

TIM DANIELS JIDECHUKWU

BREAKING FREE

A BIBLICAL AND PRACTICAL PATHWAY TO
FREEDOM FROM ADDICTIONS AND
DESTRUCTIVE HABITS

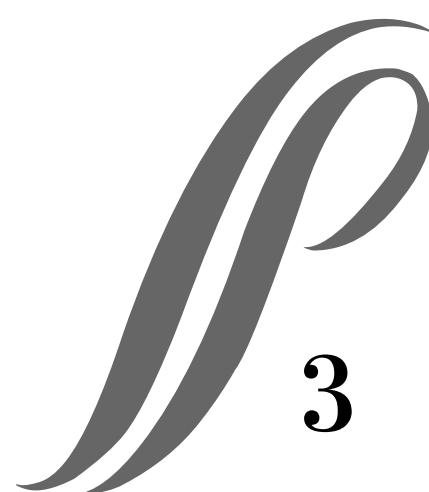




<https://www.thegloryplaceblog.org>



DEDICATION





I am dedicating this piece to everyone who has been seeking true and permanent freedom from the enslavement of any form of bad habit or addiction. To those who have cried in secret and wept countless times because of the guilt, shame, and pains that the habit brings. Consider this your letter of freedom from God your Maker Who wired your entire being and Who alone can set your soul free from the shackles of bondage.





TABLE OF CONTENT

DEDICATION	3
TABLE OF CONTENT	5
INTRODUCTION	6
CHAPTER ONE	9
What Are Bad Habits And Addictions?	
CHAPTER TWO	14
How Are They Formed?	
CHAPTER THREE	20
Who Can Be Affected?	
CHAPTER FOUR	23
Is Permanent Freedom Possible?	
CHAPTER FIVE	27
What Are The Steps To Breaking Free?	
THE GREAT CALL	44



INTRODUCTION



One of the greatest and strongest battles many face today is their struggle with breaking one or more bad habits or addictions. So while some turn to diverse forms of therapy to break the habit, others take the spiritual route to tackle the bondage. However, bad habits and addictions have been proven by history to have a negative impact on the lives of individuals, families, and consequently the society at large.

The ability to form healthy habits for many seems like a rough road to travel as the discipline it requires is not one that comes naturally to humans in general. So many find themselves buried in the mud of their own misery due to countless failed attempts to stop the bad habit or quit the addiction; And while some keep the habit a secret for years due to the shame associated with it, others cannot keep theirs hidden because of the nature of the addiction.

No doubt, self-help prescriptions and other forms of therapy may have yielded positive results for some individuals, but for a larger population no method has seemed to work and for such persons, they resolve to live with the challenge for the rest of their lives. If you are in such a category, I would like to let you know that you can be free and free permanently; and no! you do not have to live with it for life. Many like you have achieved freedom and today are helping others find freedom also.

If you are a Christian reading this, then you are even at a greater advantage, because God our Creator has made a way out of every kind of challenge we may face in life.





No matter how hard you have tried to live above the sin, I want you to re-condition your mind to believe that breaking free is very possible, even as you prayerfully go through the truths I would be sharing with you in this piece by the inspiration of God's Holy Spirit.

Once again! Yes! You can break free from that bondage of addiction, no matter how long it has been, and you too can begin to show others the path to finding their freedom also.

John 8:32 (NLT) says:

"You will know the truth, and the truth will set you free."

And Luke 1:37 (AMP) says:

"For with God nothing [is or ever] shall be impossible."

Welcome to your journey to freedom!



CHAPTER ONE

What Are Bad Habits And Addictions?



First off, it is important to acknowledge the fact that everyone has at least one habit which they might have developed one way or another; And there are both good and bad habits. So the issue is not about the habit but the fact that when a habit is bad or unhealthy it can have negative life implications which can range from mild to severe, and some can even have fatal implications.

By definition, according to Segen's Medical Dictionary, a bad habit is "a patterned behaviour regarded as detrimental to one's physical or mental health, which is often linked to a lack of self-control."

And according to Merriam-Webster's dictionary, an addiction is "a compulsive, chronic, physiological or psychological need for a habit-forming substance, behaviour, or activity having harmful physical, psychological, or social effects and typically causing well-defined symptoms (such as anxiety, irritability, tremors, or nausea) upon withdrawal or abstinence." OR simply an addiction is "a strong inclination to do, use, or indulge in something repeatedly."

So, from both definitions, we see clearly that bad habits and addictions should necessarily not be left unchecked if one truly desires to live a happy, long, and fulfilled life on Earth, because the implications can be destructive, and the resultant effects can continue to live and affect others even after the individual has departed from the Earth.



