



UNIT B, ENTERPRISE PARK
INNISHMORE, BALLINCOLLIG, CORK 087-955-6224

THIS BOOK BELONGS TO

START DATE _____

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There are many who struggle under some addiction, and live lives of emotional isolation, shame, and despair caused by the tyranny of their addiction. Addiction has been described as a moral weakness, a lack of will power, an inability to face the world, a spiritual illness, and some even call it a sickness.

Addiction, whether it is to drugs, alcohol, gambling, overeating, pornography, depression, nicotine, or any other thing can only be described in one word... BONDAGE, and bondage is slavery. The world today says, “*once an addict, always an addict*” ... but God says in the Bible “***for now will I break his yoke from off thee, and will burst thy bonds in sunder***” (Nahum 1:13).

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Introducing Twelve Weeks to Freedom

Twelve Weeks of Classes – A Lifetime of Freedom

Freedom! *“The state of being free; exempt from the power and control of another; at liberty; real independence.”*

For the next twelve weeks, you will walk the path of freedom, out of your addiction, and into a life of freedom from that addiction! Your freedom does not mean that you can live as you please, or that you can just go back into another addiction, but, it means you will be free to start living like you were meant to all along!



Each week, a rock-solid truth from the Bible will be thoroughly explained, and you will be given a list of things for you to do, called challenges. It will only take you 30 minutes a day, but the changes it makes will be worth it all!

It took you years to get where you are now, in the bondage and slavery of an addiction. So, don't imagine that it will only take a few hours or days to get completely restored. BUT, you can be made free from the grip and desire of your addiction, free to live differently, free to have a life once again... if you want it bad enough!

A Christian man once said to a curious friend, "I am not all that I should be or what I want to be, but thank God I am not what I used to be."

“And such were some of you!”

1 Corinthians 6:11

All sin, no matter how small or large, separates us from God. *"Know ye not that the unrighteous shall not inherit the kingdom of God."* (1Corinthians 6:9). End of story!

Look at the Bible's list in verse 10, of just SOME of the sins that we all committed regularly, without even thinking about it! Many of us lived in these kind of lifestyles that God says is clearly wrong.

- **Fornicators:** those who lived in sexual immorality before they were married.
- **Adulterers:** those who were unfaithful to a marriage partner and lived a life of infidelity. (Can also refer to those who live lives of unfaithfulness before the Lord!)
- **Effeminate and Abusers of Themselves with Mankind:** those who lived a life of homosexuality, transvestism, and other gender perversions. (These sexual perversions were the downfall of the Roman Empire! 14 of the first 15 emperors claimed to be homosexual!)

Introducing Twelve Weeks to Freedom

- **Idolaters:** people who worship and bow down to false gods and false religious systems.
- **Thieves:** those who steal and take away from others.
- **Covetous:** those who in a greedy fashion desire what others have.
- **Drunkards:** those who are bound by alcohol and strong drink.
- **Revilers:** those who destroy with their tongues and wound with their words.
- **Extortioners:** those who take unfair advantage of others.

Those are all very harsh, telling words! Yet, God saved the best words for last! In verse 11, "*And such were some of you.*" Some people actually try and live decent and moral lives. Not everybody was a drunkard, or an adulterer. The truth is that no matter how little any of us may have sinned, we still were wicked and ruined before God.

Thank God for the word "*were.*" Praise God that any sinner can find forgiveness and can say, "Thanks to Jesus, I am not the man I used to be."

Paul was saying to these Corinthian believers, "That is what you used to be. That is how you used to live, but there has been a marvellous and glorious change in your life."

What kind of change was Paul speaking of in their life? "*But ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.*"

‘Washed’ is a great word! The sin, guilt, hurt, and embarrassment of our addictions can make a person feel so filthy and dirty. BUT, all of that can be buried and put firmly in our past, by being WASHED, and CLEANSED by God! Only God can wash away not only our sins, but the STAINS of our sins!

Sanctified! It is a word that simply means to make holy! Can you believe that Jesus can actually make YOUR life into a holy life? Not where you walk around in monastic robes, but that you actually are no longer a slave to sins and addictive behaviour! Well, it is TRUE! And that is what this twelve week programme will do!

Justified! Now HERE is a truly amazing word. *Justified* means pardoned and completely forgiven! God can forgive you so much that the record of all your sinfulness is actually wiped clean, and you can start completely all over, just as if you had never sinned before!

All of this happens by the authority of the name of the living Son of God, Jesus, the Lord of all! The change that can take place in your life can only happen if Jesus does it. And if He does it, it is finished – there is nothing left to do but enjoy it!

What 'Twelve Weeks' Can Accomplish

- 1. Exposure to Absolute Truth.** The main emphasis of this course is to expose you to what God in the Bible says about your heart, about addiction, and how to get and live free from sin's dominance. God's truth makes people free (John 8:32). The Bible is sufficient to make people free from their past, their sins, and from their addictions.
- 2. New Thinking.** As you learn what the Bible says about your life, you will have new thoughts, better truths, and right thinking that will slowly replace all the wrong and demonic thinking you have become used to, and become enslaved to.
- 3. An Environment of love and grace.** Each class provides a safe place for students, showing them love and God's grace. There are expectations of you, but there is a lot of patience with everyone as well. You will look forward to coming to spend the time with other people who are not just the same, but are getting victory after victory, and where everyone understands each other's struggles.
- 4. Right choices.** One of the problems an addict has is they have made so many wrong choices. This course gives you the ability to make small, wise choices that set you on a different path, and see the benefits of making small, right choices right away.
- 5. Good habits.** Replacing some bad habits with good habits (like reading the Bible every day in the morning, and evening, worshipping God throughout the day, giving thanks to God and others throughout the day, giving a Gospel tract to someone every day, inviting people to come out to Twelve Weeks to Freedom and to Church, etc), will strengthen your character and will make it so you don't keep falling into the same traps of their past.
- 6. Deep repentance.** Most addicts are sorry for what they have done to their families, but rarely are they sorry to God, and repentant towards God. During this course you will develop a deep sense of repentance about how your addiction has hurt people you should have protected and cared about. You will learn to take responsibility for your sins, and then find overcoming strength and forgiveness in your relationship with Jesus Christ.
- 7. Trust in the Lord Jesus Christ for Life.** The ultimate goal of the course is to open the eyes and heart of every addict to the gift of God provided by Jesus Christ's death, burial and the power of His resurrection. You will learn how to trust in the Lord Jesus with all your hearts, and believe on Jesus for forgiveness of sins, and every day life!

Steps You HAVE to Take

Things you HAVE to do!

