

I want
to be
free




A person is seen from behind, with their right hand raised towards a bright, hazy sky. The person is wearing a dark jacket. The background is a soft, golden-yellow light, suggesting a sunrise or sunset. The overall mood is hopeful and uplifting.

Hope is within your grasp.

Maybe you're **struggling with an addiction**, or you feel yourself slipping into an one.

Or maybe **you love someone** who is struggling.

Whatever your situation, you need to know there is **real, lasting hope** within reach.



Addictions destroy lives and rob people of health, dignity, hope, and family. But it doesn't have to stay that way.

Whether or not you believe in Him, the God of the universe created you and loves you. Right now, in this very moment, **He knows what you're experiencing.**

God knows about the suffering of an addict—not only in their physical and mental health, but also the shame and stigma that come with it.



In the following pages...

You will encounter this
God who **understands**
your suffering.

You will encounter this
God who **reveals the**
reasons you are struggling
with addiction.

And you will encounter
this God who can **heal and**
restore your life.

While the original writers of the Bible didn't speak of "addictions" as we do today, they recorded a lot of helpful words about the topic.

In the Bible, addictions are what happen when we habitually turn to a thing or person other than God—to give us what only God can.

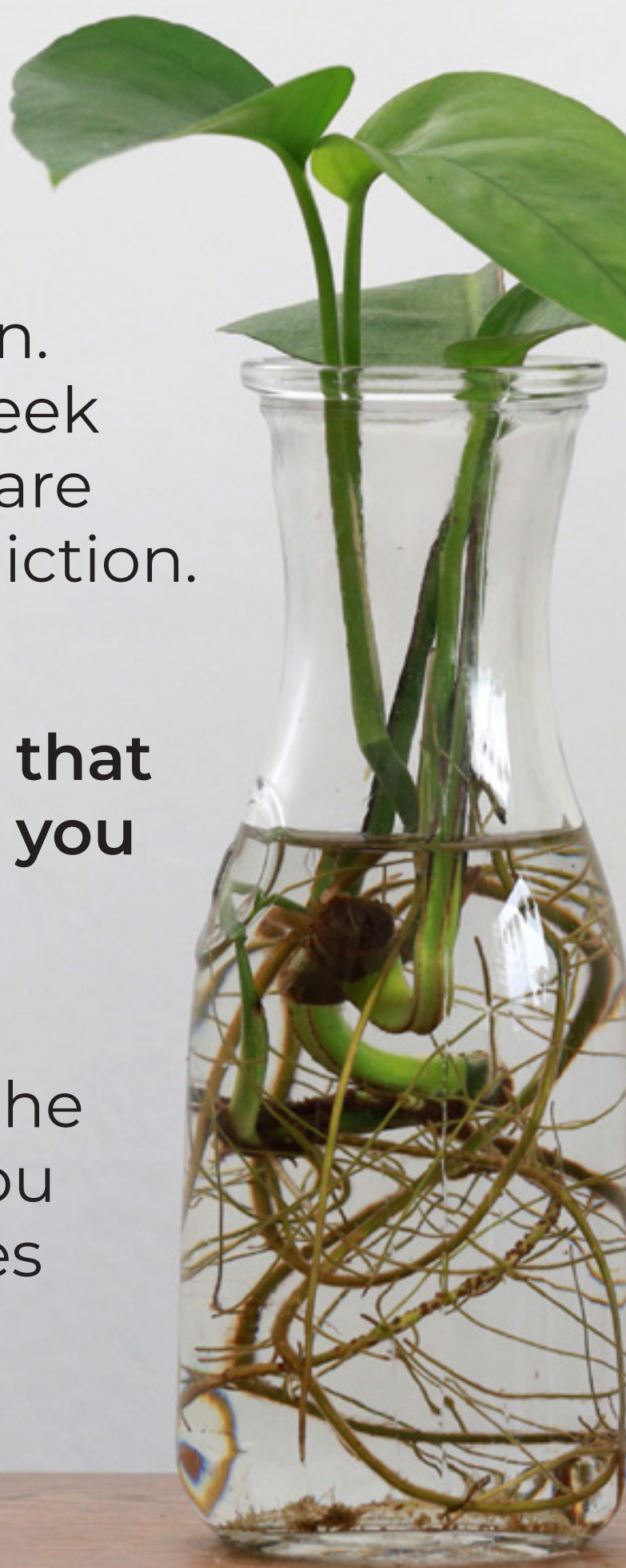
Please

understand:

addictions often require physical, medical intervention. It's important you seek medical help if you are struggling with addiction.

