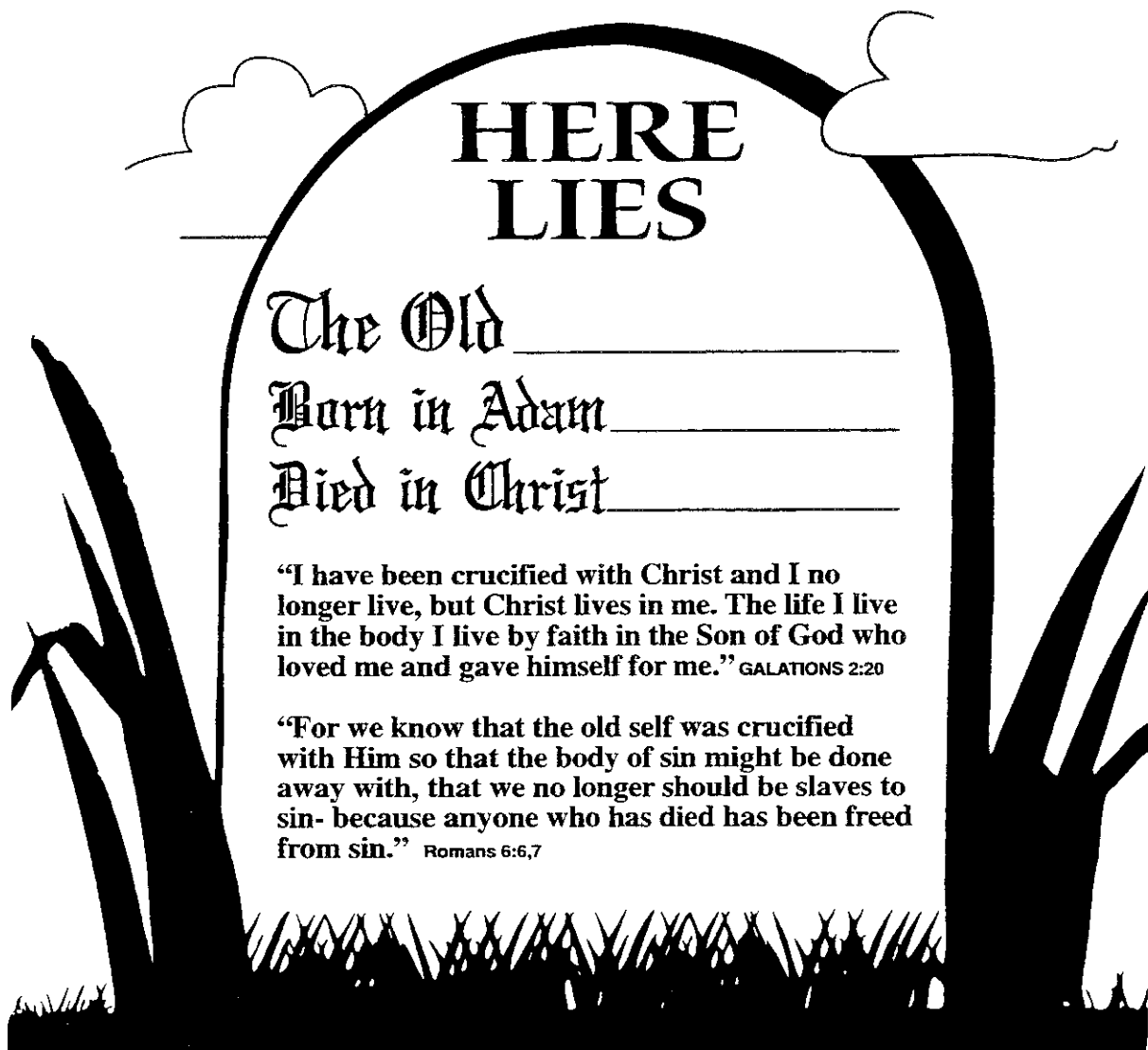
1. v2 Died to sin
2. v4 Live a new life
3. v5 United with Christ in His resurrection
4. v6 No longer a slave to sin
5. v7 Freed from sin
6. v8 Live with Christ

*The problem is not behavior, sin nature, lack of commitment,
family, circumstances, environment, genetic predisposition,
morals or character.*

✻
Bondage is the result of believing lies.

✻
Freedom is the result of believing truth.