1. **Finish the 12 Week Course.** Don't start this course without the intense desire to see it through to the end!
2. **Expect hardness,** obstacles, and many bad days! As with anything worthwhile, there are going to be times you feel like you can't do something because it is hard. It was the same for everyone else, so why should it be different for YOU?
3. **Start to Think Differently.** Change is not something you feel, it is something you understand and choose.
4. **Do all of your homework!** You will have to do more than just sit there and listen. YOU will have to do some things every day. Not much, but enough so that you actually learn and change. Every week you will have new things to do, and truths to understand. Don't miss one day's homework, because everything you do will build up to breaking the power of more past bondages.
5. **Fill-out the Personal Evaluation Form on the next page** as honestly as possible. It will help you see all of the areas that need to be worked on during the twelve weeks.
6. **Get yourself a real Bible** to read and learn from - a King James Bible! God says, "Faith cometh by hearing, and hearing by the word of God." Romans 10:17
7. **Be ready and willing to QUIT anything that will stop you from changing.** That includes letting go of cigarettes, bad friends, laziness - anything that will lead you back to the same old bad habits and addictions that have you enslaved! It may take months to be rid of your addictions, but you at least need to be willing to let go of them all when asked to! Be ready to quit some things FOR GOOD!
8. **Change your mobile phone number.** Only give it out to very few people. The longer you allow the people who caused you problems to keep bothering you, the longer it will take to get free.
9. **Attend a Bible believing church as often as possible!** That means get out to it every Sunday morning, and Sunday evening (it is more important than attending Alcoholics Anonymous or N.A., or any other programme).
10. **Memorize the Twelve Scriptures of this programme!** You will discover that there is great, life changing Power in Memorizing Scripture!

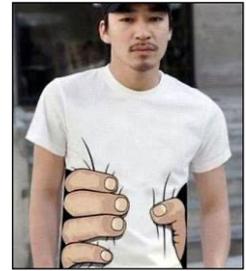


The more of the above list that you do, the faster you will change and get victory!
In other words, you GET out of this programme what you PUT IN!
Will you agree to do all the above (God helping you)? Sign and date...

_____. DATE _____

A Starting Personal Evaluation

What has a grip on your life? On a scale of 1 – 10, mark what struggles you have with any of the following habits, addictions, or attitudes. ***Be honest.*** Brutally honest! You can't move FROM where you are at until you ADMIT where you are at! This is for your own benefit to admit what you are struggling with, so that you can see how much you are changing as you go through these twelve weeks. It will be used by the counsellors to help them help you, and kept Confidential.



DO YOU HAVE AN ISSUE/PROBLEM WITH...	Yes?	<i>No problem</i>										<i>Big Problem</i>	
		0	1	2	3	4	5	6	7	8	9	10	
Anger and Bitterness													
Self-Mutilation													
Occult													
Anxiety, Panic Attacks													
Depression													
Isolation													
Unable to Sleep, or Rest													
Constant TV and Movie watching													
Lying, Dishonesty													
Crime (thievery, etc.)													
Drinking													
Binge Drinking													
Cigarettes													
Hash													
Marijuana													
Cocaine													
Heroin / Methadone													
Amphetamines - Meth													
Glue, Aerosol & Petrol Sniffing													
Gambling													
Pornography (internet, magazines)													
Lust													
Food Addiction													
Bulimia, Anorexia													
Excessive Computer Games													
Other:													

What Prescription Drugs are you currently taking?

What other treatment programmes have you attended?

Twelve Life Changing Truths

These Are THE Bible's Truths That Free Us

1. Every Sin Has Its Origin In Our Hearts

The first step to recovery is accepting that all your problems can be traced back to your own heart. According to the Bible, our Hearts are Evil. Jeremiah 17:9 says, "*The heart is deceitful above all things, and desperately wicked: who can know it?*" Without the Bible, the very words of God, you could never really know what is in your heart. It is because our hearts do not want to be exposed! Our heart is the breeding ground for every sin that we commit, as well as our bad habits and wrong thoughts!

2. We Are Powerless Over Our Addiction

We need to admit to ourselves that our life has become unmanageable and that we are powerless over the effects of our addictions. Secondly, we need to acknowledge our helplessness and realize we need God's help. Romans 7:18 says, "*For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not.*" Our heart has become Satan's stronghold! This is why we find it very hard to get victory over our addictions. We are fighting more than just the desires of our flesh!

3. Only God Can Salvage And Restore A Broken Life! There Is Nothing Impossible With God!

You need to believe that God can restore you to sanity; that you can come to know Him for who He truly is. God wants you to know Him Personally, through His Son, and to have a vital relationship with Him. We must come to a point that we realize we need to be saved from sin's **penalty**, **power**, and **control** over our lives. You must be born again by faith in Christ's shed blood for you! 2 Corinthians 12:9 says, "*And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness.*"

4. Only By Following The Life And Teaching Of Jesus Christ Can We Be Made Whole.

You need to make a decision to turn your own will and life over to God. You need to *yield to* His commandments and accept His plan for your life. Come to the place of entrusting every day of your life to God. When you come to the point of realizing that you are powerless over your addiction and cannot gain victory over it yourself, God can only begin to work as you start to trust Him. Philippians 1:6 says, "*Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.*"

5. Only An Open, Honest, And Humble Life Can Be Helped

What does it mean in James 4:10 to “*Humble yourselves in the sight of the Lord, and he shall lift you up.*”? To humble yourself is to **recognize** the exact nature of your sin (just how bad it is), **admit** to God that you have sinned, and to make a decision to **turn away** from doing that sin again. You must first ask God to expose the hidden sins in your life so that they can be admitted, and then confessed to God. There must be a full confessing and a thorough repentance of the wrongs (**Read also 1 John 1:7-10; Isaiah 55:7**). Thankfully we do not need to confess our sins in detail to anyone but God. Then afterward, take responsibility! Start looking at the dark side of your character, to identify and understand character weakness or defects (sins) and see how these have controlled your behaviour. Denial has been your biggest enemy up to this point, but now must be overcome by honesty. An inventory must be made. Not a history of all your problems, but an inventory which reveals the weakness you would rather not acknowledge. Write down any resentment, fears, guilt, shame, and try and write out a detailed account of your compulsive behaviours. THEN, God will step in and help you!

6. People Need To Be Free From The Bondage, Not Just Feel Better

Jesus said in John 8:32 “*And ye shall know the truth, and the truth shall make you free.*” He also said in John 8:36 “*If the Son therefore shall make you free, ye shall be free indeed.*” To be truly free indeed, you need to get saved and be entirely willing and ready for God to remove all the practices, sin patterns and habits of your life. We must be confronted to change our sinful habits, life-style and patterns of acting out. There must be a commitment to change. (**See also Colossians 3: 5-14**) Humbly ask God for a removal of these sinful patterns, and shortcomings and allow God to bring a healing of damaged emotions, change of attitudes, and transformation of behaviour. You will feel better when you are freed from your sin!

7. You Cannot Ignore Making Restitution.

Have you done some things to people in the past that you regret? Instead of letting regret ruin your life, you can have victory and move on! The first thing you need to do is to make a list of persons you have harmed or slighted, and be willing to make amends to them all. Restitution is very vital for on-going change and personal victory. Prior to recovery from an addiction, we tend to blame everyone else for our problem. We have all, at times, done this and possibly also blamed God. You need to begin now to release your need to blame others and to also accept full responsibility for personal actions. Along with this is the need for forgiveness. Regardless of how someone has hurt you, you must cancel the debt (**Matthew 18:23-35 & Ephesians 4:32**) and ask forgiveness from anyone whom you might have offended. If it requires

you to do something beyond asking forgiveness to repair that relationship that was hurt, then do it!

8. Be Reconciled To Others You Have Wronged.

To be reconciled to someone means to “make the relationship right” with anyone you have wronged (stolen from, physically or emotionally hurt, etc.) wherever that is possible. After making the list of those whom you realize that you have wronged in some way, you must actually do everything possible to reconcile with those that you have hurt (**Read also Matthew 18:15 & Mark 11:25, 26**). Jesus said in Matthew 5:23, 24 *“Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.”* Jesus said it is more important to be right with those around you than to offer Him a sacrifice or gift and your heart being against someone. Take time today to seriously pray and ask God to reveal to you whom there may be that you need to repair relationships with. Then ask Him how to repair that relationship. If you are unsure or need further help, ask someone who will counsel you appropriately with what you may have to do. It may cost you to repair that relationship, but it is worth it in the end and the Lord will bless you for it.