The list of bad habits is probably endless, and we cannot fully exhaust the list in this piece. But let us mention some examples which are common in our world today:

As I had earlier stated, some bad habits may seem to have mild implications in the present; examples such as:

1. Nail-biting/gum-chewing
 2. Poor dieting
 3. Pride/gossiping/lying
 4. Watching too much television
 5. Spending too much time on the phone and social media
 6. Poor money-spending habits
 7. People-pleasing
 8. Not exercising
 9. Negative self-talk
 10. Procrastination
- Amongst others.

But there are other more destructive habits and addictions which are plaguing countless individuals and our society today; examples such as:

1. The use of all kinds of illicit drugs and enhancers
 2. All forms of sexual addictions and perversions (illicit sex, fornication, adultery, pornography and masturbation, gay and lesbianism, transgenderism, bestiality, and others)
 3. Smoking addiction
 4. Alcohol addiction
 5. Gambling addiction
 6. Theft/Shop-lifting addiction
 7. Shopping addiction
 8. Gluttony/Food addiction
 9. Plastic surgery addiction
 10. Material object addictions (Cell phone, car, etc.)
- The list goes on and on.



Now let's list a few signs that indicate a person is addicted:

1. The individual has intense urges consistently to engage in the act and finds it difficult to resist or stop, despite knowing that the act is harmful.
2. The individual uncontrollably persists in the act even with the real negative consequences, such as facing financial or health problems due to the addiction.
3. The individual wastes too much time on the act rather than utilizing the time for more productive and beneficial activities.
4. The individual has made several failed attempts at stopping the act.
5. The individual can become anxious, depressed, or irritable if he or she does not engage in the act for some time or if he or she tries to withdraw from it.

Asides from the physical, mental, social, psychological, financial, and societal negative impacts of these problems, they also have a spiritual impact, as the Bible makes it clear that most of these habits and addictions are sins against God and they have the ability to deter our relationship and fellowship with God and consequently stunt our spiritual growth.

We know from the Scriptures that these habits are basically emanating from the lusts deeply rooted in our fallen human nature of sin and it is displeasing to God.



The Bible verses below buttress this fact:

Galatians 5:19-21 (GW)

"Now, the effects of the corrupt nature are obvious: illicit sex, perversion, promiscuity, idolatry, drug use, hatred, rivalry, jealousy, angry outbursts, selfish ambition, conflict, factions, envy, drunkenness, wild partying, and similar things. I've told you in the past and I'm telling you again that people who do these kinds of things will not inherit God's kingdom."

1 John 2:16 (NLT)

"For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world."

Be that as it may, no matter which one is your case, I believe you are here because you truly desire to break free and I am joining faith with you as you embark on the great journey.



CHAPTER TWO

How Are They Formed?



As I stated in the later part of the previous chapter, most if not all bad habits and addictions emanate generally from the sinful nature of our being; As the below Bible verse states:

James 1:14-15 (AMP)

"But each one is tempted when he is dragged away, enticed and baited [to commit sin] by his own [worldly] desire (lust, passion). Then when the illicit desire has conceived, it gives birth to sin; and when sin has run its course, it gives birth to death."

However, the physical manifestation of a bad habit or an addiction can be kick-started by several factors. Most people can tell how and from when they started engaging in their bad habits. It is only in a few cases that some cannot really explain how it all began.

Let us now consider five ways that bad habits and addictions are formed:

1. Hereditary/Childhood Experiences: In some cases, we find that certain behaviours seem to be common in a family bloodline. So for instance, a person's grandfather was known to be a drunkard, the person's father also became a drunkard; now he also is a drunkard. In such a situation, we can easily conclude that it is something that runs in the family as they say. And if a man from that family already has that knowledge, then he knows where his own temptation will equally come from and he should take the necessary steps to ensure he does not get enslaved to the same habit.



Childhood experiences and early exposures can also cause a person to grow up with bad habits. If a child is not given the necessary attention and training required in childhood, he or she would most likely come up with an innate bad habit which may not necessarily be from learning; for instance in the case of nail-biting or lying.

Similarly, if a child is consistently exposed to too much information or experiences beyond his age, he or she would most likely develop a bad habit or an addiction. For instance, if a child is exposed regularly to obscene sexually-stimulating media or pornographic content, or if he or she engages in sexual activities as a child either by molestation or some other means, at such an early stage where his or her mind is still in the formative phase, the child may eventually grow to struggle with a sex-related addiction.

2. Peers/Social Influences: This is probably the most common means by which people develop bad habits and addictions. A lot of people would admit that their first contact or experience of what has now become their addiction was when they were with their friends or peers in a social setting. So the young man today addicted to drugs did not just wake up to it, he learned it, he was taught it by someone, he was shown the way to do it and where to get it by someone, sometimes in a bid to feel belonging or to satisfy their lustful desires.

This point is probably the greatest challenge in our world today where online social media has become the driving force in the lives of many, especially young people.



The open celebration and projection of celebrities who themselves are caught up in diverse forms of bad habits and addictions have worsened the situation, since many young ones use their lives as a compass for their own.

