



*Wherefore take unto you the
whole armour of God,*

*That ye may be able to withstand in the
evil day, and having done all, to stand.*
Ephesians 6:13

A Biblical Cognitive Approach To Understanding And Addressing Addiction

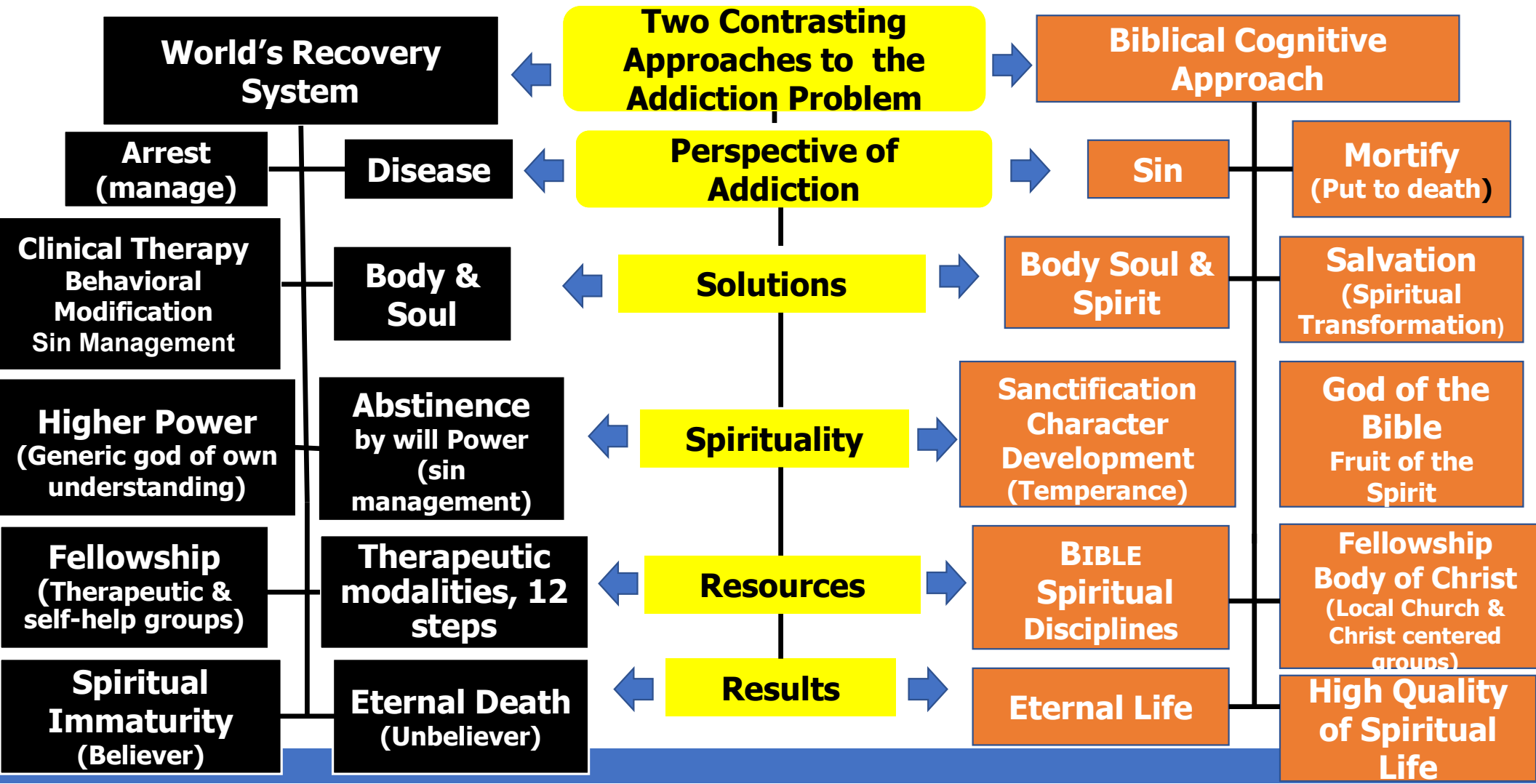
Pastor Bob Vann MA



Salvation!

Welcome to **God's**
Restoration
Program:

UNDERSTANDING TWO CONTRASTING PERSPECTIVES OF ADDICTION/RELAPSE PREVENTION



Significant Truths About Addiction

- All Addictions are strategies of the enemy to destroy the first and second greatest commandments.
- All Addictions met some legitimate need that we should look to God to meet.
- Your addictive behavior does not determine your identity, your relationship with God determines your identity.
- Both Addiction and relapse prevention involve spiritual; warfare.

