

Addiction

Addiction isn't just about drugs and alcohol or pornography. It's the absence of a whole and healthy self. It's a void in your spirit, that you try to fill with the thing you are abusing. We often start using drugs and alcohol to dull the pain from a hurt so recovering from addiction needs to start with identifying the underlying trauma that caused the hole.

Don't get me wrong; Jesus can deliver you in an instant...but the addiction is a symptom of an underlying wound that needs to be exposed in order to be healed. Christian counselors can be helpful to identify these issues and help you heal Biblically.

You can't love others or yourself when you're empty.

Jesus wants to fill that void.

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. 1 Corinthians 10:13