9. Have A Daily Prayer Life. It Is Called, “Walking with God”

In Micah 6:8 it says, *“He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?”* God wants you to spend time with Him. It is amazing that the Creator of the universe wants to spend time with us, who are selfish and sinful. He desires for us to spend time with Him. How do you “walk with God”? It begins with a desire to have a deepening of the life with the Lord, a daily routine of prayer and Bible meditation which will give you day by day victory over the past. Recovery must be relentlessly pursued on a daily basis. You must seek through prayer and Bible meditation to improve your conscious contact with God as set forth in the Word of God. Pray for knowledge of His will and the power to carry that out. Remember, don’t tell God what you want Him to do, but ask Him what you need to do each day.

10. Daily Monitor Your Life

As you begin to get freedom and victory over your addiction, you need to continue to take a personal daily inventory and, if you stumble, get right back up! We need to continue to guard ourselves every day to make sure that we stand with the Lord and not with our own strength. Such a personal inventory is a daily examination of our strengths, weaknesses, motives and behaviours. We need to monitor signs of attempting to manage our lives without God or of slipping into resentment, dishonesty, or selfishness. Galatians 5:16 says,

Twelve Life Changing Truths

“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”

Also we must watch for that slow gradual return to the former life style and sinful acting out. The Apostle Paul in 1 Corinthians 10:12 warns us - *“Wherefore let him that thinketh he standeth take heed lest he fall.”*

11. Seek Joy Instead Of Happiness

Jesus said in John 16:33, *“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.”* There is a big difference between real joy, and passing happiness. Happiness is fleeting and can be quickly lost unless it is constantly fed. Often times we feed it with temporal things, like our addictions, and are constantly seeking a fix to get that happiness back. A follower of Jesus Christ knows that most of life’s thrills and vices will not be fun, but that there is great JOY that comes from God as we do what is right and good. This joy is long lasting and is not temporal like happiness is. When we lose our joy, we need only to humble ourselves, admit we have been seeking only fun and ended up sinning, and then ask God to restore to us His joy and peace! In Psalm 51:12, David with a repentant heart said, *“Restore unto me the joy of thy salvation; and uphold me with thy free spirit.”*

12. You Can Help Others, Once You Yourself Have Been Helped!

Once you get victory, you now have the weapons and tools to help others with their addictions. You can understand the trials and areas where someone struggles in and now know the way to help someone who is struggling. In Galatians 6:1-2, the Apostle Paul writes, *“Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfil the law of Christ.”* We must take the message to others, practice the principles on a daily basis in all of life, and seek to win others to Christ (**Read also, 2 Corinthians 5:17-21**). Jesus said in Mark 5:19, *“Howbeit Jesus suffered him not, but saith unto him, Go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee.”* Finally, there must be an on-going walk with the Lord in a positive way and with aggressive labour to help win others to the Lord and to see others set free from addictions.

The First Four Weeks

**Week 1 – Every Addiction has its Origin
in our Hearts!**

Week 2 – Addiction is Satan's Stronghold

Week 3 – What is Temptation?

Week 4 – Making Wise Small Choices

THE ROAD TO RECOVERY

**“There is therefore now no condemnation to them
which are in Christ Jesus, who walk not after the
flesh, but after the Spirit. For the law of the Spirit
of life in Christ Jesus hath made me free from the
law of sin and death.” *Romans 8:1-2***

Week 1 - Every Addiction Has Its Origin In Our Hearts!



Week 1 - Every Addiction Has Its Origin In Our Hearts!

“The heart is deceitful above all things, and desperately wicked: who can know it?”

Jeremiah 17:9

Welcome to our 12 Weeks to Freedom FROM Addiction

Main Lesson:

A. According to the Bible, our hearts are what? (Mark 7:18-23) _____

B. Sin always becomes the _____, and YOU always become its _____ (SLAVE)!

1. John 8:34 “*Whosoever committeth sin is the _____ of sin.*”
2. Who can you blame for the sins in your life? _____
3. How does sin usually start off in a person’s life? _____

C. THREE IMPORTANT TRUTHS YOU HAVE TO SETTLE!

1. Your Addiction (no matter whatever it may be) is _____
2. Sin comes from the _____
3. According to Jeremiah 17:9 your heart is wicked, and needs to be _____ by God Almighty (not by your own power)!

D. Let’s Be Honest About Sin...

1. If you can look back at the beginnings of your addiction you will see a _____ to your descent into addiction.
2. We were supposed to _____ God’s commandments.
3. We are in trouble!

E. How can you or I escape the punishment of this second death?

Only through the _____! This is the GOOD NEWS!

1. John 3:7 says “*Marvel not that I said unto thee, _____*”
2. God’s way to be forgiven and repaired is simple.
 - a. You start AS YOU ARE – a _____
 - b. You accept that you are in _____ with God
 - c. Someone has to shed their blood and die for your crimes/sins
 - d. God _____ you!
 - e. God now commands you to _____
 - f. And THEN, all you need to do (and you can do it right now), is _____ the free gift of forgiveness and ETERNAL LIFE that God offers to everyone!

Think It Through – Day Two

<p>What the Bible Says in Mark 7:20...</p> <p><i>“And he (Jesus) said, That which cometh out of the man, that defileth the man.”</i></p>	<p>DEFILED</p>
<p>Pondering the above Scripture:</p> <ol style="list-style-type: none"> 1. What do you think ‘defile’ means? (circle the answer below) <ol style="list-style-type: none"> a. To ruin, to soil, make worthless b. To make better 2. Where does all of our trouble in our lives come from? _____ 3. Who can tell us what is in our heart? _____ 4. Do you think that you know all that is in your own heart? Yes / No 5. Who do you think will always try and activate the sins in your heart? _____ 6. Why do you think Satan wants so much to get you to sin against God? <ol style="list-style-type: none"> a. To defile your life b. To ruin your future c. To make you miserable and full of regret d. All the above 7. Has there ever been a person born (besides Jesus) who never had sin in their heart? Yes / No 8. Can a defiled life (ruined by sins and bad habits) ever be truly clean again? Yes / No 9. How would you tell someone they can get their messed up life fixed up and clean? _____ _____ _____ 	
Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
<p>Now PRAY, and then thank God for the above things you listed!</p>	

Think It Through – Day Three

What the Bible Says in 1 Corinthians 6:9, 10...

“Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God.”