Many young people today including Christians struggle secretly with an addiction to pornography and masturbation because of unrestricted access and uncontrolled exposure to obscene and indecent media, especially with the advent of mobile phones and the internet where nothing is hidden any longer; you can literally find for free at your fingertips whatever you want to see.

3. Life Traumatic Challenges: For some people, their bad habit or addiction started from their bid to drown the pain they were experiencing at a particular difficult time of their lives; for instance, the loss of a loved one or a job. Many have come to believe that taking to alcohol, drugs, or womanizing is a way to forget all their problems and get some enjoyment from the highs that come with them.

However, many would not also deny the fact that the problem comes right back starring them in the face shortly after the high moment is gone, or worse still they ended up with a bad habit or an addiction that they have to battle with for the rest of their lives; more like adding more problem to the already existing problem.

4. Idleness/Loneliness: There is the old saying that "an idle mind is the Devil's workshop". As harmless as it may seem, some have formed bad habits and addictions due to their moments of loneliness, idleness or joblessness.



The human mind is like a machine that does not understand how to stay quiet doing nothing; And when the mind is left wandering, the Devil does not mind to come and suggest something. This is why (as we would later discuss) one of the necessary steps to overcome a bad habit is to avoid allowing one's mind to idle away.

Every habit both good and bad requires the participation of a person's mind to be formed. But while good habits require some level of intentionality and discipline, a bad habit does not need any motivation, because by nature every man is wired to do that which gives his flesh pleasure and satisfies his lust, because of that sinful nature every man is born with.

5. Spiritual Root: This is probably the most ignored especially by those who do not believe in spirituality, but whether we believe it or not, habits or addictions powered by spiritual or demonic forces do exist, and it is the most difficult to break without God's intervention.

It is however important to state here that though a bad habit can have a spiritual root cause, not every bad habit is spiritual; but some addictions such as the sexual ones can have a spiritual undertone and the person affected may require special deliverance prayers to break free.

Another example can be the case of kleptomania (where a person has an addiction to stealing, with an uncontrollable and recurrent urge to steal, typically without regard for need or profit); or where a person is living under a curse due to one reason or another. Such cases most definitely have spiritual roots and can only be dealt with spiritually.



The five points listed above are not all there is of course, but regardless of the root of your case, God has a way and His way is the surest to find true and lasting freedom.

The Bible says:

John 8:34-36 (AMP)

"Jesus answered, "I assure you and most solemnly say to you, everyone who practices sin habitually is a slave of sin. Now the slave does not remain in a household forever; the son [of the master] does remain forever. So if the Son makes you free, then you are unquestionably free."



CHAPTER THREE

Who Can Be Affected?



From our discussion so far, we can tell that no one is immune to having a bad habit or an addiction, as most people would admit having at least one bad habit that they wish to change or stop even though their case is not part of the list we made earlier. Bad habits or addictions do not have respect for age, gender, class, tribe, or race.

The Bible makes it clear that everyone is in a daily battle with their sinful flesh and no one by their own willpower is able to meet up God's standard of holiness. As the below verse says:

Romans 3:23 (NLT)

"For everyone has sinned; we all fall short of God's glorious standard."

So from the greatest and most disciplined of us to the least and most undisciplined, everyone can be influenced and can be a victim of a bad habit or an addiction. Being a Christian does not necessarily exempt you either, if you let down your guard at any point in time.

In the ministry of Jesus Christ on Earth for example, you would think that Judas' closeness to Jesus would make him stop his bad habit of taking money from the moneybag; until his bad habit led him further down to selling out his master for money and eventually ending his own life.

The same applies to us in this present day; Yes, as a Christian you are in a better position than an unbeliever; But no matter how 'spiritual' you think you are; how close to God you think you are; how prayerful, worded, and powerful you think you are; you must of a necessity be on your guard always, because the Enemy will come to tempt you and he will not come only once, he will come again and again.





In the Old Testament of the Bible also, we can find accounts of people who though chosen by God, their unchecked bad habits set them on an unpleasant path. For example, the account of Samson who was brought down by immorality; David and his son Solomon who had the habit of accumulating women and as such that part of their lives is not considered an example to be followed today.

So the Bible admonishes us sternly:

1 Corinthians 10:12 (AMP)

"Therefore let the one who thinks he stands firm [immune to temptation, being overconfident and self-righteous], take care that he does not fall [into sin and condemnation]."

And to you who are already struggling with one bad habit or addiction; you are not alone; you will overcome, because God's mercy and grace are still available.



CHAPTER FOUR

Is Permanent Freedom Possible?



I am quite sure you already know the answer to that question, but just in case there is still a doubt, let us elaborate a bit more.

In the case of many people who truly desire to stop the bad habit or to end the addiction, the greatest frustration comes when you have tried and tried and it seems you have exhausted all possible means of freedom; Worse still when at some point you think you are now free, just to find yourself back in the same habit again after some time, and then all your hopes seem to be dashed and all your efforts seem to be fruitless, you begin all over again and the cycle continues for days and years.