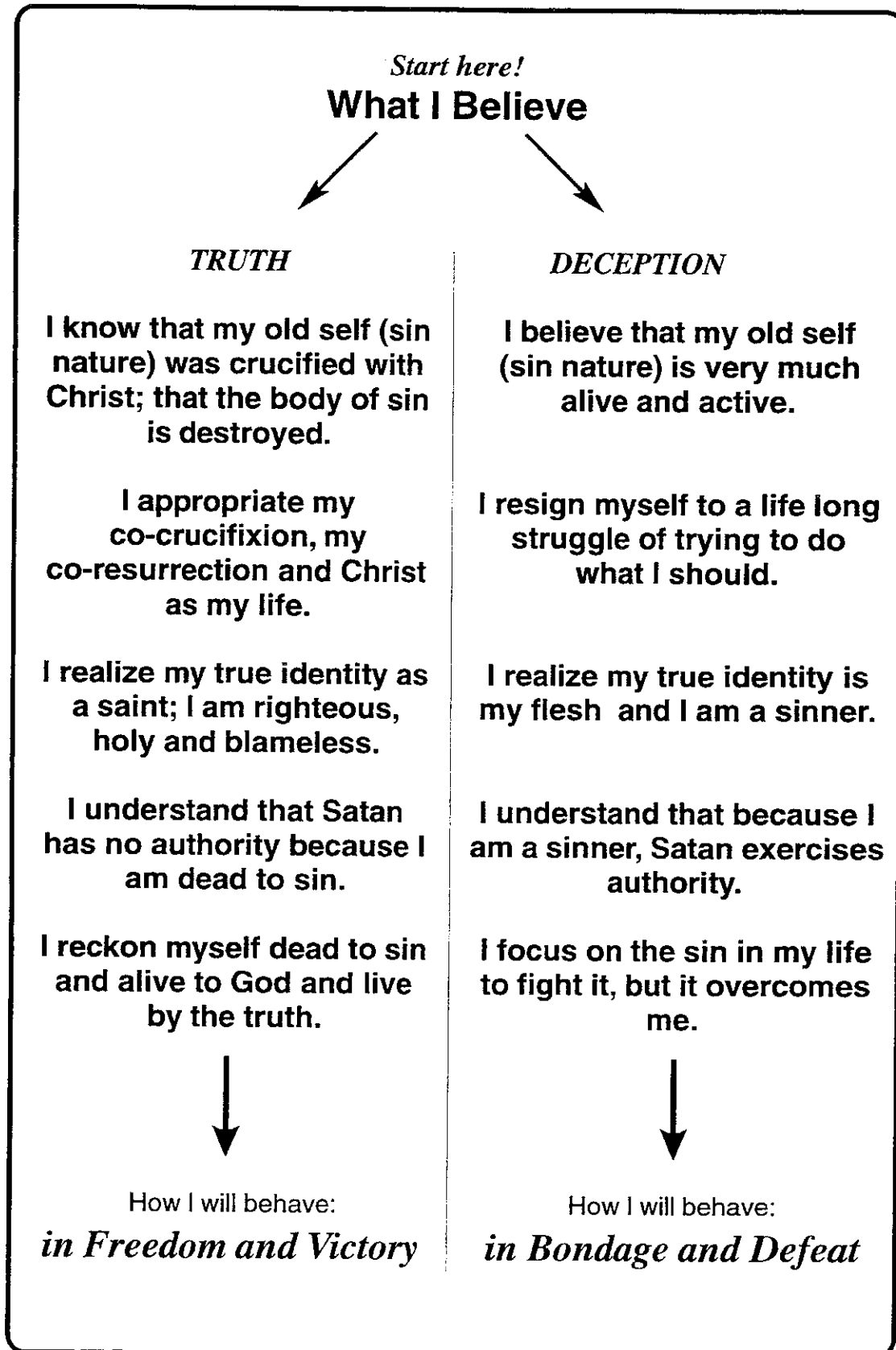
✻
Truth is what God says regardless of your feelings.



CRUCIFIED — DEAD — BURIED — GONE:

1. The person I used to be, the sin-loving sinner (see above)
2. Low self-esteem and feeling worthless (Colossians 2:9,10)
3. Life-controlling problems and be setting sins (Ephesians 4:20-24)
4. All coping and escape mechanisms (Philippians 4:11-13)
5. Need to succeed and perform to be accepted (John 6:29; I Corinthians 1:30)
6. Desire for men's approval and meeting their demands (Galatians 6:14,15)
7. The law and all its demands (Romans 7:4-6; Galatians 4:4-7)
8. All the world's principles, customs and ways (Colossians 2:20)
9. All sins, failures, mistakes, regrets (Romans 4:7,8; Ephesians 1:7)
10. Everything in my life that is not of Christ (2 Corinthians 5:17)

What You Believe About Who You Are Determines Your Behavior



The Answer for Addiction

MAN'S ANSWER

A PROGRAM— Designed to change the behavior of the person (Gal.6:4)

RESULT— Self-improvement which is nothing but flesh improvement

NEED— To constantly work on doing what we should or ought to do—the right behavior (Gal. 3:1-5)

DYNAMIC— Our commitment and performance (Col.2:20-23)

SUMMARY

Commitment— to subject myself to a program of :

Law— rules, steps, concepts, and principles through:

Works— disciplined self-effort to:

Strengthen Flesh— improve self in order to produce:

Dead Works— behavior change

GOD'S ANSWER

THE CROSS— Changes the person who does the behavior (Rom. 6:4)

RESULT— New creation with a new identity who behaves differently

NEED— To understand who we are so our behavior will match up with our identity (2 Cor. 5:17)

DYNAMIC— The life of Christ within us (Col. 3:3)

SUMMARY

Cross— I believe that my old self was crucified with Christ and by

Grace— receive what God has done for me on the cross and by

Faith— believe I am dead to sin and alive to God and by the

Spirit— depend on Christ's life in me to meet all my needs to bring:

Life— good works, fruit of the Spirit

In man's answer the emphasis is always on what man does and his ability to carry through. Man must depend on himself and his resolve and resources. In God's answer the emphasis is always on what God has done in the finished work of Christ on the cross. It is and will always be by faith. It leaves no room for boasting in salvation, sanctification, deliverance and blessing or anything good that happens to man. Freedom comes from placing our faith in Christ, His finished work on the cross and the Word of God. It is not available elsewhere.



*"For everyone born of God overcomes the world.
This is the victory that has overcome the world, even our faith."*

(1 John 5:4)

SESSION # 5

Strongholds Of Addiction— The Lies That Keep Us In Bondage

LEARNING OBJECTIVE

To look at and understand what the primary strongholds are that keep us in bondage

We are advised to: *“Buy the truth and do not sell it”* (Prov. 23:23a), but Scripture says that men love darkness (John 3:19), love delusions and seek lies (Psa.4:2).