Threefold Provision for Christian Restoration

Spiritual Development & Restoration of the Soul

- **The Ministry of the Holy Spirit**
 - DAI
 - Journaling
- **The Ministry of the Word**
 - Scripture Memorization
 - Meditation
 - Application
- **The Ministry The Body of Christ**
 - Discipleship
 - Mentoring

SALVATION: GOD'S PROGRAM

**GOD'S
PROVISION
FOR HIS
CHILDREN**

**MOST
POWERFUL
SPONSOR IN
THE
UNIVERSE:
THE HOLY
SPIRIT**

²⁶ But the Helper (Comforter, Advocate, Intercessor—Counselor, Strengthenener, Standby), the Holy Spirit, whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will help you remember everything that I have told you.

John 14:2

SALVATION: GOD'S PROGRAM

**GOD'S
PROVISION FOR
HIS CHILDREN**

**MOST POWERFUL
RECOVERY BOOK
IN THE
UNIVERSE: THE
BIBLE**

12 For the word of God is **living** and **active**. Sharper than any double-edged sword, it **penetrates even to dividing soul and spirit,** joints and marrow; it **judges the thoughts and attitudes of the heart.** 13 Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account. NIV

Hebrews 4:12-13

SALVATION: GOD'S PROGRAM

**GOD'S
PROVISION FOR
HIS CHILDREN**

**MOST POWERFUL
FELLOWSHIP IN
THE UNIVERSE:
THE BODY OF
CHRIST - CHURCH**

¹² For just as the body is one and yet has many parts, and all the parts, though many, form [only] one body, so it is with Christ. ¹³ For by one [Holy] Spirit we were all baptized into one body, [spiritually transformed—united together] whether Jews or Greeks (Gentiles), slaves or free, and we were all made to drink of one [Holy] Spirit [since the same Holy Spirit fills each life]. ¹⁴ For the [human] body does not consist of one part, but of many [limbs and organs].

1 Corinthians 12:12-14

DEVELOPING A BIBLICAL VIEW OF ADDICTION AND RELAPSE PREVENTION

Phase One

PROVERBS 4:7

*Wisdom is the principal thing therefore get
wisdom: and
with all thy getting get understanding.*

DEVELOPING A BIBLICAL VIEW OF ADDICTION AND RELAPSE PREVENTION

Learning Objectives

For Workshop Participants to be able to:

- Identify the **key components** in the Biblical Cognitive Relapse Prevention Model.
- Define relapse prevention from a **Biblical point of view**.
- Identify the **most significant factors** in relapse prevention.

What the Bible Says About Using Intoxicants

What Does the Book of Proverbs Say about Intoxicants?

Adulterous & Impure Thoughts (Sexual Immorality)

Financial Ruin & Poverty

Violence, Fighting & Quarreling

Insecurity & Insensitivity

Habit Forming, Addicting

Physical Injuries

Destroys Relationships

What the Bible Says About Using Intoxicants

11 Woe to those who rise early in the morning to run after their drinks, who stay up late at night till they are inflamed with wine. 12 They have harps and lyres at their banquets, tambourines and flutes and wine, but they have no regard for the deeds of the LORD, no respect for the work of his hands. 13 Therefore my people will go into exile for lack of understanding; their men of rank will die of hunger and their masses will be parched with thirst (NIV).

Isaiah 5:11-13

Isaiah states very clearly that those who become addicted to alcohol disregard God and have no respect for His plans for their lives.

What the Bible Says About Using Intoxicants

The Book of Proverbs cites several important facts regarding the condition of drunkenness:

Proverbs 4:17

17 For they eat the bread of wickedness, and drink the wine of violence.

Violence results from drinking.

Proverbs 20:1

Wine *is* a mocker, strong drink *is* raging: and whosoever is deceived thereby is not wise.

Those who become involved in practicing the works of the flesh, drunkenness, are unwise.

Proverbs 23:21, 29, 30, 31

21 For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe *a man* with rags.

Bondage to alcohol leads to poverty and financial ruin.

What the Bible Says About Using Intoxicants

29 Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes (NIV)?

Intoxicants produce sorrow, disagreements, arguments, wounds without cause, babbling, redness of eyes

30 Those who linger over wine, who go to sample bowls of mixed wine. 31 Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly (NIV)!

Warns you not to allow yourself to be tempted by intoxicants because they are addicting.

³² At the last it bites like a serpent, And stings like a viper. ³³ Your eyes will see strange things, And your heart will utter perverse things. ³⁴ Yes, you will be like one who lies down in the [\[a\]](#)midst of the sea, Or like one who lies at the top of the mast, *saying*: ³⁵ “They have struck me, *but* I was not hurt; They have beaten me, but I did not feel *it*. When shall I awake, that I may seek another *drink*?”

What the Bible Says About Using Intoxicants

34 “Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap. 35 For it will come upon all those who live on the face of the whole earth. 36 Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man (NIV).”

Luke 21:34-36

Our Lord, Himself informs you to be alert and prayerful in Luke 21: 34-36

He warns against drunkenness and the lifestyle that accompanies it of “sowing to the flesh” and the troubles that follow.