First off, you need to acknowledge that such frustrations will happen and they are not uncommon in our journey to keeping this stubborn flesh of ours under control. In fact, one of the greatest Apostles of Jesus Christ who wrote a major part of our New Testament Bible (the Apostle Paul) made a rather surprising notation:

Romans 7:18-20,24 (AMP)

"For I know that nothing good lives in me, that is, in my flesh [my human nature, my worldliness—my sinful capacity]. For the willingness [to do good] is present in me, but the doing of good is not. For the good that I want to do, I do not do, but I practice the very evil that I do not want. But if I am doing the very thing I do not want to do, I am no longer the one doing it [that is, it is not me that acts], but the sin [nature] which lives in me. Wretched and miserable man that I am! Who will [rescue me and] set me free from this body of death [this corrupt, mortal existence]?"



There the Apostle sounds like he had experienced similar frustrations in trying to do the right thing by his self-efforts, but then he submits that indeed there is a sin nature responsible which does not bow to just willpower.

So the answer to our question is: Yes! Permanent freedom is possible, but never by your willpower alone. Yes, like Paul you would need to want freedom, you would need to have a sincere desire to overcome, but you will fail yet again if all you have is a want. Paul went ahead to prescribe a way out, which we would be considering in a subsequent chapter as we approach the key point of this piece of writing.

On your quest for permanent freedom, you must also acknowledge the fact that there are many who are equally on the same quest as you, and also many who have overcome their own habit or addiction. This will further give you hope that you too can be free.

Believe it that as you do your part and as God does His part in working on you, a time will come when the same things that enticed you easily would disgust you; And the same sin that easily lures you will lose its grip on you so much so you would abhor by even the slightest thought of it; And I am telling you this from my personal experience.

Yes! Believe it! A time will come when you who could not do without alcohol or drugs for a day will lose the taste for it, because the pleasure you derive from it will no longer exist. A time will come when you who can consume a pack of cigarettes in a day will no longer be able to pick up a stick of it.



A time will come when you who have been addicted to sex for many years will live a sexually pure life. A time will come when those pornographic images will lose their power over your mind, and the thought of masturbating will feel so dirty the urge to do it will no longer exist. A time will come when you who cannot stop gambling will be the one teaching others the way to quit.

Yes, that time will come, accept it, and believe it!

Romans 6:14 (AMP)

"For sin will no longer be a master over you, since you are not under Law [as slaves], but under [unmerited] grace [as recipients of God's favour and mercy]."

But then there are things you must know and what you must do; And that we shall be considering in the next chapter.



CHAPTER FIVE

What Are The Steps To Breaking Free?



Now we get to the crux of the matter.

We shall be looking at 10 steps to breaking free from any form of bad habit or addiction. I know someone may be thinking "I have tried all kinds of steps, how am I sure this will work?"

Well, like I said previously, these steps are written from the perspective of the Bible and from my personal experience too. I believe it will work for you, and of course, the glory does not go to me or to this book, but to God Who does the work of transformation in our lives, even as we commit to play our own part in securing our deliverance.

So without much ado, we go right to it:

1. Sincerely Desire Freedom: You may think this step is unnecessary, but in reality, not everyone really desires to be free from their bad habit or addiction. Some are comfortable in theirs, having fun and enjoying it; Some live in denial of theirs, ignoring and excusing it away; While others having tried to the best of their ability to quit have given up on the idea of ever overcoming the habit.

So, the first step is to really really want to be free. Want it like your life depends on it. Want it to the point that you are ready and willing to do whatever it takes to gain your freedom. Want it to the point that no amount of failure can stop you from trying again.

At this level, your aim is not to break the habit yet, but to summon the will and courage to find your way out at any cost. Not being lazy about it or being double-minded and thinking "Well if it works, fine, if it doesn't, still Ok, I'll just live with it".



No! Such is not the energy of someone who really wants a habit gone and gone forever. The way is to say "This has to stop! And stop it must!"

When you find such a level of desire in your heart, it was actually placed there by God, because on our own we cannot develop a real desire to please God rather than our flesh, and you have a choice to either accept or reject that desire. But it is only when you first embrace the desire that God can begin His own work in you.

The Bible tells us:

Philippians 2:13 (NLT)

"For God is working in you, giving you the desire and the power to do what pleases Him."

2. Come To God As You Are: Of course, we already know we can hide nothing from God, we can only hide our habits and addictions from others. But it is a necessary requirement to come to God as you are, no matter how bad the addiction is, or how many years you have struggled with it.

Come to God with the filth as it is; Do not claim any self-righteousness nor be afraid to come to Him because you feel too dirty. A God Who loves and saves even murderers and the worst of all sinners cannot be surprised by the depth of your unholiness nor the darkness of your heart.