I. **STRONGHOLDS**—2 Cor 10:3-5 - Prov. 31:4-7

A. **Hopelessness & Low self-esteem**— 6a Give beer to the “perishing”.

1. Defined - Hebrew word - lose oneself, perish, be destroyed,
2. I’m a victim of my past — *“No, in all these things we are more than conquerors through him who loved us.”* (Rom. 8:37)
3. God of hope— *“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”* (Rom.15:13)

B. **Shame & Guilt**— 6b Give wine to those who are in anguish

1. To make bitter, provoked, sorely grieved, vexed
2. Product of the past or product of the cross?
3. Denial keeps us from getting help we need

C. **Insecurity and Rejection**— 7a Let them drink and forget their poverty

1. Destitute, have lack, needy, “defenseless socially
 - a. Subject to oppression—no inheritance /destitute /without friends or help
 - b. Verb— to forsake - without meaningful relationships
2. The greatest fear that we have— Being alone
 - a. Our greatest need is to be accepted - *“A person has no identity apart from their relationship with someone or something. That’s why we will latch onto anything in our desperate need to discover who we are.”*
—Bob George
 - b. Looking for love in all the wrong places

I. STRONGHOLDS (continued)

c. In her book, *The Unselfishness of God* Hannah Whitall Smith writes, "But time would fail me to tell of all that my soul discovered when I discovered the goodness and unselfishness of God. To say that He is enough is to give an absolute and incontrovertible answer to every doubt and every question that has arisen or can arise. It may not seem to our consciousness that any prayers are answered or any promises fulfilled, but what of that? Behind every promise, there is God, the bare God, if I may so express it and if He exists at all we must know He must be enough... I had begun to discover that He actually was all I needed; and that, even infinitely more than all, beyond what I could ask or think was stored up for me in Him... In a sense my search after God was ended, for I had discovered that He was enough! I had then reached Himself,--the real God behind all the seemings, and my heart had entered into its rest. I had discovered that nothing else really matters,--neither creeds, nor ceremonies, nor doctrines, nor dogmas. GOD IS; GOD IS UNSELFISH; AND GOD IS ENOUGH!"

c. Heb 13:5 Amplified - "He God, Himself has said, I will not in any way fail you nor give up up nor leave you without support. I will not, I will not, I will not in any degree leave you helpless, nor forsake you nor let you down, or relax my hold on you, Assuredly not."

d. Self Help- - If it's going to be it's up to me

1. Great deception - I can change myself -NOT
2. Problem of addict is not weakness but the opposite
3. Hardest people to help - strong, moral, self-righteous
4. Positive Legalism = burdensome behavior

Gal 3:1-6 & Matt 11:28-30

5. Few know they are dead to the law & are trying to gain God's acceptance through their performance

e. Nothing but self- improvement

f. Martin Luther on Law and Grace and Works -

"The more we work and sweat to extricate ourselves from sin the worse off we are. For there is no way to remove sin except by grace. And with Paul, let us confess that all our works and righteousness, with all of which we could not make the devil stoop down one hairbreadth, are nothing but loss and refuse.

It seems to be a trivial matter to teach the Law and affirm works, but this does more damage than human reason can imagine. Not only does it mar and obscure the knowledge of grace, but it also removes Christ and all His blessings, and it completely overthrows the Gospel."

g. Flesh profits nothing and is hostile to God

"Nothing either great or small, Nothing, Christian No, Jesus did it, did it all, Long long ago. Till to Jesus work you cling, By a simple faith, Doing is a deadly thing, Doing ends in death. Cast your deadly doing down, down at Jesus feet. Stand in Him alone, gloriously complete."

It Is Always All of Grace!

When we learn about grace we learn what life is all about. We learn about who we are. But more importantly we learn about who God is, what the gospel is and our relationship with Him. We enter into a dimension of life we never dreamed possible. Nothing is changed and yet everything is changed. Grace is not just getting what you don't deserve. Grace is getting the opposite of what you deserve. Grace is not just another doctrine. Grace is the way God relates to us.

- 1** Grace is knowing that there is no more guilt, condemnation and punishment (Rom. 8:2).
- 2** Grace is knowing that God loves me and accepts me just the way I am not because of what I do, but because of the cross (Rom. 5:5-8).
- 3** Grace is knowing that Satan was defeated at the cross and has no power over me and the only weapon he has is the lie. (Col. 2:15).
- 4** Grace is knowing that because I died to the law and have been released from it (Rom. 7:4,6), I don't have to live up to anyone's standards.
- 5** Grace is knowing that I am not under law but under grace (Rom. 6:14) and that Christ is the end of the law (Rom. 10:4), it is not up to me to live the Christian life, but to trust Christ in me to do it (Gal. 2:20).
- 6** Grace is knowing that there is nothing I can do to make God love me more and nothing I could do to make him love me less (Rom. 8:39).
- 7** Grace is knowing that Jesus said that all who come to Him will find that the Christian life is easy and their burden is light (Matt. 11:28-30).
- 8** Grace is knowing that it is not up to me to do or die or strive and strain, but to believe that He will do it all for me (1 Thess. 5:24).
- 9** Grace is knowing that my sin and failure cannot overcome the grace of God (contrary to popular belief) (Rom. 5:20,21).
- 10** Grace is knowing that no matter what I do or how I mess up, God is going to love me through all eternity (Rom. 11:6; 1 John 3:1; 1 John 4:6).
- 11** Grace is knowing that I have all I need because Christ is in me and I am in Him and He is in the Father (John 14:20).
- 12** Grace is knowing that freedom is my birth-right as a child of God and not something I have to attain (Gal. 5:1; John 8:32,36).
- 13** Grace is knowing that I am dead to sin and alive to God because of what God has done and nothing that I do (Rom. 6:4-7).
- 14** Grace is knowing that I am righteous because God has placed me in Christ and not because of anything I do (1 Cor. 1:30; 2 Cor. 5:21).
- 15** Grace is knowing that I have died to the world, it's customs, ways, values and people's demands and expectations of me (Gal. 6:13).
- 16** Grace is knowing that the important thing is not what I do or don't do, but faith in what God has done and who I am in Christ (Gal. 6:5,14).
- 17** Grace is knowing that I am secure in Christ, that I do not have to fear any person and that He will never leave me or forsake me (Heb. 13:5,6).
- 18** Grace is knowing that Christ is my life; that my life is hidden in Him and I have everything I need for life and godliness (Col. 3:3,4; 2 Pet. 1:3).
- 19** Grace is knowing that victory is not something to work for, but it has already been given to me (1 Cor. 15:56; Eph.2:6; Eph 1:19-21).
- 20** Grace is knowing that living the victorious Christian is receiving by faith what God has for us (Rom. 5:17).