**NO SIN AND
NO SINNERS
IN HEAVEN**

Pondering the above Scripture:

1. Look at the above list of sins. Have you ever done any of them? Yes / No
2. Are any of those sins done in God’s kingdom in heaven? Yes / No
3. Do most people think they are going to get to heaven even though they have done the things listed in the above Scripture? Yes / No
4. Who has deceived people into thinking they are okay with God, even though they do such things? _____
5. Do you think anyone is good enough to enter the kingdom of God?
Yes / No
6. If there are no sinners and no sin in heaven, does that mean that NO ONE is there? Yes / No
7. How would you explain to someone how a sinner could actually get into God’s heaven? _____

8. How are YOU going to get into heaven when you die? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Four

<p>What the Bible Says in 1 Corinthians 6:11...</p> <p><i>“And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.”</i></p>	<p>IT’S IN THE PAST!</p>
<p>Pondering the above Scripture:</p> <ol style="list-style-type: none"> 1. Who can wash away all your sins? _____ 2. Is a person condemned to being permanently a thief or a drunkard (“once an addict, always an addict”)? Yes / No 3. Can a sinful habit actually be put away from someone, and placed firmly in their PAST? Yes / No 4. What is the word in the Scripture that puts our sinful habits in the PAST? _____ 5. Fill in the missing word... “<i>but ye _____ washed...</i>” 6. What do you think it means when the Bible says someone is washed from their sins? _____ 7. For a person to be sanctified means what (circle the right answer): <ol style="list-style-type: none"> a. Made into a saint b. Cleaned up and ready to be used by God c. Free from guilt d. All of the above 8. What is another word for ‘<i>justified</i>’: <ol style="list-style-type: none"> a. Ignored b. Pardoned c. Blamed 	
Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
<p>Now PRAY, and then thank God for the above things you listed!</p>	

Think It Through – Day Five

What the Bible Says in John 8:34...

“Jesus answered them, Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin.”

**WHOSE
SERVANT
ARE YOU?**

Pondering the above Scripture:

1. What do you think it means to commit sin? _____
2. When we disobey God and do our own thing, you become the “_____ of sin.”
3. Is that a good thing? Yes / No
4. Whose servant is a Christian supposed to be? _____
5. To be a servant of someone or something other than God means that we will become its what? (circle your answer below)
 - a. Friend
 - b. Slave
6. Verily means “really” or “truly”, so, if Jesus says verily TWICE, doesn’t that mean He is really trying to get our attention about the enslaving power of sin? Yes / No
7. Does everyone sin? Yes / No
8. List three sins you admit to being the servant and slave to in your life right now:
 - a. _____
 - b. _____
 - c. _____
9. What would happen to that bondage if you became the servant of Jesus Christ? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Six

What the Bible Says in Hebrews 9:27...

“And as it is appointed unto men once to die, but after this the judgment.”

THE JUDGMENT

Pondering the above Scripture:

1. What happens to everybody when they die (according to the above Scripture)? _____
2. Who will be our judge? _____
3. Is death an accident, or does God have an appointment with every soul at death? _____
4. What kind of judgment awaits a sinner who never asked Jesus for forgiveness and freedom from their sins and bad habits? _____

5. What happens to a person when they die, who has been completely forgiven of all their sins, and freed from all their bad habits? _____

6. How would you explain to a person, no matter how sinful they may have been, how they can escape the wrath and judgment of God?

7. What will happen to you when YOU die? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Seven

Truth # 1 Every Sin Has Its Origin In Our Hearts

The first step to recovery is accepting that all your problems can be traced back to your own heart. According to the Bible, our Hearts are Evil. Jeremiah 17:9 says, “*The heart is deceitful above all things, and desperately wicked: who can know it?*” Without the Bible, the very words of God, you could never really know what is in your heart. It is because our hearts do not want to be exposed! Our heart is the breeding ground for every sin that we commit, as well as our bad habits and wrong thoughts!

Pondering the above Truth:

1. Where do all of our problems come from? _____
2. According to the Bible, our heart is *what*? _____
3. Where can you find the “*very words of God*”? _____
4. Jeremiah 17:9 says the heart is two things. What are they?
 - a. _____
 - b. _____
5. What reveals our heart? _____
6. What does not want to be exposed? _____
7. What are three things that come out of our heart?
 - a. _____
 - b. _____
 - c. _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Week 1 - Every Addiction Has Its Origin In Our Hearts!



Week 2 - Addiction Is Satan's Stronghold

“For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not.” Romans 7:18

Background:

- A. How does Satan get access to your heart? _____
- B. 1 Peter 5:8, *“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may _____”*
- C. In John 8:44 Jesus says, *“Ye are of your father the _____, and the lusts of your father ye will _____.”*

I. Main Lesson

- A. A stronghold is a fortified structure, like a _____, which is able to resist attack by enemy forces.
- B. THE priority for us as believers in Jesus Christ is to _____ these Satanic strongholds in our lives!
- C. If we don't remove them, then we are allowing Satan to scheme and plan our next _____.

II. How to Wage War (2 Corinthians 10:3-5)

“For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.”

A. Where the War is Fought

1. It is not in your own strength, or in your _____ (Romans 7:18)
2. In an invisible realm which includes your _____, your _____, and in your _____!

B. How the War is Fought (2 Corinthians 10:4)

1. The First and Best Weapon is the _____!
2. The Second Weapon is _____ in God's Power (Ephesians 6:18)
3. The third weapon is _____ – open, honest, admission of just how much you need God! God only helps (gives powerful grace) to the humble! Everyone else is actually resisted by God (James 4:6).

C. How We Wage War

1. **By USING our spiritual weapons!**
 - a. By READING and LEARNING the Bible
 - b. By PRAYING about everything we face
 - c. By totally depending upon God for the strength we need every day!
2. **Use your spiritual weapons to _____ the Strongholds**
3. **By Pulling _____ the Strongholds – destroy them!**
4. **Take captive every _____, every feeling that used to be controlled by Satan, and now make it obey the _____!**

D. How Victory is Maintained

1. _____ bringing every thought into captivity
2. _____ reading your Bible every day
3. _____ doing what God says to do, the WAY He says to do it
4. _____ praying about everything, and for everyone you can
5. _____ yourself in love with God's Son

E. Don't let the devil set up any new strongholds in your mind or heart!

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
Now PRAY, and then thank God for the above things you listed!	

Think It Through – Day Two

What the Bible Says in 1 Peter 5:8,9

“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: whom resist stedfast in the faith.”

SOBER

Pondering the above Scripture:

1. What is an “adversary”? (Circle one)
 - a. Your enemy
 - b. Your friend
2. Who is your fiercest enemy? _____
3. What is the devil compared to? _____
4. What does the devil want to do with you? _____
5. A Christian is supposed to be two things; list them both:
 - a. _____
 - b. _____
6. Describe what a sober and vigilant Christian does: _____
7. If a Christian is not sober or vigilant, what do you think they are doing instead? _____
8. How can you resist someone as powerful as the devil (according to this Scripture)? _____
9. Write down some ways you are learning to fight back against the devil:
 - a. _____
 - b. _____
 - c. _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Three

What the Bible Says in John 8:44

“Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.”

THE DEVIL'S LUSTS

Pondering the above Scripture:

1. Have you ever heard the expression, “Like father, like son”? Yes / No
2. If someone is not born again, who is THEIR ‘father’? _____
3. If the devil is someone’s father, WHO is actually getting them to do their lusts? WHOSE lusts are they fulfilling? _____
4. What is the Devil most known for in the Scripture? _____

5. If you lie, who are you being like? _____
6. Who did Satan “murder” back at the beginning? _____
7. Is there ANY truth in the devil? Yes / No
8. If you ever listen to the devil, will he EVER tell you the truth? Yes / No
9. Every lie in this world came all the way from who? _____
10. Are you truly born again? Yes / No
11. If so, who should you follow, and copy? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Four

What the Bible Says in 1 John 3:8...

“He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil.”

