

Substance Abuse and Getting Delivered and Set Free: By Erica Jermanus

Do you struggle with addiction or substance abuse? Do you want to know how to get delivered and set free?

Table of Contents

Introduction

Chapter 1: What is addiction? What is substance abuse? Types of addictions

Chapter 2: How to get delivered and free? What to do when you are addicted?

Introduction

In this book, I talk about what addiction and substance abuse are. I also talk about the root cause of addiction and why people are addicted today. In addition, I talk about the different types of addiction and substance abuse. Also, I talk about how a person can overcome an addiction and get the help that they need. If you are interested in reading more, stay tuned!

Chapter 1: What is addiction? What is substance abuse? Types of addictions

Addiction means to be addicted to a specific substance, thing, or activity. Substance abuse can be when a person is addicted to a substance or cannot live without that substance. Many people today are addicted to substances because of past trauma in their lives. Many are turning to a substance to numb the pain or to fill an empty void inside. The pain was from their past and from childhood or adulthood. There may have been something bad that a person struggled with growing up, and now they go to the drugs, the alcohol, and the sex to fill the void. There are even people that jump around from relationship to relationship because they feel alone and lonely because they do not have Jesus Christ to fill them and the void.

A person may struggle with an addiction because they are surrounded by the wrong people in their lives. The people in their lives are influencing them to smoke, drink, party, and fornicate. When they are around these people, they are led into sin and away from God. So

this person that is addicted may need to separate themselves from those people that are leading to the addiction. 1 Corinthians 15:33 says, "Be not deceived: evil communications corrupt good manners."

There are many types of addiction or substance abuse. Some of the types of addiction include alcoholism. Alcoholism is when a person is addicted to alcohol or drinks, such as caffeine or energy drinks. A person can be addicted to drinks because they idolize them and cannot live without them. Others are addicted to drugs such as prescription drugs or even hard core street drugs. These drugs may make them feel good at the moment, but then it wears off, and they go right back to it again. People that are addicted to drugs and alcohol will sell all that they have just so that they can get the thing that they are addicted to.

Then, there are some who are addicted to pornography and fornication with their boyfriend or girlfriend. They may need to get out of that relationship to stop the fornication. Those that are addicted to porn may also need to stop going online and looking at images that they should not be looking at. They may need to get rid of their technology devices so that they can keep their

minds and thoughts pure and clean. Also, the same for those committing the sin of fornication. They may need to keep their bodies pure and holy because their bodies are a temple of the Holy Spirit. So that means they may need to stop having sex outside of marriage.

Many struggle with social media addictions. Those people with this addiction may need to take breaks from social media for a time or season. They may need to limit how much time they are spending on social media. They may need to set timers for how long they scroll on social media. It is okay if you are going on social media for a few minutes. But if you are constantly scrolling on your news feed for hours on end, then it becomes a problem. That is when it can become an idol or an addiction. Others may struggle with a weed or marijuana addiction, and they may need to give that up and be sober-minded. If one is not sober-minded, then they cannot be awake, alert, and focused on their God-given purpose and assignment.

For others, it may be cigarettes they are addicted to, in which they may have to quit smoking so that they do not develop diseases such as lung cancer or heart disease. They may also have to quit smoking because

it is a sin and an addiction. Smoking defiles the temple, or the body, that God has given us. We are to take care of the body or temple the Lord has given us. We are to treat it as holy because the Holy Spirit dwells in our temples if we are believers. Our temples are sacred and holy. So we may need to let go of the addictions so that we can walk in holiness and righteousness.

Others may struggle with an addiction to sugar or food. They may need to practice self-control and eat within moderation. They may even need to give up the sugar for a time and season. If not completely giving it up, then limit the amount that they are consuming. Sugar can lead to cancer and diabetes. So it is important to eat healthy sugars such as fruits. The sugar in fruits is different from the sugar that is added in junk food. If you struggle with a food addiction, then you may need to limit how many times you are eating in a day. You may need to watch your weight so you do not gain too much weight. You may need to exercise along with eating healthier, such as eating more fruits and vegetables.

Chapter 2: How to get delivered and set free? What to do when you are addicted?

What should you do when you are addicted? How can you be free? For many, they struggle with an addiction for years and do not get delivered right away. It may take time for them to be completely free depending on the addiction and the help they choose to get during the addiction. Some people may have to go to drug or alcohol rehab programs to get delivered and stay free. For others, they can be free within a month or two by asking the Lord to deliver them and set them free. When they ask the Lord to take away the desire and withdraw that they have for addiction, the Lord will take it away.

A person gets delivered when they ask God for his help staying free and not going back to the addiction. A person may need a deliverance session from demons by a deliverance minister. A person may continue to struggle for years with an addiction because they need deliverance from a demon. Once they get deliverance, they may need to continue to keep their deliverance. The enemy can try to tempt you to go back to an addiction. He will try to send old friends into life to tempt you to go back to your old ways or old lifestyle. That is when you may need to stay clear of those

people or those bad habits and addictions once you get delivered.

The devil will even try to surround you with the thing that you are addicted to to get you to go back. The Bible says in James 4:7, "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

When you are tempted, you do not have to give in to it. You can choose to say no to that desire. It may be hard, and there may be times that you do give in to it, but you will not continue to stay in it for long. If you really desire to get free, you will want to get free and delivered, and you will seek deliverance, whether that be from God, a deliverance minister, or a rehab program. Or maybe all of the above if you really want to be free and delivered.