Lies That Keep Us In Bondage

<i>The Lies that Bind:</i>	<i>The Truth that Sets Us Free:</i>
I need to do something myself	I need to give up on myself
I am too weak to depend on God	I am too strong to give up on myself and trust God
I need to learn to cope	I need to give up on my resources
I need a program	I need a Person (Christ)
I need biblical principles	I need the life of Christ
The issue is behavior	The issue is identity
I need more commitment	I need to believe God
I need to try harder	I need to trust God
I need to achieve victory	I need to receive victory

*We are set free not by how we behave,
but by what we believe.*



*Jesus said, "Then you will know the truth,
and the truth will set you free."*

(John 8:32)

SESSION # 6*Forgiveness—Your #1 Ticket to Freedom***LEARNING OBJECTIVE**

To understand how forgiving from the heart frees you from your past and is essential to walking in freedom

- *What is the #1 way that Satan robs you of your freedom?*
- *How does Satan keep you in bondage?*
- *What is the most liberating thing you can do?*
- *What's the greatest spiritual warfare you can do?*
- *What causes the greatest defeat of Satan in your life? (Eph 4:26,27)*
- *What did the cross accomplish? **FORGIVENESS!!!***

I. THE NEED TO FORGIVE—

A. Required by God— Matthew 6:9-15

B. Essential for our freedom— Matthew 18:21-35

1. Know the extent of our debt. Luke 7:47
2. How does God treat sin? GRACE!! Romans 5:20-21
3. How do we treat sin? Justice demands punishment!

“Do not judge, or you too will be judged. For in the same way as you judge others, you will be judged, and with the measure you use, it will be measured to you.” (Matthew 7:1-2)

- a. Unforgiveness is the opposite of grace
- b. Grace cannot exist apart from sin

C. So that no advantage be taken— *“in order that Satan might not outwit us. For we are not unaware of his schemes.” (2 Corinthians 2:11)*

D. Must give it to others— Why is it so hard? *“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Ephesians 4:31-32, NIV)*

E. Do you accept yourself just the way you are?

1. Does God accept you just the way you are?
2. How is God able to accept you just the way you are?

II. THE ISSUE IS ALWAYS GRACE

“It is for freedom Christ has set us free.” Galatians 5:1

A. The Awesome power of Grace— Cross was the worst evil ever done.

1. Jesus and Stephen’s response
2. Corrie Ten Boom’s response

B. Why won’t we forgive? Issue of law— We want justice.

C. Story of Dad and Bee Sting

1. Jesus has taken the stinger out of the most horrible act ever done
2. The greater the evil the greater the good God can do

III. WHAT IS FORGIVENESS?

A. Deceptions of forgiveness— Forgiveness is NOT

1. Tolerating sin— must not allow sin
2. Not seeking resentment, revenge or repayment
3. Justifying or explaining someone’s behavior
4. Assigning guilt— but taking responsibility
5. Not feeling angry anymore
6. Asking God to forgive them
7. Acting like it’s no big deal—denying it
8. Acting like you’re not angry— turning the other cheek
9. Praying for those who have hurt you
10. Saying “Let’s just forget about it”
11. Forgetting— Will remember our sins no more
12. Passage of time leads to forgiveness
13. Doesn’t mean relationship is restored—takes two to do that

B. It is a choice, a decision of the will, an act of faith

1. Resolving to live with the consequences of other’s sin
2. Not using the past against them

C. Main thing that keeps you in bondage to addiction

1. A.A. says HALT, but don’t know how to deal with anger
2. Satan’s #1 tool to keep you from freedom in Christ

D. Where is the Justice?— *IT’S IN THE CROSS OF CHRIST!*

E. Between you & God— Satan wants you to focus on person & hurt

IV. STEPS TO FORGIVENESS

“It is for freedom Christ has set us free.” Galatians 5:1

A. Make a list of all that have offended you—

All you have negative feelings toward.

B. Face the hurt & hate— All the painful emotions

1. Face all the painful emotions— not honest till we do

2. How did it make you feel, affect your life?

3. Forgiven the act, but what about the consequences?

C. Decide that you will bear the burden of sin

D. Take it to the cross

E. Forgiveness is now a choice

Conclusion— Either love mentality or law mentality— You say I can't do it... Yes, but who are you? Does Christ live in you? Are you in Christ?

Reality Check!!!

What is the #1 way that Satan robs you of your freedom?
Being Angry & Not Forgiving!

How does Satan keep you in bondage?
Unforgiveness!

What is the most liberating thing you can do?
Forgive!

What's the greatest spiritual warfare you can do?
Forgiveness!