He cautions you that drunkenness is a trap designed to destroy your relationship with Him.

What the Bible Says About Using Intoxicants

14 Therefore He says: "Awake, you who sleep, Arise from the dead, And Christ will give you light." **15** See then that you walk [a]circumspectly, not as fools but as wise, **16** redeeming the time, because the days are evil. **17** Therefore do not be unwise but understand what the will of the Lord *is*. **18** And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,

Ephesians 5:14-18

Apostle Paul in the Book of Ephesians provides tremendous insight regarding the use of *intoxicants* (stimulants, depressants etc.) This passage of scripture is clearly directed toward the believers instructing them how not to become entangled in alcohol/drugs following regeneration.

Biblical Definition of Addiction

An addiction is a **behavior** (effect) of a sinful condition originating in an individual's heart due to their old nature activated by Sowing to the flesh (**Divine Law of Sowing & Reaping**). An addiction is developed within an individual's soul as a result of meeting a legitimate need in the form of a stronghold. Following conversion when God crucifies the old nature the stronghold remains in the "works of the flesh" within the soul and must be put to death by the Holy Spirit.

Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. ⁸ For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. ⁹ And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. ¹⁰ Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.

-- *Galatians 6:7-10*



A Divine Law: Key to Restoration

The Divine Law of Sowing & Reaping

The law of sowing and reaping is just as valid in the spiritual as in the physical and moral realms. The frustration and the hopelessness of humanistic psychology, psychiatry, and counseling can be traced, among other things, to their refusal to consider the immutable spiritual law of sowing and reaping. **A person's character cannot be changed until his nature is changed, and that can happen only through the new creation that comes from trust in Jesus Christ."**

-- John Mac Arthur Jr.