**WHY JESUS
CAME**

Pondering the above Scripture:

1. What has the devil done ever since the beginning? _____
2. Do Christians sin? Yes/No
3. When a Christian sins, they are following WHO? _____
4. Why was the Son of God born? To “_____ *the works of the devil.*”
5. Can a Christian destroy the works of the devil by themselves? Yes / No
6. Can someone who does not have the Son of God living in their life ever defeat the works of the devil? Yes / No
7. When did Jesus actually destroy the works of the devil?
 - a. When He was born?
 - b. When He ascended to heaven?
 - c. When he was judged by God in our place on the cross and then arose again from the tomb?
8. When the devil is working hard against you, what can you always remind him of? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Five

Truth # 2 We Are Powerless Over Our Addiction

We need to admit to ourselves that our life has become unmanageable and that we are powerless over the effects of our addictions. Secondly, we need to acknowledge our helplessness and realize we need God's help. Romans 7:18 says, *“For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not.”* Our heart has become Satan's stronghold! This is why we find it very hard to get victory over our addictions. We are fighting more than just the desires of our flesh!

Pondering the above Truth:

1. In order to get help, what two things do we need to do?
 - a. _____
 - b. _____
2. What does Romans 7:18 say about where bad things dwell? _____

3. What do you think the verse means by “to will”?
 - a. Wanting to do the right thing?
 - b. Prepare an official document in case you die?
 - c. To give someone something?
4. Who builds enemy strongholds in our heart? _____
5. Are we fighting more than just ourselves when it comes to our addictions? Yes / No

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Six

What the Bible Says in 2 Corinthians 10:3, 4...

“For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds)”

**PULLING
DOWN
STRONG
HOLDS**

Pondering the above Scripture:

1. What is your first reaction when you are faced with a problem?
 - a. Ignore it?
 - b. Get angry?
 - c. Turn to a cigarette, drink, drug so you can cope with it?
 - d. None of the above?
2. What does the word ‘carnal’ mean?
 - a. Natural?
 - b. Fleshly?
 - c. Habitual – what you have always done?
 - d. All the above?
3. Do you live in the flesh? Yes / No
4. Are Christians in a war? Yes / No
5. Can you ever war against sins and bad habits using your flesh? Yes / No
6. Are a Christian’s weapons physical and fleshly? Yes / No
7. List some *fleshly weapons* you have used in the past against sins and bad habits:
 - a. _____
 - b. _____
8. What can we use God’s weapons for? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Seven

<p>What the Bible Says in 2 Corinthians 10:5...</p> <p style="text-align: center;"><i>“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ”</i></p>	<p>CASTING DOWN IMAGINA- TIONS</p>
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Pondering the above Scripture:

This is a very strong verse which tells us how to fight the enemy of our soul – Satan!

1. We are to “_____ *down* _____”
2. What is an imagination? _____
3. What does it mean to *cast something down*? _____
4. Why are you told to do this? Because it has exalted itself against WHAT? _____
5. What are high things in our lives?
 - a. Idols?
 - b. Pride?
 - c. People we value more than we do God?
 - d. All the above?
6. We are told to cast down every high thing (idol). Can you give an example of an idol in your life? _____
7. Do you ever examine your thoughts and ask yourself, “Is what I am thinking the truth?” Yes / No
8. How can you tell truth from all the lies? _____
9. The Scripture tells you to take your thoughts captive to the obedience of WHO? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!



Week 3 - What Is Temptation?

“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.”

James 1:13,14

I. **Introduction.** When temptation comes, we usually respond in one of three ways:

- A. Simply _____ to it.
- B. _____ against temptation daily.
- C. Or overcome temptation through the power of _____!

II. Message – How to Tame Temptation

A. _____ **Temptations.** Everybody is Tempted at One Time or Another

1. List three temptations you seem to always face.
 - a. _____
 - b. _____
 - c. _____
2. List three people in the Bible who also were tempted
 - a. _____
 - b. _____
 - c. _____
3. Is it a sin to be tempted? Yes / No

B. Where Does Temptation Come From?

1. 1 Corinthians 10:13 – says temptations are “_____”
2. There are three primary sources of temptation:
 - a. _____
 - b. _____
 - c. _____
3. Your Flesh is your old nature – it is what you do, think, want, by nature.
4. Where did you get such a sinful nature? _____
5. The Devil is described “*as a roaring _____, walketh about, seeking whom he may _____.*” He LOVES to throw temptations at you!

C. Where Are We Tempted?

1. In your _____ - your mind, your will, and your emotions.

GREAT TRUTHS ABOUT TEMPTATION

- It is not possible to fight a fleshly temptation with fleshly weapons
- We cannot fight a fleshly appetite by indulging in it

Week 3 - What Is Temptation?

2. In your _____ - The flesh, referring to the “old nature”. We are tempted to laziness, overindulgence, sexual sins, etc.
3. In your _____ - The spirit is the primary arena for satanic attack.

D. Unplugging Temptation. These are three words to remember.

1. To overcome the world we need _____ - Faith that Jesus will take care of us when we willingly let go of worldly things, and run to God.
2. To overcome the devil we must _____.
 - a. The apostle James commands us to, “*Submit yourselves therefore to God. Resist the devil, and he will flee from you.*” (James 4:7).
 - b. The key is to _____ before you can *RESIST*.
 - c. To have control over temptation, we must allow _____ to control us.
 - d. After you have SUBMITTED to God (Obeyed), then you can *RESIST* the devil, and the Bible promises “*he will _____*”.
3. To overcome the flesh we will also need a _____.
 - a. The key to defeating fleshly temptations is to _____ from them!
 - b. You cannot expose yourself to fleshly temptation and expect to walk away _____ (Proverbs 6:27)

III. Conclusion

- A. If you are breathing, you are battling with temptation!
- B. Our greatest resource in the face of temptation is **a close relationship with Jesus Christ.**

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
Now PRAY, and then thank God for the above things you listed!	

Think It Through – Day Two

What the Bible Says in Psalm 119:11

“Thy word have I hid in mine heart, that I might not sin against thee.”

**OUR SHIELD
AGAINST
SIN**

Pondering the above Scripture:

1. Whose word should you hide in your heart? _____
2. How are you supposed to hide it in your heart?
 - a. By neglecting to read it?
 - b. By reading it briefly without thinking about what is being said?
 - c. By reading it, and thinking about everything being said, and then storing it away in your heart for when you will need it later?
3. Why should you have God’s word stored in your heart? _____

4. Where are you supposed to hide God’s word away?
 - a. In your heart?
 - b. in your mind?
5. What is the difference between hiding the word in your heart and hiding it in your mind? Why is putting it into your heart more important? _____

6. Who does the Scripture say you sin against when you sin? _____
7. What does the Bible say will give you the ability to not give into temptation and sin? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Three

What the Bible Says in 1 Corinthians 10:13...

“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.”

**GOD IS
FAITHFUL**

Pondering the above Scripture:

1. Is temptation a common thing? Yes / No
2. Is there any temptation that God says CANNOT be overcome? Yes / No
3. Which is more important to God
 - a. To take away your temptation?
 - b. To burden you with too much temptation?
 - c. To enable you to get through the temptation by escaping it?
4. How does God say He will help you when you are tempted? _____

5. Will God allow you to be tempted more than you are able to bear?
Yes / No
6. Have you ever felt like you were tempted beyond your strength?
Yes / No
7. Do you now believe God can help you overcome your temptations?
Yes / No
8. What does this verse say about God that can reassure you? *“but God is _____, who will not suffer you to be tempted above that ye are able”*
9. What do you think is the way of escape mentioned in this? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Four

What the Bible Says in Hebrews 4:15...