Many miss their opportunity to find freedom because they run away from the only One Who holds the key to their liberation. You must know that God is a loving Father, more loving than the most loving Earthly father, and no sin is unforgivable by Him.





In fact, He is more willing to come to you than you are willing to come to Him, which is why He sent His Son Jesus to die for your sins even before you were born.

It is non-negotiable that you need to accept Jesus Christ as your Saviour and become Born Again so that you can begin a relationship with God that is at the core of the transformation you deeply desire. If you are an unbeliever or a non-Christian reading this, this is the right time and the right moment to decide before we proceed on the journey. *(Please read and say the prayer in the last section of this book now).*

The Bible says:

Ephesians 1:7 (AMP)

"In Him we have redemption [that is, our deliverance and salvation] through His blood, [which paid the penalty for our sin and resulted in] the forgiveness and complete pardon of our sin, in accordance with the riches of His grace."



3. Pray, Fill Your Mind With God's Word, And Depend On The Holy Spirit: This point is the next most vital in your quest for freedom. Having begun your Christian journey with God, you must engage in spiritually edifying activities. Spiritual exercises and disciplines are non-negotiable. You must pray often, telling God about your struggle and asking for His Holy Spirit to help you overcome the habit or addiction. And if need be, you must even add fasting to your prayers depending on the severity of the situation.

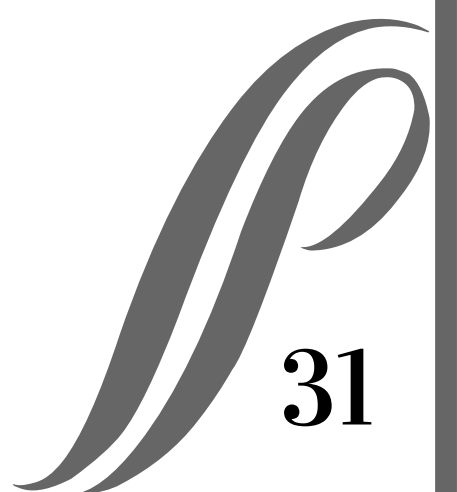
Similarly, it is of utmost importance that you begin to read, memorise, and imbibe the Scriptures (God's Word) into your heart. This is very needful because your mind which has been defiled with impurities from the bad habit needs to be cleaned up and reprogrammed. This you can not do on your own, but the Holy Spirit in you does the work in your soul using the Word of God which you have soaked into your mind.

The Psalmist wrote:

Psalms 119:9,11 (AMP)

"How can a young man keep his way pure? By keeping watch [on himself] according to Your word [conforming his life to Your precepts]. Your word I have treasured and stored in my heart, That I may not sin against You."

As you keep learning and growing in your knowledge of the Word of God, gradually you will begin to grow a passion to obey the promptings and leadings of the Spirit of God. As you keep filling your mind with God's Word, it will get to a point when a Scripture will suddenly well up from your spirit once the Enemy tries to plant a lustful thought in your mind; And at a point, this would become as unpremeditated as a reflex action.





Then the tempting power of the addiction will keep wearing out as you keep obeying the voice of the Holy Spirit rather than yielding to the wants of your flesh.

The Bible says:

Matthew 26:41 (NLT)

"Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"

Galatians 5:16 (AMP)

"But I say, walk habitually in the [Holy] Spirit [seek Him and be responsive to His guidance], and then you will certainly not carry out the desire of the sinful nature [which responds impulsively without regard for God and His precepts]."

The Holy Spirit is your Great Helper and Partner in your journey to freedom; you cannot do without Him. The virtue of self-control which is needful for breaking bad habits and addictions is one of the nine fruit of the Holy Spirit (see Galatians 5:22-23); Though it is mentioned last, it is as important as the first eight. It is only the Holy Spirit that can produce in you the kind of self-control that leads to lasting freedom.

4. Open Up And Be Accountable: Any bad habit or sin thrives and survives in secrecy. Opening up to someone (preferably a Christian leader or a mentor) and being accountable to them as they encourage and help you through the journey is equally of high importance. You will definitely not feel good about sharing your shameful struggle or exposing your secret sin, but that is exactly where its power lies and where the Enemy capitalizes to keep you in bondage.



One of the signs that you are truly willing to be free is to summon the courage to tell someone about your struggle; that way the guilt and shame is taken off of you and over to the Enemy who detests being exposed. Open up to someone who can help you genuinely, not someone who will judge you or make you feel condemned; because you need to be able to tell them even if you fall again into the act.

Also, certain addictions as I had earlier mentioned cannot go away by personal efforts alone. Such as those of sexual nature or rooted in a curse. Prayers of deliverance from an anointed spiritual leader would most likely be required.

The Bible says:

Proverbs 28:13 (AMP)

"He who conceals his transgressions will not prosper, But whoever confesses and turns away from his sins will find compassion and mercy."