BIBLICAL COGNITIVE MODEL OF ADDICTION

ORIGIN OF ADDICTION

Old Heart

SEEDS OF ADDICTION

**(Prov. 4:20-23, Jer.
17:9-10)**

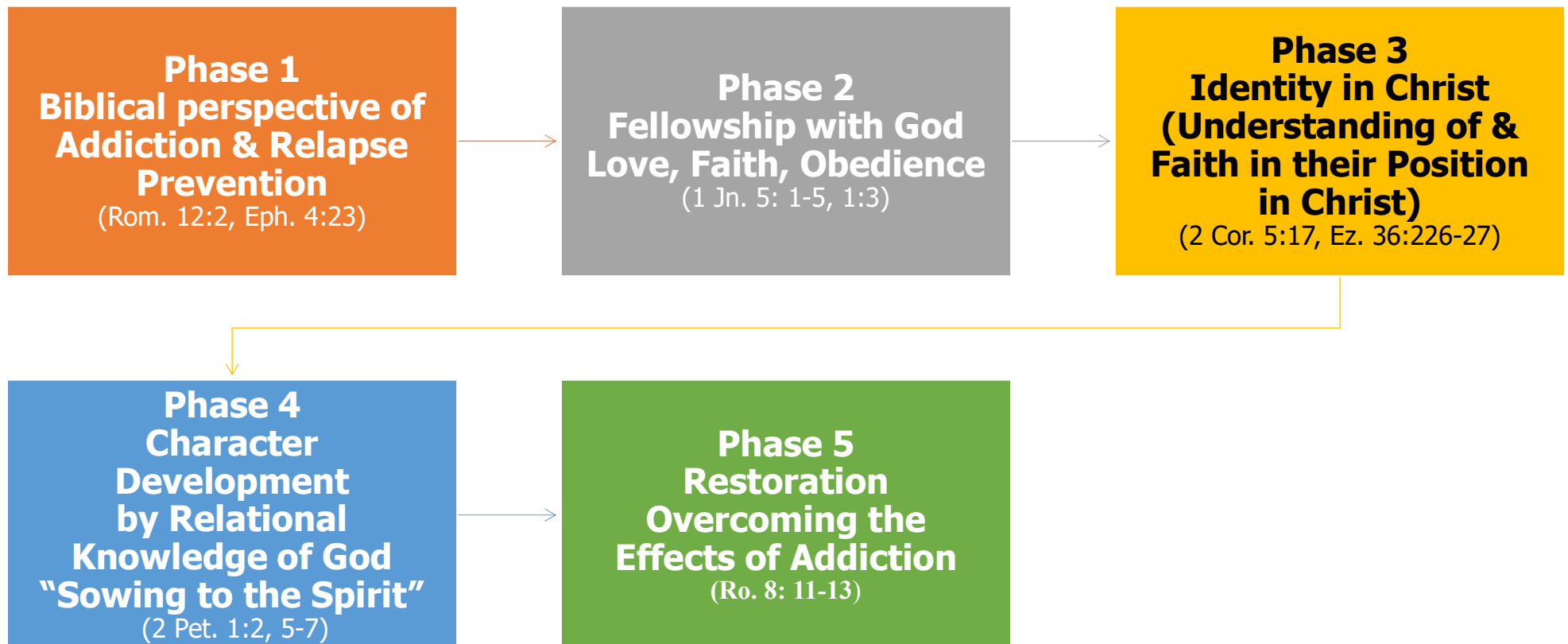
Spiritual Warfare



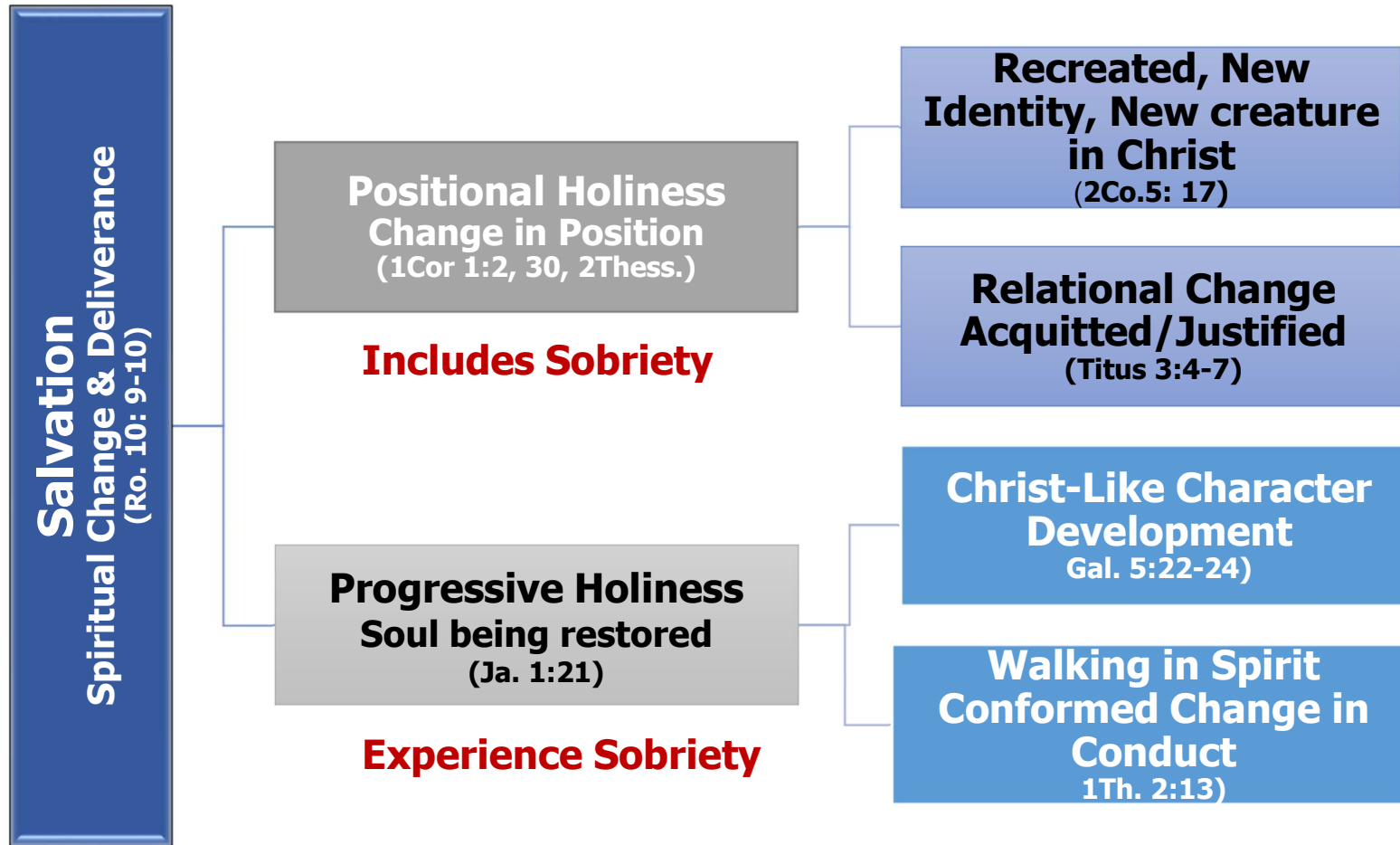
What Does It Mean to Relapse?