What causes the greatest defeat of Satan in your life?
When you Forgive!
(Ephesians 4:26-27)

What did the cross accomplish???
Forgiveness!!

SESSION # 7*How to Walk Free and Stay Free***LEARNING OBJECTIVE**

To understand that the battle is in the mind and that to walk free and stay free you must learn to discipline and renew your mind by taking thoughts captive.

INTRODUCTION:

Do you struggle in your thought life? *"The spirit clearly teaches that in latter times some will abandon the faith and follow deceiving spirits and things taught by demons."* (1 Timothy 4:1)

71% of 1725 Students in a Christian High School admitted they were hearing voices— *What's the problem?*

I. SATAN'S STRATEGY**A. How does he get you to do wrong?**

1. Satan moved David to number Israel— How?
2. Puts thoughts into our minds— I'm Stupid, helpless, no good, insecure, inadequate, guilty, worthless
 - a. Put thought into Judas' mind (John 13:2)
 - b. Annanias & Sapphira (Acts 5:1-3)

B. Greatest access is unforgiveness— 2 Corinthians 2:10**C. Satan blinds minds of unbelievers**

1. *"But their minds were made dull, for to this day the same veil remains when the old covenant is read. It has not been removed, because only in Christ is it taken away."* (2 Corinthians 3:14)
2. *"And even if our gospel is veiled, it is veiled to those who are perishing. The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God."* (2 Corinthians 4:3-4, NIV)

D. Why do thoughts need to be taken captive? *"But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ. For if someone comes to you and preaches a Jesus other than the Jesus we preached, or if you receive a different spirit from the one you received, or a different gospel from the one you accepted, you put up with it easily enough."* (2 Corinthians 11:3-4, NIV)

1. What is another? — A Cult
2. The battle is for your mind

II. HOW DO WE WIN THE BATTLE? —RENEW OUR MINDS!

A. Satan's power is in the lie? The only weapon he has

1. Expose the lie and win the battle
 - a. But people don't share hearing voices
 - b. If you believe a lie, Satan controls you

2. What is keeping you bound? What's the lie behind it?

"Then you will know the truth and the truth will set you free." (John 8:32, NIV)

B. Need to know the truth— Not research, reasoning, etc.

1. Spend too much time analyzing problem
 - a. Problem with support groups— Secular
 - b. Not expose darkness, but turn on the light

"My prayer is not that you take them out of the world but that you protect them from the evil one. They are not of the world, even as I am not of it. Sanctify them by the truth; your word is truth." (John 17:15-17, NIV)

"Stand firm then, with the belt of truth buckled round your waist, with the breastplate of righteousness in place." (Ephesians 6:14, NIV)

"Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God." (Colossians 3:16, NIV)

III. SO WHAT DO WE DO? How do we tear down the strongholds?

A. Renew our minds with the truth

1. Not just think about the Bible, but think Biblically
2. Do you think and pray scripturally?
3. Most will not take effort to do it
4. Must discipline minds—no freedom, peace, joy, unless you do

"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory." (Colossians 3:1-4, NIV)

"For those who are according to the flesh set their minds on things according to 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," (Romans 8:5-7, NASB)

"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will."(Romans 12:1-2, NIV)

III. SO WHAT DO WE DO? (continued)

B. Prepare Minds for Action— “Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.” (1 Peter 1:13, NIV)

1. Mental illness is a fantasy world
 - a. Satan can’t touch your mind
 - b. Mental health is choosing to think truth
2. We are not to search ourselves, but let God do it
3. Dangerous for a Christian to have a passive mind
4. Demons gain entrance when we lose control
5. Do away with fruitless fantasy— lust, spouse, etc.

C. Take every thought captive

1. Practice threshold thinking
2. Don’t rebuke every thought— ignore it
3. Evaluate every thought by the truth
4. Don’t give place to the lie
5. WHAT LIES ARE YOU BELIEVING????

D. Turn to God in prayer and think truth— Philippians 4:6-9

E. Four principles on Setting your mind

1. Can’t set mind on two things at once
2. Feelings usually follow where mind is set
3. If you don’t set your mind, it will be set for you
4. You can replace one thought with another

F. Proper Procedure

1. KNOW the truth— I’m loved, accepted, etc.
2. BELIEVE— choice of will— you can choose to believe
3. ACT like it— reckon, count on it, consider it true.
4. FEEL— sort of kinda, maybe— not exactly

G. Most of us turn it around

1. Feel, Act, Believe, Know OR
2. Act, Feel, Believe, Know

H. Hardest thing you will ever do— but have you considered the alternative? If you don’t discipline your mind, who will? If you don’t renew your mind with the truth, what will you be thinking?

The alternative to renewing your mind
is to let Satan set the agenda.

The alternative is bondage!



Do you want to be free?

It won't happen by just learning the truth.

You must be willing to discipline your mind.

You must take every thought captive.

You must think, believe and walk in the truth!

That's faith!

Walking by faith in the truth = Freedom

SESSION # 8

Basics of Recovery to Freedom in Christ

LEARNING OBJECTIVE

To summarize, the truth we must know and believe—that sets us free and keeps us free.