James 5:16 (NLT)

"Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results."

5. Practice Self-Discipline and Guard Your Mind: This is probably where much of the personal efforts would be required. Determining to put in place boundaries and self-disciplinary measures is one of the proofs that you really want to be free. The discipline to pray and read your Bible or to listen to a sermon or Christian songs and contents rather than worldly contents is a choice that you have to consciously make.



Surely you will be tempted to do the one that pleases your flesh but that will only strengthen the power of the flesh over you and weakens your spirit and consequently your ability to withstand the temptation.

If you struggle with pornography and masturbation, decide to spend less time alone and idle, or spending time on your phone viewing sexually-explicit content on social media, or staring excessively at scarcely dressed ladies who are all over the place in our world today, or leaving obscene pictures and videos there on your phone, or spending too much private time with the opposite sex.

Do whatever it takes to guard your mind against any media that corrupts your thought-life and your mind and triggers lust in your heart. In fact, you may decide to stay off social media completely or keep your phone off for a season. It all depends on how severe your case is and how deep your desire for freedom is.

If you struggle with alcohol, drugs, or gambling addictions, you should not be spending time with friends with whom you engaged in the habit together or visiting the places where the action happens as usual. You should make new godly friends and engage in spiritually edifying activities as often as possible.

Jesus speaking said:

Mark 9:47 (NKJV)

"If your eye causes you to sin, pluck it out. It is better for you to enter the kingdom of God with one eye, rather than having two eyes, to be cast into hell fire"



I know you know He does not mean that literally. He was just emphasizing how serious you need to take the fight against sin. You may need to close your eyes physically or look away to avoid seeing something that can trigger lust.

You would need to cut off from friends and places that remind you of your past life. These disciplines are yours to do, the Holy Spirit will not do it for you, because you have a will which He cannot force or usurp; it is not in His nature; only the Devil pushes people against their will.

So Paul the Apostle admonished:

2 Timothy 2:22 (NLT)

"Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the LORD with pure hearts."

You do not discuss with, meditate on, or negotiate with temptation; you don't even pray on the temptation; you RUN from it. The more you focus on the temptation, the more its power over you increases. You must of utmost necessity develop self-discipline to say "No!"; Shout it out loud if you have to.

Hebrews 12:1 (NKJV) says:

"...Let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us..."

And Proverbs 4:23 (NLT) instructs:

"Guard your heart above all else, for it determines the course of your life."



6. Develop New Good Habits: The fact we already know is that habits in general are not easily removed once they have been formed. So one of the effective ways to overcome the negative habit is to replace it with a positive one.

As I previously stated, your mind cannot be left in a vacuum state, if you dislodge a bad habit and do not replace it immediately with a good habit, then the old habit is on its way back. In fact, the way to get a bad habit to fizzle out gradually is to begin building and investing more time into a new good habit. The old negative passion must be replaced with a new positive one.

This is one of the reasons why many experience failures in their quest to break a habit or an addiction.

You have to do something else with the time and energy you used for engaging in the sexual activity, watching pornography, scrolling through social media, drinking, smoking, or gambling.

Preferably it is better to begin with developing good spiritual habits first; such as reading the Bible, praying, attending church programmes, reading Christian books, listening to sermons and Christian songs, and so on; Since you need God's help in your journey, and developing your spirit man to gain ascendancy over your flesh is the way to find your permanent freedom.

When you have been fully liberated then you can begin developing other healthy circular habits also; Or if you can do both hand in hand, that still works!



Jesus while teaching said:

Matthew 12:43-45 (NKJV)

"When an unclean spirit goes out of a man, he goes through dry places, seeking rest, and finds none. Then he says, 'I will return to my house from which I came.' And when he comes, he finds it empty, swept, and put in order. Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first."

And the Apostle Paul taught also:

Ephesians 4:22-24 (NLT)

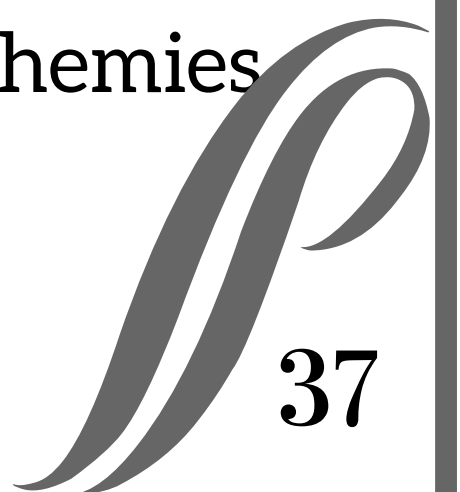
"Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy."

7. Cast Away The Thoughts: You must be aware that the fact that you are a Christian does not mean impure or unholy thoughts will not find their way into your mind sometimes; Not as long as the Devil is still the Devil and the Devil still uses people. The thoughts will come and not just once. It is not a sin to feel tempted, it becomes a sin when you fall for the temptation. So you must be vigilant and be on your guard to make certain that unholy thoughts do not settle and pitch their tent in your head.