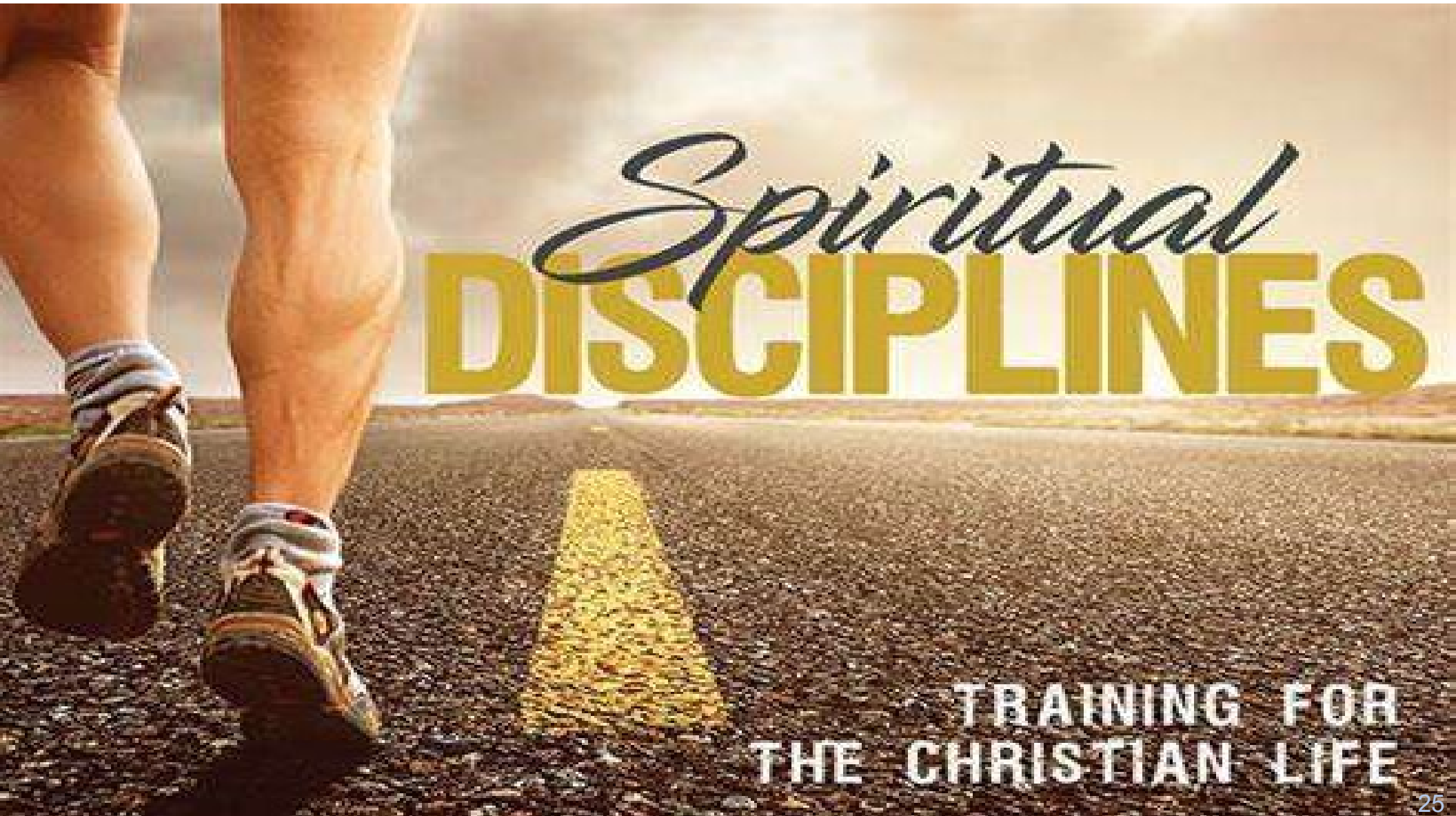
Relapse, from a biblical view, simply means you have become involved in the **process** of returning to practicing the “**works of the flesh,**” those old behaviors, negative emotions, and attitudes that were common practices prior to your salvation, with the end result being that you return to your “**besetting sin**” of using drugs/alcohol.

THE BIBLICAL COGNITIVE MODEL OF RELAPSE PREVENTION



UNDERSTANDING SALVATION: GOD'S PLAN OF SOBRIETY (CHANGE)





Spiritual
DISCIPLINES

TRAINING FOR
THE CHRISTIAN LIFE

**Sowing to
the Spirit?**



Spiritual Tools For Restoration

- **Word of God**
- **Prayer**
- **Praise & Worship**
- **Fellowship**
- **Thanksgiving**
- **Fasting**




- love
- joy
- peace
- longsuffering
- goodness
- kindness
- faithfulness
- gentleness
- **self-control**



Where Does Addiction Have Its Origin?

The **heart is where addiction has its origin.** Every human being is born with the “**seeds of addiction**” in their heart and you were no exception. So, addiction is a **spiritual issue** that can only be addressed by the “**new birth.**” When you made a decision to use (sin) drugs/alcohol you began “sowing to the flesh,” you began cultivating the seeds of addiction in your heart.





Where Does Addiction Have Its Origin?

Two factors came in to play that determined the intensity of your use, you could have been under the influence of a **generational curse** and/or have had an **infirmity (weakness)** for drugs/alcohol. Regardless why you began using drugs/alcohol once you began the enemy (demonic forces) gained a **foothold (abuse)** in your soul (mind, will, emotions) that eventually resulted in a **stronghold** leading you into bondage to addiction to drugs/alcohol.

