

# GOING DEEPER

## Questions from this Week's Message.

As I work with people who are struggling with harmful behaviors, there are 6 things that we primarily focus on. Personally, I think these 6 things are important for anyone who wants to live a life in freedom. Not freedom from but, freedom for!

Take a few minutes this week to ask yourself where you are at in each of these areas.

### 1. The unconditional love of our Father God.

How precious is your unfailing love, O God! All humanity finds shelter in the shadow of your wings. Psalm 36:7 But you, O Lord, are a God of compassion and mercy, slow to get angry and filled with unfailing love and faithfulness. Psalm 86:15

### 2. Holy Spirit role in your life.

But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you. John 14:26

### 3. The significance of daily:

- Bible reading
- Prayer
- Meditation
- Journaling

Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. Joshua 1:8

### 4. Understanding our addictive cycle.

I cannot unpack the full meaning of this here but, it's basically understanding how our brains are wired. How years of harmful behaviors have programmed us to act/respond a certain way to pain, stress, etc. Why do we do the things we don't want to do? I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. 16 But if I know that what I am doing is wrong, this shows that I agree that the law is good. 17 So I am not the one doing wrong; it is sin living in me that does it. Romans 7: 15-17

5. Community

Do you have a small group of people that really know you? People that you meet with on a regular basis to hold you accountable.

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near. Hebrews 10: 24,25

6. Your DOC (Drug of Choice)

this can be a substance, a thing or even a way of thinking that helps to avoid your pain or wound. Often times we put this as number one on the list! Stop smoking, stop drinking, stop watching porn, stop getting angry. As we understand God's unconditional love for us, the working of His Spirit in our lives, the importance of spending time with Him, how our brain works and the importance of community, we are able to find freedom from our DOC.

What is your DOC? How do you numb your pain?