The Bible says:

Matthew 15:19-20 (NKJV)

*"For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies
These are the things which defile a man..."*





The intensity of the impure thoughts may even increase as the Enemy also battles hard to keep you from escaping from his bondage. However, you must keep casting the thoughts and imaginations away; Do not give them the right to stay and do not let them become your focus.

Like someone once said, if you do not like the channel your mind is tuned into, just flip and briskly change the channel. Switch from the lustful thought and just think of something about God, or you can pray under your breath, or turn on some Christian sermon or song; And I bet you the negative thought would not last long. This is why filling your mind with lots of godly stuff is a vital key.

The Bible says:

2 Corinthians 10:3-5 (KJV)

"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..."

8. Confess Any Fall And Move On: Falling back into the same habit or sin can be depressing, especially when you have stayed clean for some time. But you need to know that it is Ok to fall and get back on your feet, just like a child learning to walk, you are learning to walk by and obey the desires of the Spirit of God in you, and in the early stages you may stagger and give in to the pull of the flesh.

When that happens, you do not need to let the guilt or self-condemnation wear you down; immediately confess the sin to God and ask Him once again



to set you back on the right path; And of course, God would not condemn or abandon you; just like a natural father would not desert or disown a child he loves just because he keeps repeating the same mistakes or committing the same offence.

God is always willing and ready to forgive you. After-all, Jesus commands us to forgive others as much as 490 times (see Matthew 18:21-22), so how would He not do the same?

God never gets tired of forgiving your failures, however, that must not be an excuse to keep falling and keep confessing sins non-stop; rather you must strive to attain a level where you become so liberated that God can use you to save others.

The Bible says:

1 John 2:1-2 (NLT)

"My dear children, I am writing this to you so that you will not sin. But if anyone does sin, we have an Advocate who pleads our case before the Father. He is Jesus Christ, the One Who is truly righteous. He Himself is the sacrifice that atones for our sins—and not only our sins but the sins of all the world."

1 John 1:9 (TPT)

"If we freely admit our sins when His light uncovers them, He will be faithful to forgive us every time. God is just to forgive us our sins because of Christ, and He will continue to cleanse us from all unrighteousness."



9. Be Patient With God And With Yourself: You may wonder or ask why is it that after giving your life to Christ and becoming Born Again, your bad habit or addiction does not automatically disappear; Or why it seems you have to do some work on your part to get rid of the problem.

The fact is that your brain which has been wired and your mind trained with lustful impulses due to the addiction that may have been on for several years, needs to be rewired and retrained; and the process takes time. A habit which you formed in childhood or adolescence and has grown with you into adulthood will not just vanish overnight.

Though there have been instances and testimonies of cases where the habit or addiction goes away immediately after a person receives their deliverance through the prayers of a minister of God, such as in some cases where a spiritual or demonic power is responsible for the addiction; once the unclean spirit is cast out of the person, they become free instantly. But this is rarely the case for most people, which is one of the reasons we have lots of Christians today still struggling with an addiction despite being in the faith for a long time.

God would rather take you through the gradual pathway to freedom so as to build up your faith solidly and so you can learn how to patiently depend and wait on Him.

So it is paramount to understand that the process takes time and it may not happen magically. Therefore you do not need to beat yourself up or become offended in God when it seems your deliverance is taking too long.



James 1:2-4 (NKJV) says:

"My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing."

10. Reckon Yourself Free: This is the last point but it is also a vital key to securing and retaining your freedom. You must reckon or consider your bad habit dead and gone with your old life now that you are in Christ, even though the habit still seems to be there physically.

It is like a serpent whose head has been cut off, or a tree whose root has been pulled out; the body may still seem to be alive physically but its main life source has been removed and it would dry up in a matter of time.

The Bible tells us:

2 Corinthians 5:17 (AMP)

"Therefore if anyone is in Christ [that is, grafted in, joined to Him by faith in Him as Savior], he is a new creature [reborn and renewed by the Holy Spirit]; the old things [the previous moral and spiritual condition] have passed away. Behold, new things have come [because spiritual awakening brings a new life]."

Galatians 5:24 (AMP)

"And those who belong to Christ Jesus have crucified the sinful nature together with its passions and appetites."



Romans 8:1-2 (AMP)

"Therefore there is now no condemnation [no guilty verdict, no punishment] for those who are in Christ Jesus [who believe in Him as personal LORD and Savior]. For the law of the Spirit of life [which is] in Christ Jesus [the law of our new being] has set you free from the law of sin and of death."

You must consider yourself a new being and your old life crucified and buried with Christ, along with the sinful habits and addictions.

This is a reckoning by faith, and you do not need to worry about what the physical situation looks like, as long as you are on the right path to achieving permanent freedom.