The Origin of Addiction: The Heart

The heart is deceitful above all things, and **desperately wicked**: who can know it? I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.

-- Jeremiah 17:9-10

The Origin of Addiction: The Heart

My son, give attention to my words; Incline your ear to my sayings. ²¹ Do not let them depart from your eyes; Keep them in the midst of your heart; ²² For they *are* life to those who find them, And health to all their flesh.

²³ **Keep your heart with all diligence,
For out of it *spring* the issues of life.**

-- *Proverbs 4:20-23*

What Does Jesus Say About the Heart?

"Are you so dull?" he asked. "Don't you see that nothing that enters a man from the outside can make him 'unclean'? For it doesn't go into his heart but into his stomach, and then out of his body." He went on: "What comes out of a man is what makes him 'unclean.' For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and make a man 'unclean.

-- Mark 7:18-23 (NIV)

The Cure for Addiction: A New Heart & Spirit

A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them.

Ezekiel 36:26-27



The Flesh A Significant Factor in Addiction

“During the years you spent separated from God, your worldly experiences thoroughly programmed your brain with thought patterns, memory traces, responses and habits which are alien to God. So even though your old skipper (nature) is gone, your **flesh** remains in **opposition to God as a preprogrammed propensity for sin, which is living independent of God.**”

Neil Anderson

Works of the Flesh

The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and **witchcraft**; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; **drunkenness**, orgies, and the like. I warn you, as I did before, that those who live like this (continually/habitually practice) will not inherit the kingdom of God.

-- Galatians 5:19-21 (NIV)

SEXUAL SIN

Adultery

Fornication

Moral
Impurity

Lust
Lasciviousness

SPIRITUAL SIN

Idolatry

Witchcraft
(Sorcery)

RELATIONSHIP SIN

Hatred

Variance

Jealousy

Wrath

Strife

Seditious

Heresies

Envy

Murders

Drunkenness

Orgies

Modern Day Witchcraft- Sorcery



In regard to witchcraft Mark I. Bubeck in his text, *The Adversary*, makes the following statement regarding the use alcohol and other drugs. **“The use of drugs for sensational, mind-expanding experience is a form of sorcery. Drug experimentation is a fleshly sin which leads on into deeper bondage with Satan’s kingdom.”** The Greek interpretation for the work of witchcraft cited in this passage is *pharmakeus* and is defined as the use or the administering of drugs, one who prepares or uses magical remedies derived from *pharmakon*, a drug, **from which we receive the term pharmacy.**



Dr. John MacArthur, in his text, *The New Testament Commentary Galatians*, makes the following statement regarding the “work of the flesh,” known as witchcraft or sorcery.

“Sorcery translates pharmakeia, from which we get pharmacy and pharmaceutical. It was originally used of medicines in general but came to be used primarily of **mood-and mind-altering drugs** similar to those that create so much havoc in our own day. Many ancient religious ceremonies involved occultic practices in which drugs were used to induce supposed communications with deities and pharmakeia thereby came to be closely related to witchcraft and black magic. Aristotle and other Greek writers used the word as a synonym for witchcraft and black magic, because drugs were so commonly used in their practice.”

11 Beloved, I implore you as aliens and strangers and exiles [in this world] to abstain from the sensual urges **(the evil desires, the passions of the flesh of your old nature)** that wage war against the soul.

1 Peter 2:11



Spiritual Warfare





*Wherefore take unto you the
whole armour of God,*

*That ye may be able to withstand in the
evil day, and having done all, to stand.*
Ephesians 6:13

James 1:21

21 So get rid of all uncleanness and [a]all that remains of wickedness, and with a humble spirit **receive the word [of God]** which is implanted [actually rooted in your heart], **which is able to save your souls.**

The Battle
for the
Mind





God's Provision For His Children Biblical Rehabilitation



“Rehabilitation means the putting back of the whole human race into the relationship God designed it to be in, and this is what Jesus Christ did in Redemption. ”

- Oswald Chambers



Working Out Your Salvation (Sobriety)

Your Sobriety is Included in Salvation

So then, my dear ones, just as you have always obeyed [my instructions with enthusiasm], not only in my presence, but now much more in my absence, continue to work out your salvation [that is, cultivate it, bring it to full effect, actively pursue spiritual maturity] with awe-inspired fear and trembling [using serious caution and critical self-evaluation to avoid anything that might offend God or discredit the name of Christ]. For it is [not your strength, but it is] God who is effectively at work in you, both to will and to work [that is, strengthening, energizing, and creating in you the longing and the ability to fulfill your purpose] for His good pleasure.