“For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.”

**TEMPTED
LIKE US**

Pondering the above Scripture:

1. Who is the high priest in this verse? _____
2. What does the word “*infirmities*” mean?
 - a. Weaknesses
 - b. Problems
 - c. Sickneses
 - d. All the above
3. Was Jesus ever tempted? Yes / No
4. Do you remember when Jesus was tempted in a big way? _____

5. In how many ways was Jesus tempted? _____
6. According to this verse, was Jesus sinless? Yes / No
7. Does Jesus actually feel your struggles with temptation? Yes / No
8. How does this verse encourage you? _____

9. If Jesus was tempted like we are, and yet was able to not sin, then do you think it is possible for you to also do the same? Yes / No

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Five

<p>What the Bible Says in Proverbs 6:27, 28...</p> <p style="text-align: center;"><i>“Can a man take fire in his bosom, and his clothes not be burned? Can one go upon hot coals, and his feet not be burned?”</i></p>	<p>YOU CAN'T ESCAPE</p>
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Pondering the above Scripture:

1. What happens to the person who plays with fire and hot coals in this verse? _____
2. What do you think the fire is a picture of? (We often say things like “He’s playing with fire...”)

 - a. Playing with sin?
 - b. Hell fire?
 - c. Guilt?

3. Do you think that many people believe this verse is really true? Yes / No
4. In YOUR experience, have you found this verse to be true? Yes / No
5. What is left on the skin after it heals from a burn? _____
6. Is it good to get scarred? Yes / No
7. If a person keeps getting burnt by sin, what should they do so they can fully heal? _____
8. What are some things YOU should stop doing that are burning you?

 - a. _____
 - b. _____
 - c. _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Six

What the Bible Says in James 4:7...

“Submit yourselves therefore to God. Resist the devil, and he will flee from you.”

**SUBMIT SO
YOU CAN
RESIST**

Pondering the above Scripture:

1. What does the word SUBMIT mean?
 - a. Resist
 - b. Obey
2. WHO must you submit to if you want to be free from Satan’s grip on your life? _____
3. Do you think this is a hard thing to do? Yes / No
4. Who do you normally submit to? _____
5. Do you want to have the power to resist the devil? Yes / No
6. Whose fault is it that you submit and give in to your own lusts?
 - a. The Devil
 - b. Myself
7. Who is the devil afraid of? _____
8. What will happen when you resist the devil? “He will _____!”
9. Can you stop your temptations from happening? Yes/ No
10. Do you have a choice whether to sin or not? Yes/ No
11. Have you been blaming the wrong person lately? Yes/ No
12. List some areas of your life that you need to submit to God in:
 - a. _____
 - b. _____
 - c. _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Seven

Truth # 3 Only God Can Salvage And Restore A Broken Life

You need to believe that God can restore you to sanity; that you can come to know Him for who He truly is. God wants you to know Him Personally, through His Son, and to have a vital relationship with Him. We must come to a point that we realize we need to be saved from sin's **penalty, power, and control** over our lives. You must be born again by faith in Christ's shed blood for you! The apostle Paul says in 2 Corinthians 12:9, "*And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness.*"

Pondering the above Truth:

1. Who can restore your sanity? _____
2. Does God want you to know who He is? Yes / No
3. Through whom do we begin to get to know God? _____
4. What three things does sin have over our lives?
 - a. _____
 - b. _____
 - c. _____
5. God's penalty for sin is **death**. Does everyone die? Yes / No
6. Who died in your place for *your* sin? _____
7. Does Jesus Christ give eternal life to any who trust Him alone as their Saviour? Yes / No
8. God can heal and fix anything that is broken. Do you now believe there are some things in your life that you want God to fix? Yes / No

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!



Week 4 - Making Wise Small Choices

“But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.” Luke 10:42

- A. Making the right decisions is essential for life.
- B. The key is making THE _____ CHOICES.
- C. Our choices affect more than just ourselves.
- D. Who has been badly affected by your past choices?
 - a. _____
 - b. _____
- E. Would you agree that throughout our life, we all need to make the right choices?
Yes / No
- F. Two Examples in the Bible of good and bad choices (in Luke chapter 10):
 - 1. _____
 - 2. _____

HELPFUL PRINCIPLES ON CHOOSING...

- If God’s against it, so am I.
- We lose our freedom to choose when we give into temptation.
- Small compromises lead to great disasters.
- Our sinful habits hurt those who are following us.

Lesson – Choosing That Good Part (Luke 10:38-42)

- 1. Martha’s Choice - In Jesus’ visit with Mary and Martha, what was Martha’s choice? _____
- 2. Mary’s Choice - What did Mary choose to do?

- 3. Were those two choices BIG or SMALL choices? _____
- 4. What book teaches us how to make right choices? _____

Who can we ask for help in making right choices?

- a. _____
- b. _____
- c. _____
- d. _____

Small Choices I Make Right Now

- 1.
- 2.
- 3.
- 4.
- 5.

Now PRAY, and ask God for to help you keep these decisions!

Think It Through – Day Two

<p>What the Bible Says in Luke 9:23...</p> <p><i>“And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.”</i></p>	<p>MAKING DAILY CHOICES</p>
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Pondering the above Scripture:

1. In this Scripture, who is Jesus talking to? _____
2. What are two requirements to following the life of Jesus Christ?
 - a. _____
 - b. _____
3. In your own words, what does it mean to “*deny himself*”? _____

4. Is Jesus talking about a literal wooden cross that needs to be carried every day? Yes / No
5. What do you think that this “cross” is? Is it:
 - a. Dying to our own fleshly desires of what we want to do?
 - b. Persecution from others as we try to follow God?
 - c. Trying to follow God’s plan for each day and not our own?
 - d. All of the above?
6. Does Jesus want you to follow Him each and every day? Yes / No
7. Does Jesus force you to follow Him? Yes / No
8. Does Jesus leave the choice up to you? Yes / No
9. What choices would you yourself have to make to faithfully follow Jesus? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Three

What the Bible Says in Hebrews 12:2...

“Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.”

**JESUS IS
OUR BEST
EXAMPLE**

Pondering the above Scripture:

1. Who gave us our faith (who is the author of all we are supposed to believe)?

2. What did Jesus have to endure? _____
3. Was Jesus *‘forced’* to die on the cross? Yes / No
4. Even though Jesus chose to go through with the cross, He also had to choose to despise (reject) what? _____
5. Were Jesus’ choices easy for Him to make? Yes / No
6. When the Scripture says *“looking unto Jesus”*, what do you think that means? _____

7. What three letter word describes what will happen if we make right choices in our lives? _____
8. How was Jesus’ choice rewarded? _____

9. Will you trust that if YOU make some right choices, that there will be joy instead of sorrow from now on? Yes / No
10. So, WHO is our best example of making hard choices? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Four