I. RECOVERY

The word recovery has been adopted by the secular but:

1. It is a good Biblical term and really defines what true recovery from addiction is all about.

2. In Luke 4:18,19 Jesus says, *“The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and **recovery of sight** for the blind, to release the oppressed, to proclaim the year of the Lord’s favor.”*

3. The Greek Lexicon defines the word as *“**look up, see again, lit. look up to heaven, gain sight, of blind persons who were formerly unable to see receive sight, become able to see, fig. of spiritual sight.**”*

4. Jesus is telling us that to experience freedom we must be able to see the truth and receive it. Jesus says, *“You will know the truth and the truth will set you free”* (Jn. 8:32). **Recovery is seeing, knowing, believing and walking in the truth daily.**

5. 2 Tim. 2:25,26 *“Those who oppose him he must gently instruct, in the hope that God will grant them repentance leading them to a knowledge of the truth, and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.”*

6. Vines defines word translated “come to their senses” as *“**to return to soberness as from a state of delirium or drunkenness said of these opposing the truth through accepting perversions of it, fall into the snare of the Devil, becoming intoxicated with error; for those recovery is possible only by repentance unto the knowledge of the truth.**”* Scripture is clear that freedom is experienced by knowing the truth.

7. Vines in 2 Tim. 2:26 it is said of the power of Satan to lead men astray. The verse should read *“and that they **recover** themselves out of the snare of the devil (having been taken captive by him) unto the will of God.”* **Recovery from the bondage of addiction to the freedom God has already provided for us comes through knowing the truth of who God is and who we are in Christ as a result of what God has done. “It was for freedom that Christ set us free, do not be entangled again in a yoke of bondage.”** (Gal. 5:1).

Why Christians Are Not Free

1. BROKENNESS—

Haven't come to the end of self and have confidence in their own resources and abilities. A good indication is when they say, "Tell me what to do!"

2. UNFORGIVENESS—

#1 way Satan robs us of our freedom- Most have unresolved anger. Forgiveness is God's only way to deal with it. Unforgiveness = bondage .

3. DO NOT ACCEPT THEMSELVES JUST THE WAY THEY ARE—

Need to realize that God accepts them just the way they are and forgive themselves and accept themselves.

4. TRYING TO GET FEELINGS TO LINE UP WITH THE TRUTH—

Which will never happen because freedom is experienced when we live by faith in the truth, regardless of our feelings.

5. FAIL TO DISTINGUISH BETWEEN FLESH AND THE REAL YOU—

The flesh constantly wars against the Spirit, but that is NOT who we are- we are not addicts, perfectionists, anorexics, bulimics, gamblers, workaholics, co-dependents, etc.

6. AN INADEQUATE UNDERSTANDING OF GRACE—

Don't know they are dead to the law and everything is permissible and are still trying to perform and measure up to get their acceptance and worth.

7. WRONG CONCEPT OF GOD—

Don't know that God accepts them as they are and has not changed as a result of their sin and failure.

8. NEVER APPROPRIATED THEIR TRUE IDENTITY IN CHRIST—

It is just information to them and/or are still holding on to a false identity in the flesh. We always act consistently with how we perceive ourselves.

9. HAVE NOT LEARNED TO RESIST SATAN—

Do not understand spiritual warfare and that Satan was defeated at the cross and we have authority over him and the demonic.

10. HAVE NOT LEARNED TO DISCIPLINE THEIR MINDS—

No consistent victory unless we take every thought captive and renew our minds by thinking on what is true, noble, pure, right, lovely, admirable, excellent, or praiseworthy, etc.

**“Christ having made us gloriously free—
Stand fast and do not again be hampered
with the yoke of slavery.”**

(Gal. 5:1, Weymouth)

II. WHAT IS BASIC AND FOUNDATIONAL IF WE WANT TO LEAD PEOPLE TO FREEDOM IN CHRIST?

A. Identity in Christ

1. Essential for freedom for all - Foundation of FIC
 - a. Common denominator of defeated Christians
 - b. One essential for maintaining freedom
 - c. Take the Codependent - In Christ all she needs
 - d. So basic, BUT not foundation of many
2. Why is it Basic? No person can consistently behave in a way that is inconsistent with the way he perceives himself

B. But What about the addict?

1. Tricked into believing what we do makes us who we are
2. Man who struggled with homosexuality— "I've been duped!"

III. THE BASICS OF RECOVERY FROM ADDICTION TO FREEDOM IN CHRIST

1. Give up on Self and Its Resources

1. Not what you do but what God has done
2. Everything else is just information until you do this
3. It takes what it takes to come to the end of self

2. Submit to God - Give up rights, expectations, self, all

1. Most have not given up on agendas, goals, theology
2. Give up rights to have good - job, spouse, ministry
3. I had to give up on my theology

3. Resist the Devil

1. Can't get free from addiction without it
2. Most have no clue how to do this
3. Satan's only weapon is the lie

4. There is no more condemnation, guilt, punishment

1. Not product of past, but the cross
2. What are you the most aware of when you fail?
 - a. God's grace and covering or your failure?
 - b. Our failure cannot overcome God's grace
 - c. Truth is still true - God is still God

5. Co-crucifixion - The old person I was died with Christ

1. Knowing this is truth that sets free
2. Key that enables us to appropriate our identity

III. THE BASICS OF RECOVERY FROM ADDICTION TO FREEDOM IN CHRIST (continued)

6. True Concept of God

1. Can't come to God and bond with him without it
2. *"The only lasting freedom from self-consciousness comes from a profound awareness that God loves me as I am and not as I should be."* —B.Manning

7. Not under Law, but under Grace

1. If don't know dead to law, be trying to make it true
2. Only thing that will get you off PBA treadmill

8. Walk in truth regardless of feelings, circumstances

1. Key to victorious Christian life is acting on the truth
2. Regardless of my feelings

9. Not a victim, but a victor - Need to know Position in Christ

1. We are seated with Christ in the heavenly places
2. We have been given the victory and are conquerors

10. Renew mind and take every thought captive

1. No consistent victory and freedom without it
2. The alternative is to let Satan set the agenda in your mind which results in bondage

CONCLUSION

1. Let's shift the emphasis from man and the problem to God and the solution. This is the problem with most Programs, treatment centers and support groups.