- *Philippians 2:12-14 AMP*

Working Out Your Salvation (Sobriety)

Jesus, the Example on How You Should Run Your Race

Therefore, since we are surrounded by so great a cloud of [a]witnesses [who by faith have testified to the truth of God's absolute faithfulness], **stripping off every unnecessary weight and the sin which so easily and cleverly entangles us**, let us run with endurance and active persistence the race that is set before us, [looking away from all that will distract us and] focusing our eyes on Jesus, who is the Author and Perfecter of faith [the first incentive for our belief and the One who brings our faith to maturity], who for the joy [of accomplishing the goal] set before Him endured the cross, [b]disregarding the shame, and sat down at the right hand of the throne of God [revealing His deity, His authority, and the completion of His work].

- *Hebrews 12:1-3 AMP*

Understanding the World's Way of Change



Self-Rehabilitation

Therapeutic Change

Understanding the World's Way of Change

When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.' When it arrives, it finds the house swept clean and put in order. Then it goes and takes seven other spirits more wicked than itself, and they go in and live there. And the final condition of that man is worse than the first."

Luke 11:24-26

"The place has been cleaned up but left unoccupied. A life reformed but lacking God's presence is open to re-occupancy by evil."

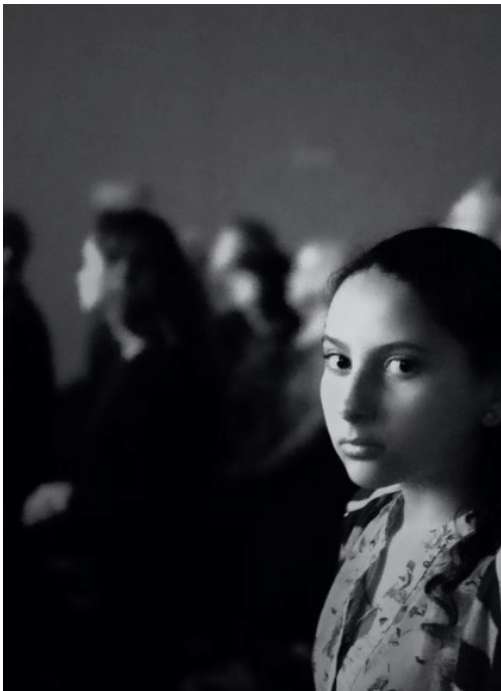
- The NIV Study Bible

Self Rehabilitation



Most likely you have tried to avoid relapsing in the past. You probably made several unsuccessful attempts at "self-rehabilitation," making a decision to quit using drugs/alcohol through abstinence by your own effort, determination or will-power. Individuals attempting to overcome addiction referred to this process as going "**cold turkey**" when attempting to withdraw from drugs and going on the "**water wagon**" when referring to attempting to withdraw from alcohol. These methods do not result in freedom from addiction but **sin management. Self-rehabilitation** is the least successful form of change, because it doesn't include addressing spiritual needs or assistance of others and is an ineffective attempt at managing sin.

Therapeutic Change



Many may have also been involved in some form of "therapeutic change" involving treatment programs with counseling, and possibly a Twelve-Step Recovery program with support groups or a combination of the two. "Therapeutic change," differs from "self-rehabilitation" in that it does rely on the support of professionals, however; its goal is also abstinence but through, "behavioral modification" with assistance from professionals but is not genuine freedom from addiction because it doesn't facilitate a person's relationship with God, but it is more effective than "self-rehabilitation."

The Holy Spirit Is a Key Factor in Addressing Addiction in the Soul

And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you. Therefore, brothers, we have an obligation—but it is not to the sinful nature, to live according to it. For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live...

Romans 8:11-13

“Therapeutic change” and “self-rehabilitation” promote “behavioral modification” and sin management and arrest an addiction whereas salvation through the Holy Spirit mortifies or “puts to death addiction”

The Holy Spirit performs in us all that the Lord has done outside us. Jesus’ crucifixion is a finished work; mortification or “putting the flesh to death” is accomplished by the Holy Spirit assisting a believer in experiencing Christ’s work (victory) in every area of his/her life

The Word of God Is a Key Factor in Addressing Addiction in the Soul

Therefore, get rid of all moral filth and the evil that is so prevalent and humbly **accept the Word planted in you, which can save you (restore your souls).**

James 1:21

Many Christians being restored from addiction fail to grasp that behavioral modification and sin management **take place in the soul** and Christianity is experienced in the heart leading spiritual transformation and the restoration of the soul. The scriptures make it very clear here that the soul is saved and restored by the Word of God.

