

THE Big 3

EPISODE: 147

TITLE: How to Move from Addiction to Freedom

There is hope and freedom beyond addiction. Discovering the truth behind the lies that have led to and fed an addiction is the first step to recovery and lasting life change.

Here are three key things to believe and consider when facing addiction in your life or in the life of a loved one:

1. **What are you willing and not willing to deal with associated with addiction?** This is the first question for anyone dealing with addiction. When will you say “enough is enough”? Will you seek to understand the addiction in a deeper way? Will you seek help, counseling, and community? How much longer are you willing to let this addiction affect your life, family, and friends?
2. **You must know your own story and the pain in the story to find healing.** Our emotions are God-given and a good thing. But often the underlying issues that lead to addiction come from not understanding our feelings and trying to replace our natural desires with unhealthy or destructive imposters.
3. **Addiction can not be overcome in isolation.** Remember that the Enemy seeks to isolate all of us into places that we hear and believe lies about who we are and how God himself loves us and wants to restore us to Himself. Who else knows your story and the feelings that come with your story? Start with **one person** you can trust and share your story, then move toward a community that can walk with you. As scary as this can seem, it is a critical part of lasting recovery and freedom.

You may find it helpful to explore your 8 Feelings in the *Voice of the Heart* Bible Study. [Go here for more information](#) and to watch several short videos.

Thanks for listening...we'll see you in the next episode!

Caesar & Heath

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