You must also align your thoughts and confessions to be in line with your true spiritual reality based on what the Word of God says and not what your current experience is.

So, rather than thinking and saying "I will never overcome this habit", speak the Word of God to yourself and say "I am in Christ Jesus and I am already free from this addiction"; And as you keep your self-talk positive, soon enough your experiences will fall in line.



In conclusion, you must be on your guard always to ensure the old habits do not resurface and enslave you again.

Galatians 5:1 (AMP) says:

"It was for this freedom that Christ set us free [completely liberating us]; therefore keep standing firm and do not be subject again to a yoke of slavery [which you once removed]."

And Romans 6:22 (AMP) says:

"Now since you have been set free from sin and have become [willing] slaves to God, you have your benefit, resulting in sanctification [being made holy and set apart for God's purpose], and the outcome [of this] is eternal life."

And I pray for you:

May you break free permanently and finally from the bondage of that bad habit or addiction. May you lose the taste for whatever pleasure it offers. May the mercy and grace of God be released upon you right now to bring an end to your battle with that destructive habit and addiction. By the power of the Holy Spirit may any spiritual force or demonic influence behind your addiction lose its hold over you today. May you begin to live a holy and victorious Christian life from now onwards. You shall never return again to your vomit; And may God use you to show others the way to find their freedom also; in the most powerful name of Jesus Christ I pray; Amen!

Cheer up! Rejoice! Your victory is sure!

Please do go over the steps listed above again from time to time in the course of your journey; and if you wish to speak to someone, feel free to reach out to me. Also please share this material with others. Thank you and God bless you as you do!



THE GREAT CALL



John 6:37 (NIV)

"All that the Father gives Me will come to Me, and whoever comes to Me I will never drive away."

I am using this opportunity to ask you to give your life to the Master, Jesus Christ, Whose arms are always open to receive as many who come to Him in truth.

I may not be able to promise you an all-pleasant journey with Him, but I can promise you that you would have no regrets whatsoever at the end of it.

You can make a decision today from your heart to faithfully follow His footsteps every day and all the way; just like many are doing.

Please say the below prayer sincerely from your mouth and believe it in your heart; To make Jesus Christ the Saviour and Lord of your life:

"Dear Father God in Heaven, I come to You today as I am. I thank you for giving me life. I acknowledge that I am a sinner. I thank You for giving Your Son Jesus Christ to die for my sins. I believe that He came to this Earth, was crucified, died, buried, and He came back to life on the third day. I believe in You and I believe in Your Son Jesus Christ. Today, I give you my life, and I accept Jesus Christ as my personal Lord and Saviour. Forgive me for my sins. I commit to follow You all the days of my life, and I receive Your Holy Spirit now to help me to live a holy life. Thank you because I know You have heard me. Now I am a child of God, I am no longer a sinner, and Heaven is my final destination; in Jesus Christ's name I pray; Amen!"





And you have just become Born Again!

Yes! It's that simple, and you do not need to feel like it!

For the Bible tells us in *Romans 10:9-10 (NIV)*

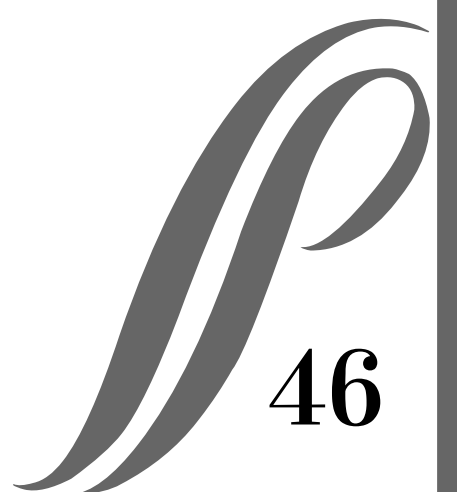
"That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved."

You only need to believe it and go ahead to tell others about your new decision, and also join a group of Christian believers to help you as you grow in the Faith; and I am confident that soon enough, you will begin to see the difference in your life.

Please feel free to contact me if you have any questions or need any help regarding the Faith. I would be more than willing to help.

Thank you very much for staying through with me to the end of this piece. God bless you!

Jesus Christ is LORD!





NOTES

About the Author



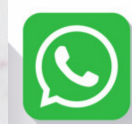
Tim Daniels Jidechukwu is a Nigerian Christian Blogger, Writer, Online Evangelist, and an IT Person by profession. He is the founder of an online ministry called 'THE GLORY PLACE', a vision primarily targeting the continent of Africa, currently having online members from over 20 African countries represented on the various social media platforms. He is passionate about God, His ways, and seeing Believers live daily as true Ambassadors of Jesus Christ in all facets of their lives.



Tim Daniels Jidechukwu



@timdanielskachi



+234 806 707 6770

Other Titles (Available for Free)