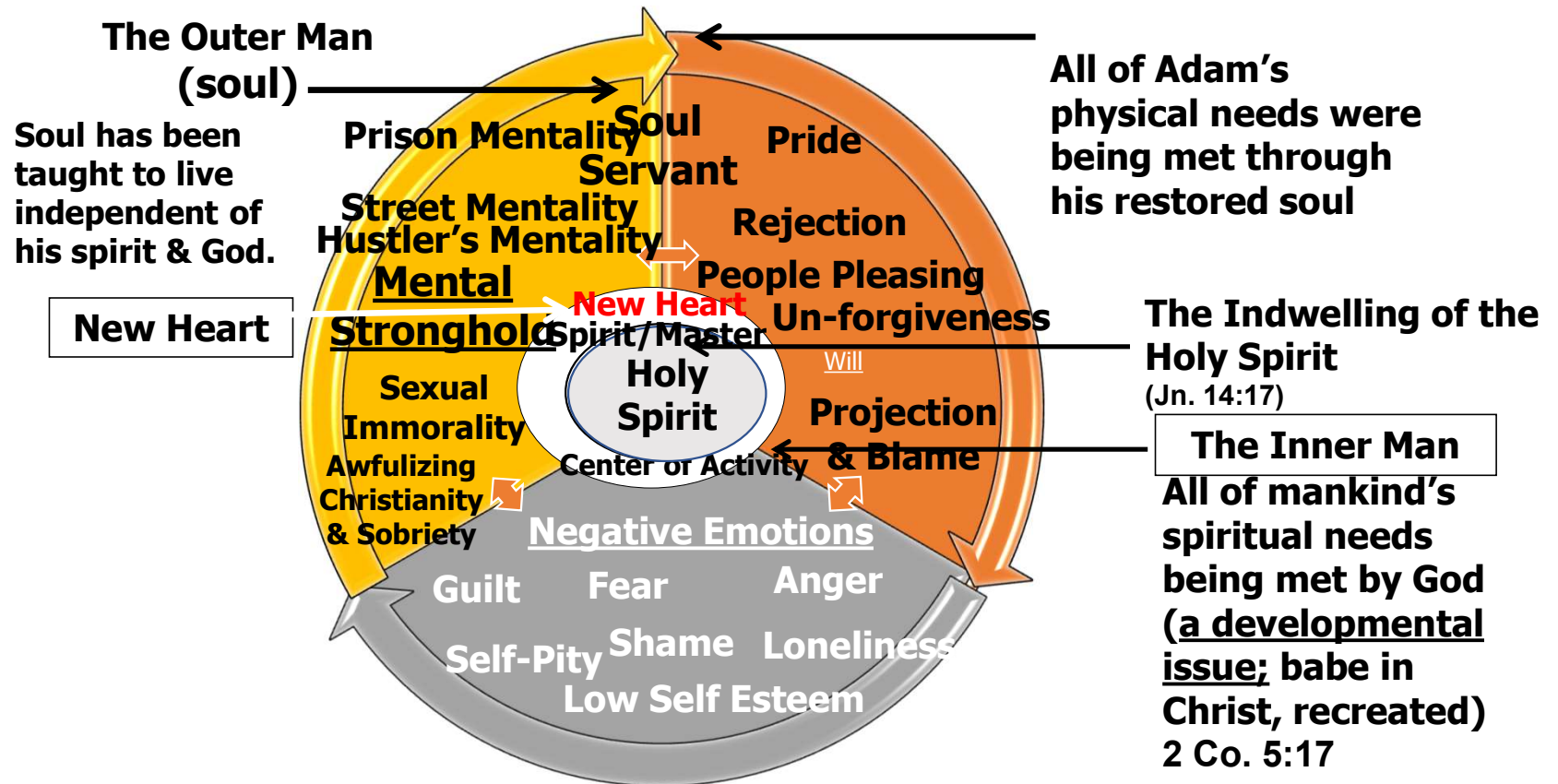
The Renewing the Mind Is a Key Factor in Addressing Addiction in the Soul

Believers being restored from a lifestyle of addiction must understand an extremely important fact about salvation that David A. Seamands, states in his text, *Healing Damaged Emotions*, **“A great crisis experience of Jesus Christ, as important and eternally valuable as this is, is not a shortcut to emotional health.** It is not a quickie cure for personality problems.... Understanding that salvation does not give instant emotional health, **offers us an important insight into the doctrine of sanctification.**” Just as the believer’s mind has to be renewed, a believer’s emotions must be purified or cleansed, the two operations are inseparable. The process requires divine assistance from the Holy Spirit and the believer’s cooperation with Him.

Temperance (Self-Control)

Edward M. Smith, sums up the major differences between God's plan and man's plan for addressing addictive behavior in his text, Healing Life's Hurts: "It is not based on my effort, determination or willpower but is a natural overflow of His work in me. This does not negate obedience, repentance, discipline, or effort on the part of the believer but rather puts all of these practices in a divine perspective... **Self-control that is provided and maintained as a by-product of the fruit of the Holy Spirit (Gal. 5:23) is different from controlled behavior that is a fruit of man's effort.** When I know the truth and reside in the peace that Christ gives, my "self" is under control as a work of God in me...Controlled behavior is better than sinful choices, but self-control provided by the Holy Spirit is best."

The Soul Plays a Key Role in Experiencing Your Salvation (Sobriety)



CULTIVATING THE FRUIT OF THE SPIRIT: A WORK OF THE HOLY SPIRIT