2. Let's shift the emphasis from what man needs to do to what God has done and will do. If we don't, all we are doing is putting them under the law and condemnation.

3. Let's shift the emphasis from the sin of man to the grace of God. WE MUST HAVE THE GRACE OF GOD TO RECOVER TO FREEDOM IN CHRIST.

4. Let's shift the emphasis from behavior to belief systems. Knowing the TRUTH sets you FREE. Focusing on behavior sets up failure.

5. Let's shift the emphasis from the failure and wrong of man to what his resources are and who he is in Christ. It is a prescription for disaster if you focus on man.

6. Let's shift the basis for identity from performance to who God says we are in Christ. Will it make a difference in your behavior if you believe that you are a child of God who is dead to sin and alive to God?

7. Let's shift the emphasis from doing what is right to believing the truth. If we believe the truth we will be able to walk by faith and do what is right.

How To Help People

Do you want your life to count for God? Do you want to be used in people's lives? Do you want to be part of the solution? It is more simple than you think. You don't need seminary, programs, methods, knowledge etc. I spent 18 years studying and training with little results. There are hurting people all around you, even in your own family. I don't care who you are or what you know, God will use you if you do this. It is yet to be seen what the love of Christ can do.

Accept them just the way they are

If you don't do this it does not make any difference what you do. People don't care what you know until they know you care. This is everyone's greatest need.

Have a ministry of grace

Don't try to make people do right. Tell them what God has done for them and how much He loves them and what He will do for them. We need to know the truth—not what to do. You can't do what's right until you know who you are in Christ.

Tell them who they are in Christ

Identity is always the issue. Tell them who they are if you want to give them real, positive, Biblical hope, encourage them in the faith and see their behavior changed. We always act consistently with how we perceive ourselves.

Teach them their authority in Christ

and how to resist Satan. Let them know that Satan is a defeated foe and his only weapon against them is the lie and they no longer have to let him set the agenda. We have been given the victory and are conquerors in Christ.

Teach them to discipline their minds

and how to take every thought captive and to affirm the truth. This is the key to living consistently in victory. For those who want to know what to do -- this is it. We will be transformed by the renewing of our minds.

Freedom

BY MIKE QUARLES

My duty is simple, perhaps too simple,
for a proud man like me.
I only have to give up my rights and self,
to the One who died for me.

My flesh rebels, Satan rages,
do your own thing— be free!
So I turned my back on him,
and soon found chains, not liberty.

Men have been bound with chains,
left to die in deep, dark dungeons.
But nothing on earth can compare
with the bondage of our own prisons.

The sin in our body that we serve
is a cruel tyrant, never satisfied,
daily driving, dominating, debasing—
its end is slow and certain suicide.

I agree with God's
condemnation on the cross.
The sin and lust in my flesh
left unjudged, does not make me free,
but binds, enslaves and tortures me.

My choice is clear, perhaps too clear,
admit the obvious, there's nothing good in me.
I must give up on my resources and come
to the end of myself, if I will ever be free.

I flee to the cross on which he died,
I look ashamed to his beautiful face,
deserving judgment, punishment and hell,
but all I see is His wonderful grace.

He says to me - it's all been done.
The cross takes care of self and sin.
Stop struggling, striving and straining
and into my peace and rest enter in.

The great enemy of my soul has been met,
it's not from without, but from within.
Proud self forged the chains of my slavery.
I didn't need help, but a new identity.

Hallelujah, I died on the cross with Him,
the old man is crucified and dead.
Sin and self has been judged
and nailed to the tree,
I'm forgiven, cleansed, justified and free.

Jesus says, "It was for freedom I set you free,
don't be entangled in the yoke of slavery.
You are not the person you used to be.
I am your life - your freedom and victory."



Grace Walk Recovery Resources

- ◆ **Freedom From Addiction Book** by Neil Anderson & Mike & Julia Quarles – Depicts Mike's Journey from addiction to freedom in Christ and the truth that set him free - \$12
- ◆ **Freedom From Addiction Workbook** by Neil, Mike and Julia. An intensive inductive Bible study of the truth that sets you free. Includes an in-depth look at the influences and lies that shaped and developed their strongholds & addictions - \$12
- ◆ **Freedom From Addiction DVD Seminar** – Neil Anderson and Mike & Julia Quarles introduce each of the ten sections of the *Freedom From Addiction Workbook* - \$12
- ◆ **One Day At a Time** by Neil Anderson and Mike and Julia Quarles - A 120 day devotional that covers the ten topics that need to be addressed for a person to find their freedom. Each devotional is 2-3 pages long with questions at the end of each and room to journal - \$12
- ◆ **Overcoming Addictive Behavior** by Neil Anderson and Mike Quarles. A 150 page book that clearly and concisely tells how to overcome addictive behaviors - \$8.00
- ◆ **Freedom From Addictive Behaviors Conference** – 9 messages by Mike and Julia on how to get free, live free and stay free from addictive behaviors; includes 43 page conference manual – DVD - \$35; CD - \$30
- ◆ **Freedom From Addictive Behaviors Conference Manual** – 43 page manual - \$4.00
- ◆ **Leader's Guide with Group Discussion Questions** for Freedom From Addictive Behaviors Conference DVD's and CD's - \$3.00
- ◆ **Testimonies of Freedom** – Mike & Julia's testimonies of freedom from addiction and codependency and a Question and Answer session with Mike – DVD - \$12
- ◆ **Mike's Messages on *The Problem of Addiction; The Price of Freedom; and God's Answer for Addiction*** – DVD - \$12
- ◆ **Two messages by Mike** – *Looking for Love in all the Wrong Places* and *All Our Problems Are Solved at the Cross* – DVD \$12
- ◆ **Freedom in Christ Recovery Bookmark** - Who Am I in Christ on one side and The Overcomer's Covenant in Christ on the other – *\$5.00 per packet of 50*
- ◆ **The Key to the Victorious Christian Life** – The key to being free and walking free – a 15 page booklet by Mike Quarles - \$2.00
- ◆ **Testimonies (Paper)** of Mike and Julia on how they found their freedom.- Free
- ◆ **Grace Walk** by Steve McVey –The secret of knowing Christ as life and letting Jesus live His life through you. Foundational for living in victory - \$10
- ◆ **Grace Rules** by Steve McVey – Find out how to stop living by rules and rest in grace and let Jesus live through you - \$10
- ◆ **Grace Amazing** by Steve McVey – Uncovers the lies that keep us from experiencing real freedom. "Best book on grace I've ever read" (Mike) - \$10
- ◆ **The Godward Gaze** by Steve McVey - A fresh look at the nine spiritual disciplines of grace and how they can help you enjoy intimacy with God - \$10
- ◆ **Left Behind** (70-page book) by Mike Darnell - A great book on God's unconditional love, identity in Christ, a proper concept of God, and why forgiveness is essential to freedom - \$3.00