But addictions also have spiritual roots that God alone can heal you from.

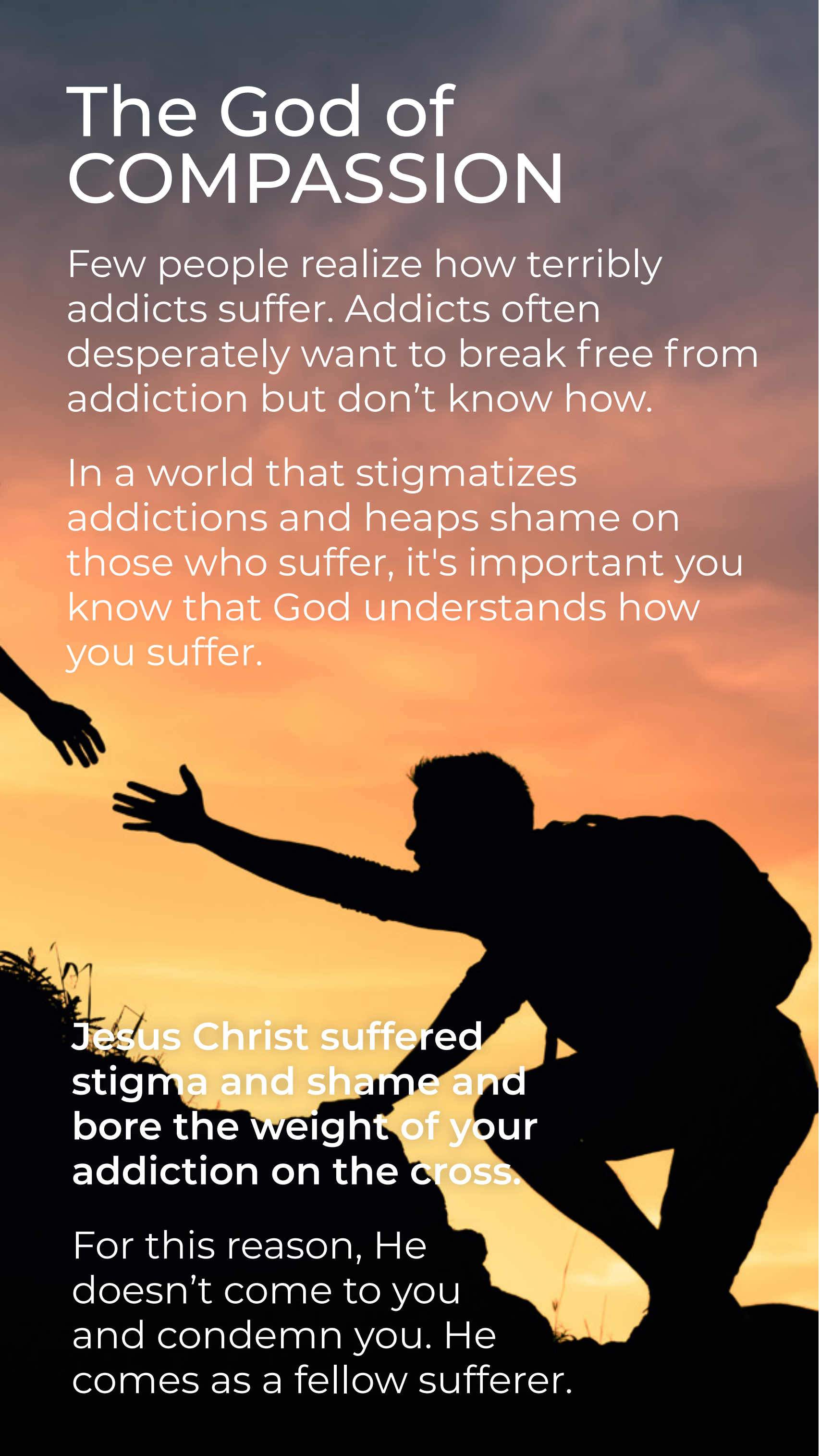
It is our prayer that you will encounter the God of healing as you discover these verses from the Bible.



