



GRACE TEAM UNIVERSITY

A COURSE OF STUDY IN THE HOLY SCRIPTURES

ADDICTION FREEDOM

Substance Abuse & Drug Abuse: Free Indeed in Christ



COURSE 1 • CHRIST-CENTERED RECOVERY • KING JAMES VERSION

Preaching to the Lost at Any Cost

JOHN 8 • ROMANS 6

PART 1 — THE CHAIN



Bondage is the Bible’s own name for addiction — and Christ is the Bible’s answer to it.



THE LORD'S DIAGNOSIS



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

—JOHN 8:34 (KJV)



PART I • THE CHAIN

EVERY MAN SERVES SOMEBODY

- Jesus names the condition plainly: “Whosoever committeth sin is the servant of sin.” (John 8:34)
- You will obey something. Your body keeps the record of who gives the orders. (Romans 6:16)
- Yield yourself once, and it is a choice; yield daily, and it becomes a master.
- The question is never “master or no master?” — it is “which master?”



YIELDED SERVANTS



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?

— ROMANS 6:16 (KJV)



PART I • THE CHAIN

FIRST A TASTE, THEN A MASTER



- The first use is curiosity; the hundredth is compulsion — same substance, heavier chain.
- Habit is a path worn in the brain and in the calendar: same hour, same corner, same call.
- The substance promises to serve you — pleasure on demand — and ends by being served.
- Proverbs 23 preaches the bottle's own sermon: beauty in the cup, a serpent's bite at the last.

THE SERPENT IN THE CUP



*Look not thou upon the wine when it is red, when it giveth
his colour in the cup, when it moveth itself aright. At the last
it biteth like a serpent, and stingeth like an adder.*

— PROVERBS 23:31–32 (KJV)



PART I • THE CHAIN

THE BITTER END OF THE BITE



- Woe, sorrow, contentions, babbling, wounds without cause, redness of eyes – the addict's portrait, drawn by Solomon. (Proverbs 23:29)
- Beaten and sick, the man still says: “when shall I awake? I will seek it yet again.” (v. 35)
- That sentence is the whole disease in one breath: punished, unfeeling – and planning the next use.
- “The wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.” (Romans 6:23)

PROVERBS 23 • 1 CORINTHIANS 10

PART II — HOW THE TRAP WORKS



Honest facts about what the substance does to the brain, the body, and the will.

PART II • HOW THE TRAP WORKS

THE HIJACKED BRAIN

- Drugs flood the brain's reward system with a pleasure signal far stronger than food, work, or family life.
- The brain defends itself: tolerance — it takes more of the drug to feel what a little once gave.
- Then dependence: the drug is needed not to feel high, but to feel normal at all.
- Cravings are a trained brain demanding its shortcut. Training can be undone — slowly, by new paths.



PART II • HOW THE TRAP WORKS

TRIGGERS AND THE RELAPSE CYCLE



- A trigger is anything wired to the old use: a street, a payday, a phone number, a feeling.
- Recovery counsellors warn about HALT states: Hungry, Angry, Lonely, Tired – the craving's favourite hours.
- The relapse cycle runs: trigger, craving, ritual, use, shame – and shame pours fuel on the next round.
- Break the chain at its first link: flee the trigger today instead of fighting the craving tonight.

BAD COMPANY



*Be not deceived: evil communications corrupt
good manners.*

— 1 CORINTHIANS 15:33 (KJV)



PART II • HOW THE TRAP WORKS

GUARD THE GATES

- “Be not deceived: evil communications corrupt good manners.” (1 Corinthians 15:33)
- Delete the dealer’s number. Change the route home. Stay out of the rooms where it is used.
- Tell one believer today what you are fighting — secrecy is the chain’s strongest link.
- Do not debate the craving. Flee first; think later, somewhere safe.



PART II • HOW THE TRAP WORKS

A MATTER OF LIFE AND DEATH: WITHDRAWAL

- A warning of life and death: stopping alcohol or sedatives (such as Valium or Xanax) suddenly can bring seizures and delirium — and can kill.
- Heavy, daily use of other drugs also needs medical care to come off safely.
- Do not detox alone in a bedroom. Go to an emergency room or a medical detox, and tell them the whole truth.
- There is no shame in a hospital bed. God heals through means as well as by miracles.