To order any of these e-mail your order to freedfrom@bellsouth.net

An invoice will be included with your order and shipping expenses will be added.

FREEDOM FROM ADDICTIVE BEHAVIORS CONFERENCE IN YOUR CHURCH? Send us your mailing address and we will send you a copy of the manual all attendees receive at the Freedom From Addictive Behaviors Conference and information on hosting one. The conference can be held on Friday night and during the day Saturday. A minimum attendance of 50 is required is required at a fee of \$25 and includes the 43-page manual and covers all our expenses.

Mike & Julia Quarles Grace Walk Recovery Ministry

4590 Mountain Creek Drive Roswell GA 30075

Phone/FAX 770-998-6487 freedfrom@bellsouth.net freedomfromaddiction.org

FREEDOM FROM ADDICTIVE BEHAVIORS CONFERENCE – A conference for those suffering from addictive behavior and the ones who love them. *Find freedom from † Life Controlling Problems & Habitual Sins † Addiction and Co-dependency † Anger and Bitterness † Perfectionism and Workaholism † Performance-based Acceptance & Low Self-esteem † Eating Disorders and Irrational Fears † Sexual Addiction and Pornography † Stress and Anxiety*

The Freedom from Addictive Behaviors Conference consists of nine sessions:

- #1 The Strange Odyssey of a Legalistic Preacher Who Became a Drunk, Discovered Grace and Was Set Free** - Mike Quarles testimony of how he found freedom from the bondage of addiction.
- #2 How a Wife Found Her Freedom by Facing Her Husband's Alcoholism** - Julia Quarles testimony of how she found freedom from co-dependency and performance-based acceptance.
- #3 The Problem Of Addiction** - A Biblical understanding of the problem of bondage (addiction)
- #4 The Price For Freedom** - The requisite for experiencing freedom and why so few are experience it.
- #5 God's Answer For Addiction** - God's clear, definitive and complete answer for bondage (addiction).
- #6 Strongholds Of Addiction** - The lies people believe that keep them in the bondage of addiction.
- #7 Forgiveness Your #1 Ticket to Freedom** - The hardest & most liberating thing that you will ever do
- #8 How To Walk Free And Stay Free** - How to walk in freedom by renewing your mind.
- #9 The Basics of Recovery to Freedom In Christ** - A summary of the truth that sets and keeps you free.

The Conference is usually held on Friday night and during the day Saturday

GRACE WALK RECOVERY MINISTRY LEADERSHIP TRAINING SEMINAR

A ten session seminar that covers each section of the *Freedom from Addiction Workbook* with the goal of equipping the person to understand that addiction is a spiritual stronghold and the truth that sets you free so they can help those struggling with addictive behavior to find true and lasting freedom in Christ. The ten sessions cover:

- ① **How You Got Where You Are** – Understanding how addictive behavior develops and how they got where they are.
- ② **What Keeps You in Bondage** – Understanding that truth sets you free and lies keep you in bondage to addictive behavior.
- ③ **Giving up on self** – Understanding that coming to the end of self is the prerequisite to finding freedom
- ④ **Understanding the Gospel and Your Heavenly Father** – Understanding that God's love for us is unconditional as He is love and acquiring a proper concept of your heavenly Father.
- ⑤ **Our Identity in Christ** – Understanding the power and freedom of who we are *in Christ*.
- ⑥ **Freedom From Fear** – Learning to live free from fear and by faith choosing to cast all our cares upon Him and not worry about tomorrow.
- ⑦ **Freedom From the Past and Victory Over Sin** – Understanding that because of the finished work of Christ on the cross we are free from sin and it is no longer our master, because we are no longer under law, but under grace.
- ⑧ **Freedom From Performance-based Acceptance** – We're completely accepted by God and He is going to love us through all eternity regardless of what we do or don't do
- ⑨ **The Battle for the Mind** – Learning the truth that enables you to walk free and keeps you free.
- ⑩ **Growing in Grace** – Understanding that growth and maturity take place not from our sincere efforts, but as we understand that we are under grace and live by faith in the truth of God's word, relying on Christ to be our life in the power of the Holy Spirit.

This can be done in five two-hour sessions following the Conference. If you are in the Atlanta area, the training can be done over five weekly sessions.

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Phone/FAX 770-998-6487 freedfrom@bellsouth.net freedomfromaddiction.org