The God of COMPASSION

Few people realize how terribly addicts suffer. Addicts often desperately want to break free from addiction but don't know how.

In a world that stigmatizes addictions and heaps shame on those who suffer, it's important you know that God understands how you suffer.

A silhouette of a person in a crouched position, reaching their right arm out towards a hand that is reaching down from the upper left corner. The background is a warm, orange-hued sunset sky with some dark silhouettes of vegetation in the lower left.

Jesus Christ suffered stigma and shame and bore the weight of your addiction on the cross.

For this reason, He doesn't come to you and condemn you. He comes as a fellow sufferer.

I don't really understand myself,
for I **want** to do what is right,
but I don't do it...

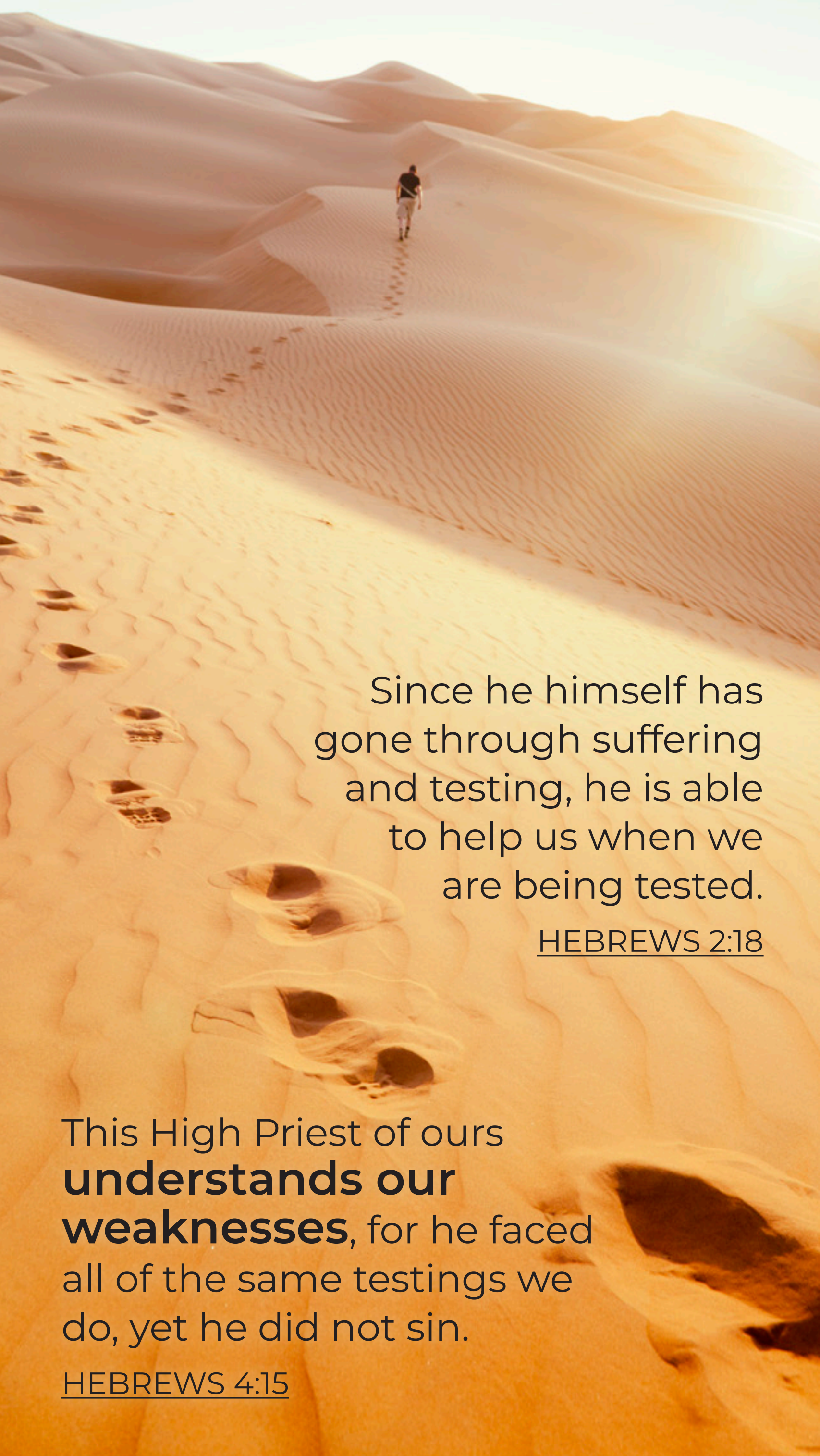
I **want** to do what is good,
but I don't.