JOHN 8:36 • LUKE 4:18

PART III — FREEDOM IS A PERSON



You do not need a better system first. You need a Saviour who makes men free indeed.

THE KEY VERSE



*If the Son therefore shall make you free, ye shall
be free indeed.*

—JOHN 8:36 (KJV)



THE LORD'S MISSION



*The Spirit of the Lord is upon me, because he hath anointed me to
preach the gospel to the poor; he hath sent me to heal the
brokenhearted, to preach deliverance to the captives, and recovering of
sight to the blind, to set at liberty them that are bruised,*

— LUKE 4:18 (KJV)



PART III • FREEDOM IS A PERSON

A NEW CREATURE, NOT A PATCHED-UP OLD ONE

- “If any man be in Christ, he is a new creature” – God replaces the heart; He does not merely polish the old one. (2 Corinthians 5:17)
- “A new heart also will I give you... I will take away the stony heart.” (Ezekiel 36:26)
- Identity comes before behaviour: you fight from sonship, not for it.
- The old things are “passed away” – in Christ, your record is answered, not merely regretted.



A NEW HEART PROMISED



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.

— EZEKIEL 36:26 (KJV)



A NEW CREATURE



*Therefore if any man be in Christ, he is a new creature:
old things are passed away; behold, all things are
become new.*

— 2 CORINTHIANS 5:17 (KJV)



PART III • FREEDOM IS A PERSON

GRACE TEACHES YOU TO SAY NO

- Grace is not a pillow for sin; grace is a teacher with a firm voice. (Titus 2:11)
- What grace teaches: deny ungodliness and worldly lusts. (v. 12)
- How grace teaches us to live: “soberly, righteously, and godly, in this present world.” (v. 12)
- The same grace that saves the addict also schools him — daily, patiently, completely.



GRACE TEACHES



For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;

—TITUS 2:11-12 (KJV)



ROMANS 12 • JAMES 4-5

PART IV — WORKING IT OUT DAILY



Surrender, inventory, confession, amends — the Bible's own pattern, walked one day at a time.

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PART IV • WORKING IT OUT DAILY

SURRENDER IS THE DOOR

- The rooms of AA learned it, and the Bible taught it first: you cannot beat this in your own strength.
- Admit the truth: over this substance you are powerless, and life has become unmanageable.
- Believe that God — not willpower, not shame — can restore you to sanity.
- Make the decision: turn your will and your life over to the care of God. That is the door.



THE LIVING SACRIFICE



*I beseech you therefore, brethren, by the mercies of God,
that ye present your bodies a living sacrifice, holy, acceptable
unto God, which is your reasonable service.*

—ROMANS 12:1 (KJV)



PART IV • WORKING IT OUT DAILY

TAKE INVENTORY, THEN CONFESS IT



- Take a fearless moral inventory: resentments, thefts, lies, wreckage — all of it, written down.
- David's prayer is the inventory prayer: "Create in me a clean heart, O God." (Psalm 51:10)
- Then confess it — to God, honestly to yourself, and aloud to one trusted person. Secrets keep addicts sick.
- Confession is not humiliation; it is surgery. What is dragged into the light loses its power.

CONFESS AND BE HEALED



*Confess your faults one to another, and pray one for another,
that ye may be healed. The effectual fervent prayer of a
righteous man availeth much.*

— JAMES 5:16 (KJV)



PART IV • WORKING IT OUT DAILY

MAKE AMENDS, MAKE IT RIGHT



- List every person you have harmed — family, employers, friends, strangers — and become willing to make it right.
- Go to them where it is safe and lawful: confess the wrong plainly, and restore what you can — money, property, trust.
- Skip no one because it is hard; skip only where your coming would injure them or others.
- Zacchaeus repaid fourfold and heard salvation pronounced over his house. Fruit proves the root changed.