<p>What the Bible Says in Psalm 25:12...</p> <p style="text-align: center;"><i>“What man is he that feareth the LORD? him shall he teach in the way that he shall choose.”</i></p>	<p>LEARNING GOD’S WAY</p>
<p>Pondering the above Scripture:</p> <ol style="list-style-type: none"> 1. Who do we need to fear before God teaches us the right thing to do? _____ 2. Who will actually teach us the right way if we let Him? _____ 3. Are all the things we choose to do always what we should do? Yes / No 4. What does it mean to fear the Lord? _____ _____ 5. How do you think God will teach you His way of doing things (what will He use)? _____ 6. There are many examples in the Bible of God teaching people the right and wrong way of living. List two people who made right choices, and what they chose: <ol style="list-style-type: none"> a. _____ b. _____ 7. List two people who made wrong choices <ol style="list-style-type: none"> a. _____ b. _____ 8. Which group of people do you think actually feared God more than feared other people? _____ _____ 	
<p>Prayer List</p>	<p>Praise List</p>
<ol style="list-style-type: none"> 1. 2. 3. 4. 5. 	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
<p>Now PRAY, and then thank God for the above things you listed!</p>	

Think It Through – Day Five

Truth # 4 Only By Following The Life And Teaching Of Jesus Christ Can We Be Made Whole

You need to make a decision to turn your own will and life over to God. You need to *yield to* His commandments and accept His plan for your life. Come to the place of entrusting every day of your life to God. When you come to the point of realizing that you are powerless over your addiction and cannot gain victory over it yourself, God can only begin to work as you start to trust Him. Philippians 1:6 says, “***Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.***”

Pondering the above Truth:

1. To get victory, we must make a decision to turn what two things over to God every day?
 - a. _____
 - b. _____
2. Every day, what do we need to *yield to*? _____
3. How often should we allow God control of our life? _____
4. When does God often begin working in your life with your problems?

5. Did you know that God has a special plan and purpose for your life?
Yes / No
6. Does God’s plan for your life sometimes differ from what *your* plans are? Yes / No
7. Do you think that God knows the best way for our lives to be lived?
Yes / No

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Six

What the Bible Says in Deuteronomy 30:19...

“I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live”

**GOD
EXPECTS US
TO MAKE
RIGHT
CHOICES**

Pondering the above Scripture:

1. List the two simple choices that God offers in the Scripture above:
 - a. _____
 - b. _____
2. Which choice do you think God wants us to make? _____
3. Do you think that the choices you make matter to God? Yes / No
4. Did God give us the freedom to choose our own way? Yes / No
5. Every decision we make actually leads to only ONE of two directions. What are the TWO possible end results of all our choices?
 - a. Life – Blessing
 - b. _____ - _____
6. If we make the right choices, who is blessed and helped? _____

7. If we make the wrong choices, who is cursed and hurt? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Think It Through – Day Seven

What the Bible Says in Romans 6:16...

“Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?”

YIELDING

Pondering the above Scripture:

1. According to the above Scripture, we will be the servants of the person that we WHAT? _____
2. To yield means: _____

3. So, when we choose to obey our friends, those that pressure us to do their will, we become their what? _____
4. Is that what you want to be? Yes / No
5. When we choose to obey God’s will, we will become His what?

6. Obeying the wrong person is sin? Yes / No
7. Choosing to go our own way and do our own will, results in what?

8. Choosing to go God’s way, and do His will for your life, will result in what? _____
9. In your own words, what is a servant? _____

Prayer List	Praise List
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Now PRAY, and then thank God for the above things you listed!

Do You Want To Be Free From Cigarettes?

Why Do People Smoke?

There are a lot of reasons why people smoke. For some, it helps them maintain a lower weight. Some people find it relaxing, and others only smoke to relieve stress in social situations. For others it makes them feel "cool." The list of reasons is endless, but the habit often starts at a young age and as you well know, becomes difficult to break.

What are the Effects of Smoking?

Smoking has a number of effects on the body and mind. The chemicals in cigarettes are very addictive to both the body and the mind, and have almost all negative effects on the lungs, mouth, brain, and more! The most common result of smoking is lung cancer, but there are other diseases associated with smoking like asthma, emphysema, and birth defects in your children.



What Does the Bible Say About Smoking Cigarettes?

Well, there really isn't a specific Bible verse telling us "Thou shalt NOT smoke." However, there are clear instructions in the Bible that tell us to take care of our bodies, and that when we ruin our bodies with smoking, or any drink or drug, it is a sin!

Ask yourself right now, "Would God want me to do something that terribly harms my body?" "Would God want me to do something that becomes an uncontrollable habit?" While God does not directly say, "Don't Smoke!", He does say some strong things about how to treat your body and how to use your time.

Smoking and Your Body

God is pretty clear that He wants us to care for our bodies. God gave them to us to NOT abuse! Taking care of our body means trying to stay as healthy as possible. As most of us learned in school, caring for our bodies means eating well, exercising, and staying completely away from things that are bad for us. Read the next few Scriptures out-loud, and listen to what God says about our bodies, our flesh:

1 Corinthians 6:19-20 - "*What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.*"

1 Corinthians 3:16, 17 - "*Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.*"

Do You Want To Be Free From Cigarettes?

Smoking and Your Mind

Smoking is an addiction. That is for certain! Your body becomes addicted, enslaved to the chemicals in the tobacco, but so does your mind. The effect of nicotine often becomes more important than God is. Over time, the habit takes control, and it becomes difficult to let go of smoking because of its “feel good factor.” The Bible tells us to seek the strength of the Holy Spirit to feel good rather than chemicals.

Ephesians 5:18 - "*And be not drunk with wine, wherein is excess; but be filled with the Spirit*"

Smoking and Your Soul

The worst effect of smoking is on your soul! You wouldn't think it, but smoking not only hurts your lungs, throat, mouth, mind, and heart, but also your SOUL! Your soul is the part of you made in the image of God that will live forever! THAT part of you is what Satan wants to hurt most of all, and according to 1 Peter 2:11, he will use everything he can to war against your soul!

1 Peter 2:11 - "*Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul.*"

Smoking and the People Around You

Second-hand smoke kills! How many times do we have to hear it said before we start to believe it? Today there are laws preventing people from smoking in public places like restaurants and parks due to the known effects of second-hand smoke. In fact, second-hand smoke can be more dangerous to a non-smoker than the direct smoke to a smoker. For Christians this means that, if you smoke, you are doing harm to those around you. Period! The Bible tells us to avoid doing harm to those around us.

Exodus 20:13 - "*Thou shalt not kill.*"

Philippians 2:15 - "*That ye may be blameless and harmless...*"

Matthew 10:16 - "*Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves.*"

John 15:12 - "*This is my commandment, That ye love one another, as I have loved you.*"

Avoiding the Smoking Habit

With all the warnings about smoking, why do people start in the first place? The number one reason people start smoking is peer pressure, which is very difficult to overcome. Most Christians have done some things they wish they had not done due to peer pressure. It takes a lot of strength to say, "No," to your friends. However, as Christians, we are called to live differently than what is going on around us – to live "in" this world, but not "of" it. To overcome the temptations from our friends and live

Do You Want To Be Free From Cigarettes?

in a way that pleases God is not a simple “No.” It is not easy! Yet God always provides us the help we need to stay the course. We just need to rely on them in times of need.

Romans 12:2 - *"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."*

Starts With Belief!

Mark 11:23 - *"For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith."*

Jesus is talking about moving mountains in this passage of Scripture. Even though He is speaking about moving huge, immovable mountains, He wants us to believe He can move our impossible problems too! You probably don't have a mountain that needs to be moved, but if you smoke, you have a habit that is hard to move!