I **don't want** to do what is wrong,
but I do it anyway.

ROMANS 7:15,19



NOTE: tap on the Bible references to read the
verses in context using the NewLife app or online at
www.newlife.bible


A person is walking away from the viewer on a vast, undulating landscape of sand dunes. The dunes are covered in fine, wavy ripples, and a trail of footprints leads from the foreground towards the person. The sky is a pale, hazy blue, and the overall lighting is soft and warm, suggesting a sunrise or sunset. The person is small in the distance, emphasizing the scale of the dunes.

Since he himself has
gone through suffering
and testing, he is able
to help us when we
are being tested.

HEBREWS 2:18

This High Priest of ours
**understands our
weaknesses**, for he faced
all of the same testings we
do, yet he did not sin.

HEBREWS 4:15

A photograph of a woman with dark hair in a bun, wearing a light pink t-shirt and blue jeans, sitting on a grey shaggy rug and hugging a young child with curly hair. The child is wearing a grey patterned shirt. They are in a bright room with a window in the background showing greenery. A grey sofa is partially visible on the left.

Let your unfailing
love comfort me,
just as you promised
me, your servant.

**Surround me with
your tender mercies
so I may live.**

PSALM 119:76-77

**I will comfort you...
as a mother comforts
her child.**

ISAIAH 66:13

The God of HOPE

God doesn't settle for simply comforting us in our pain and suffering.

He makes a way for us to escape it as well.

God reminds us that he has overcome the world and so he can help us to overcome what holds us captive.

He wants us to trust Him to free us from our addictions and keep us from slipping back into them.

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand.

When you are tempted,
he will show you a way out
so that you can endure.

1 CORINTHIANS 10:13

I look up to the mountains—
does my help come from there?
My help comes from the Lord,
who made heaven and earth!