THE RENEWED MIND



*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.*

— ROMANS 12:2 (KJV)



PART IV • WORKING IT OUT DAILY

ONE DAY AT A TIME



- Continue the inventory daily: when you are wrong, admit it the same day — pride left overnight becomes tomorrow's craving.
- Pray and feed on the Word daily: “Walk in the Spirit, and ye shall not fulfil the lust of the flesh.” (Galatians 5:16)
- “I can do all things through Christ which strengtheneth me.” (Philippians 4:13)
- The rooms have a saying: one day at a time. Yesterday is forgiven; tomorrow is God's — win today.
- Carry the message: nothing guards your freedom like helping another addict find his.

GALATIANS 5 • ISAIAH 41

PART V — STAYING FREE



Freedom is received in a moment — and defended every day thereafter.



STAND FAST



Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

— GALATIANS 5:1 (KJV)



PART V • STAYING FREE

BUILD A NEW ROUTINE

- Your old life had rituals — the hour, the place, the people. Freedom needs rituals of its own.
- Morning: prayer and the Word before the phone. Set days: church, every time the doors are open.
- Daylight: honest work and service. Evening: the day's inventory and one accountability call.
- Guard the empty hours. An unplanned evening is where old masters come knocking.



PART V • STAYING FREE

NEVER FIGHT ALONE

- God put your rescue inside a body — the church. Stay where God's people can see you, know you, and carry you.
- Name one brother or sister today as your accountability partner — with permission to ask you anything.
- In the moment of craving, run to the throne first: “grace to help in time of need.” (Hebrews 4:16)
- The order in James 4:7 is fixed: submit to God first, then resist the devil — and he flees from you.



GOD IS WITH THEE



Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

—ISAIAH 41:10 (KJV)



THE WAY OF ESCAPE



*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.*

— 1 CORINTHIANS 10:13 (KJV)



PART V • STAYING FREE

WHEN YOU FALL: GET UP FAST

- If you fall, the fall is not the end – hiding it is. “There is no pit so deep that God’s love is not deeper still.” – Corrie ten Boom
- Confess it the same day: to God, and to your accountability partner. Not next week – today.
- Get straight back among God’s people – church, meeting, counsel – before shame builds its wall.
- Study the slip like a scout: what was the trigger? Cut that link out of the chain, and re-arm.



COURSE 1 • REVIEW

REVIEW QUESTIONS



1. According to John 8:34, what is every person who keeps on in sin – and according to John 8:36, who alone makes a man free indeed?
2. Romans 6:16 teaches that you are the servant of whomever you obey. Name the two masters set before you in that verse, and the end of each road.
3. Quote Proverbs 23:35 – the addict's own words after the beating. What do those words prove about the power of the habit?
4. State God's threefold promise in 1 Corinthians 10:13: what is true of your temptation, what God will not allow, and what He will always make.
5. Name the four daily works of freedom taught in Part IV – surrender, inventory and confession, amends, and carrying the message – and write out, in your own words, what each one looks like in practice.

COURSE 1 • STUDY GUIDE

STUDY GUIDE

For personal study this week – write your answers down.

1. Read John 8:31-36 and Romans 6:16-23 aloud. Write, in one honest sentence, who your master has been – and who you want it to be, and why.
2. Memorize John 8:36 this week: “If the Son therefore shall make you free, ye shall be free indeed.” Say it aloud at every craving, before you do anything else.
3. Make your trigger list: the people, places, feelings, and hours that pull you back. Beside each one, write your escape – the call you will make, the place you will go, the verse you will say (1 Corinthians 10:13).
4. Take the step of surrender this week: tell God honestly, out loud, that you cannot beat this alone. Then tell one trusted believer, and ask them to stand with you as your accountability partner (James 5:16).
5. If you drink heavily or use sedatives daily, do not stop alone – withdrawal can kill. Speak to a doctor or an emergency room about stopping safely, and tell your pastor or church family the truth.





THE KEY VERSE

If the Son therefore shall make you free, ye shall be free indeed.

— JOHN 8:36 (KJV)



Preaching to the Lost at Any Cost