Sometimes problems in our lives appear to be gigantic mountains that never seem to be removed. However, Jesus said that “with God nothing shall be impossible.” (Luke 1:37). No matter what you may be addicted to today: tobacco, alcohol, drugs, pornography, immorality or any type of compulsive human behaviour, or demonic behaviour, you can and will be free, if only you believe that **Jesus** wants to and can make you FREE. Even from the habit of cigarette smoking!

Answer some questions...

1. How many packs per day on average do you smoke? _____
2. When did you START smoking? _____
3. How many times have your TRIED to stop smoking? 1) A dozen times? 2) A Hundred times? 3) Never really tried. (circle one answer).

Did you know that it does not matter what your addiction may be, you can be free if only you will believe that Jesus Christ can and will make you free!

Jesus said that every mountain or human obstacle can be and will be removed from your life through the power of WHO? Your OWN power? Or God's? (circle the right answer)

"...whosoever shall say unto this mountain [addiction], Be thou removed, and be thou cast into the sea [out of your life]; and shall not doubt in his heart, but shall BELIEVE that those things which he SAITH shall come to pass; he shall have whatsoever he SAITH." (Mark 11:23)

It is pretty clear here that Jesus is saying the only way to remove a mountain, an obstacle or an addiction, is to believe in the POWER OF GOD enough to face your smoking, reject it as a sin, talk to it (tell it “Your days are numbered!”), and then throw it away! Remember, smoking is something the devil gave you, not God! You need to decide that you now want to shove it back in his face! Forever!

Do You Want To Be Free From Cigarettes?

It won't work if you are not born again!

Are you Born Again? You MUST be Born Again if you expect the Lord Jesus Christ to work for you mightily. He only helps His children! You may be thinking, "How can I be Born Again?" It is simple.

Until a person is born again, they are of their father the devil. And Jesus said, "the lusts of your father ye will do!" (John 8:44). Cigarettes were given to you NOT by an all holy God, but by the devil! If it weren't cigarettes, it would have been drink, or heroin, or pornography. And none of it can be resisted, because we love it! We want it. But when we get sick of sin controlling our lives, we cannot just resist it, until we have a greater power at work in us. That is Jesus, the living Son of God!

Thankfully, the Bible says that He loves you and me **as we are** and that He eagerly yearns to help us with whatever is controlling us.

Matthew 11:28-30 - "*Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.*"

Isaiah 53:5 - "*But he (Jesus) was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.*"

John 8:36 - "*If the Son therefore shall make you free, ye shall be free indeed.*"

How can that freedom become YOURS? By asking in faith for Jesus NOT to free you just from cigarettes, but for freedom from ALL sin, and from the coming punishment for all of your sins! Your biggest problem is NOT your addiction; it is your eternal soul, which is in trouble with God, and in danger of going to hell!

Only Jesus Christ died in your place, and suffered the punishment that was due for you; and He did it because He loved you. He wants the likes of you to spend eternity with Him - if only you would be sorry enough for all the sins and wrong doings of your past, and then just ask Him in simple faith to save you from your sins!

Matthew 1:21 - "*Thou shalt call his name JESUS: for he shall save his people from their sins.*"

Only what Jesus did on the cross is enough to please God. If you would just ask Jesus to take away your sins, and make you God's child, you can believe that He will! It is called being BORN AGAIN! It is the same as being saved from your sins!

John 3:3 - "*Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.*"

If you become born again on the inside, then you are no longer in the devil's family, and you will have all of the help from God's Holy Spirit that you need!

If you are already Born Again, then, continue to read.

Do You Want To Be Free From Cigarettes?

Never again try to “quit” smoking.

Instead, speak to your nicotine addiction every time you want to smoke a cigarette. Each and every time you start to light up a cigarette, remember that you are no longer addicted to them. Once you were born again, you were freed from all bondage! You really are not addicted like you were before conversion. You are brand new!

You can now pray to your heavenly Father, and say, “Father, I thank You that I am no longer addicted to cigarettes. I no longer smoke cigarettes, in Jesus’ Name.”

Determine (firmly choose) that this powerful belief in the freeing power of God is going to work for you, because it came right out of the mind of Jesus!

Make this statement of your faith IN GOD’S POWER every single time you get ready to light up a cigarette for the next three months. That means, that if you are smoking two packs of cigarettes per day on average, twenty cigarettes per pack, then by the end of 3 months, you will probably say the above words over 3,500 times! Time after time just pray, “Father, I thank You that I am no longer addicted to cigarettes. I no longer smoke cigarettes, in Jesus’ Name.” And believe it to be true. IS IT TRUE in your life?

Give yourself time to understand the freedom that Christ has already given to you. Your spirit and soul have been made free, but your flesh may take a bit longer to catch-up! Let it catch-up!

There will be times when you forget. But when you remember that you have forgotten, just open your mouth loud and clear, and say it twice! You will remember it better the next time!

Keep in mind that you never, ever during this three-month period **try** to “quit” smoking. Don’t **try** to quit. Just **believe** that God will “deliver” you from smoking by using the faith that Jesus taught you to have in the Bible. It may sound weird, but just keep on smoking and believing. You say, “But that makes me a hypocrite!” Yes! But you are *a determined hypocrite* who wants to let God deliver him/her from smoking! Day after day, time after time, “smoke and believe”, “smoke and wait!”

One day you will wake up, or you will be out somewhere, and you will realise that you haven’t smoked like you normally do, and that you don’t seem to WANT to smoke..., then from THAT MOMENT, throw away whatever cigarettes you have left, and walk away from them, free, forever! Do not ever look back!

You will probably find that you are sick to your stomach at the thought of smoking! You may even feel like vomiting! Good! Picking up a cigarette will seem as if someone was trying to empty an ashtray directly into your mouth now. It will become so foreign to you! You will feel as if you had never before smoked a single cigarette! You will feel clean! At that moment let it sink in that if you have smoked for at least 15 years (like so many have) then you probably have smoked well over a quarter of a million cigarettes, and that you are now FREE of them all!

Free in Christ! Free BY Christ!

Do You Want To Be Free From Cigarettes?

Did you know that it doesn't matter what you're addicted to? You may be addicted to nicotine, alcohol, street drugs, prescription drugs, pornography, immorality, homosexuality, gossiping, backbiting, lying, fits of anger, depression, stealing or any other kind of compulsive human behaviour. Just simply tell the devil that you are owned by a New Master now – Jesus, God's Son! Then tell God, "Father, I thank You that I am no longer addicted to (addiction) in Jesus' strong Name. I no longer smoke cigarettes!"

John 14:13,14 *"And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask any thing in my name, I will do it."*

Remember, the only thing to DO to stop your addiction is to believe on the Lord Jesus Christ for forgiveness, and the gift of eternal life! Do nothing else to try to stop your addiction. Just keep thanking God, your heavenly Father, that you are free from your addiction in Jesus' name, each and every time you struggle with it. According to God's precious Holy Written Word, the Bible, one morning you'll wake up and your mountain of addiction will have been supernaturally removed, and cast into the sea!

Whatever your addiction, you may not need for three months to pass. Your freedom could happen for you more quickly. It might take just days or weeks, but according to the promise of God, you CAN be free! The only question is, whether you will believe God enough to let go of your addiction?

Your spirit was made free the day you got saved! It sometimes just takes a bit of lag time before your flesh catches up.

**WELL DONE!
END OF BOOK 1
PREPARE FOR BOOK 2!**

Do You Want To Be Free From Cigarettes?