PSALM 121:1-2



So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

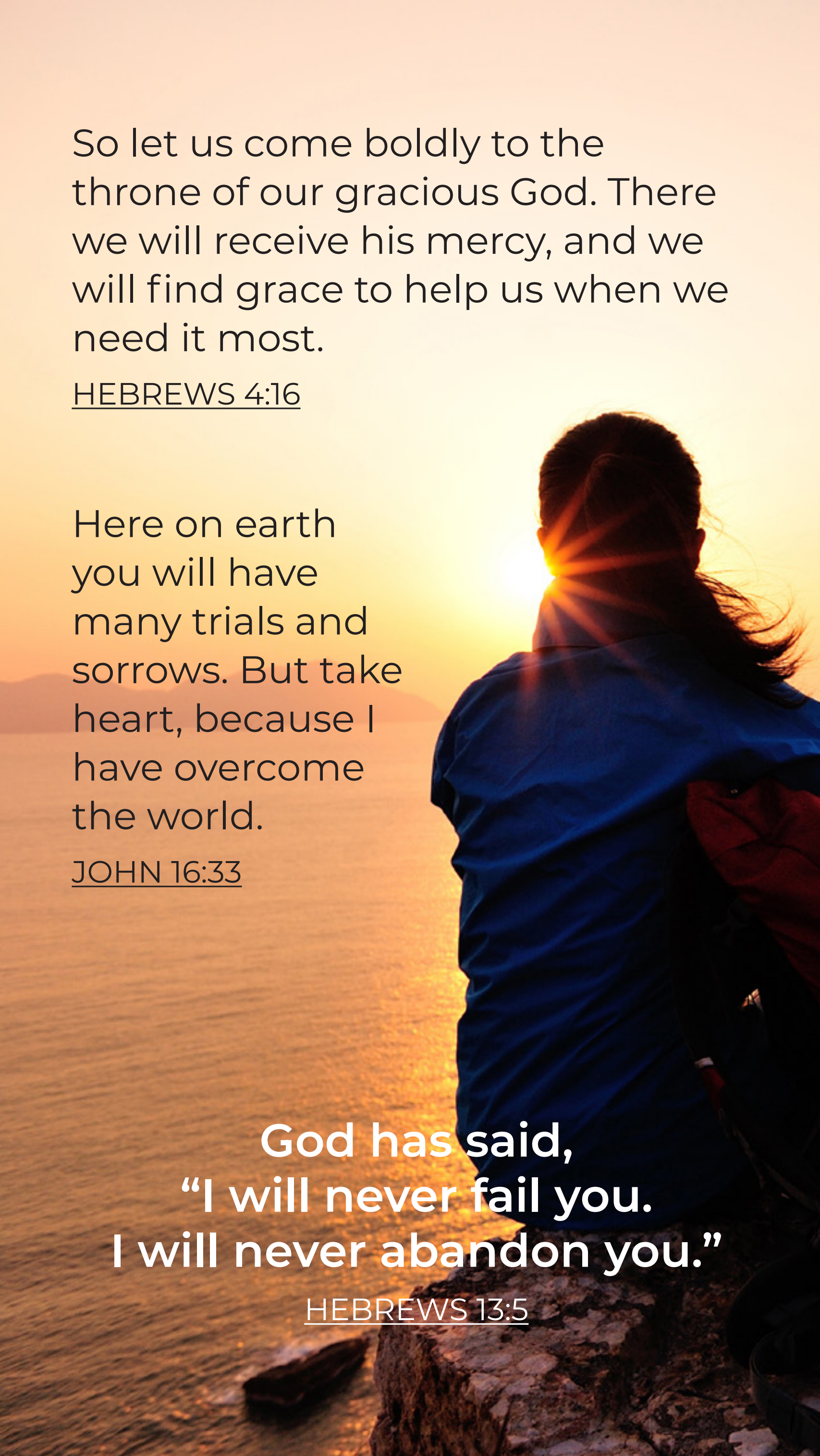
HEBREWS 4:16

Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.

JOHN 16:33

God has said,
“I will never fail you.
I will never abandon you.”

HEBREWS 13:5



Pray like this:

Our Father in heaven,
may your name be kept holy.

May your Kingdom
come soon.

May your will be done
on earth, as it is in heaven.

Give us today the food we
need, and forgive us our sins,
as we have forgiven those
who sin against us.

**And don't let us yield to
temptation, but rescue us
from the evil one.**

MATTHEW 6:9-13

The God of RESTORATION

What is it that you hope your addiction will get you?

Alcohol, drugs, sex, attention, and even video games—they all make promises to give you something.

Perhaps they promise to make you forget past hurt, or distraction from present problems, or numb you from the anxieties of the future.

God promises to not only break your addiction, but to **make a whole new life** from the life of death that your addiction has made.

All you need to do is trust Him, and Him alone, to be all that you need.

This means that anyone
who belongs to Christ has
become a new person.

**The old life is gone;
a new life has begun!**

2 CORINTHIANS 5:17

**So if the Son sets you free,
you are truly free.**

JOHN 8:36



So Christ has truly set us free.
Now make sure that you stay
free, and don't get tied up again.

GALATIANS 5:1

In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, **and he will place you on a firm foundation.**

1 PETER 5:10



And now, dear brothers and sisters, one final thing. **Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable.** Think about things that are excellent and worthy of praise.

PHILIPPIANS 4:8

Freedom is yours!

This is your chance to bring your pain to Jesus, your Great High Priest.

You may need to seek medical help, but addictions also have a spiritual dimension. Whatever you are seeking in your addiction, is found in a healthy and perfect way in Christ.

If you are feeling alone, Christ brings you into the Family of God.

If you are feeling like a failure, know that God values you as His precious child.

If you are in pain and ashamed of what you feel is a wasted life with no hope in sight, know that God is the one who restores the life which we've all squandered.

Jesus knows everything you've done, and was done to you, and He is waiting to heal you.

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