

# THE CHRISTIAN TEEN/YOUTH

## 5. You've been freed from addictions..."

*In your life together, think the way Christ Jesus thought." Phil. 2:5*

According to medicalnewstoday.com, **Addiction is one's inability to stop using a substance or engaging in a behavior even though it is causing psychological and physical harm to one's personality.**

The average human being has been addicted to one thing or the other at one time in their lives. It could be a total or partial addiction. Addiction is not a good thing at all; its consequences are so devastating and the aftermath, highly regretful. Every category of person can get addicted, either to substance use or a behavior that is humanly accepted as shameful and unworthy of applause by reasonable people of the society. In our contemporary age, adolescents fall easy prey of it. So many teenagers have suffered more from its adverse effect than they can actually testify to be satisfying; it kills. On the long run, when indulging it may offer one some forms of bodily satisfaction which is usually a temporal feeling, but after trying hard to overcome it and find that they are not able, they become frustrated, depressed and sorrowful.

What many young people get addicted to are things that can actually be talked over, and with little counseling some get over it, yet for a while, and this is because, the actual causal agent of all forms of addictions resides right within the person doing it, it is known as '**the Human nature**'. All the products of the human nature is **sin** before God.

Addiction is just a level that a work of the flesh grows into in anyone who does not put the human nature to death. Well, addiction to anything is not even the first problem, but the desire to do and continue in what has now become difficult to let go, even though it is life threatening. The human nature is also called '*Adamic Nature, Sinful Nature, Old Man, Self Life etc.*' Every human born by a woman to earth has the exact configuration that an addict has, because all addiction is sin (Rom. 3:23), and sin is the product of the human nature, otherwise known as the sinful nature. Now read what Paul says: "**What human nature does is quite plain. It shows itself in immoral, filthy, and indecent actions; in worship of idols and witchcraft, people become enemies and they fight; they become jealous, angry, and ambitious,. They separate into parties and groups; they are envious, get drunk, have orgies, and do other things like these. I**

**warn you now as I have before: those who do these things will not possess the kingdom of God.” Gal. 5:19-21 GNB**

When anyone becomes addicted to a substance, at a point they can never have enough of it. When they develop in the act, they have to take a larger dose than ever before just to get the same effect. In this way greater damage starts setting into their lives, this is physical addiction. Later on, psychological addiction sets in, and the victim begins to depend on the drug, not just to get high, it is like his whole life centers on addictive substances, deceived into thinking that he may die without taking it frequently; it becomes as food for their psychological balance. This is how Satan deceives men just to destroy them completely, shatter God’s plan for their lives and make them end up miserable.

**What a teenager can be addicted to:** Teenagers like you give themselves over to any physical substance with chemical content designed to induce a kind of satisfaction that is temporal and false. Adolescents get addicted to pain relievers or pain killers, anxiety and sleep medicines, alcohol, cigarette, medicine, glue, illegal drugs, and some naturally grown herbs, etc.

**Present and future repercussions of addiction:** Problems at schoolwork, physical health issues, lack of interest in dressing well, changes in behavior and frequent mood swing, money issues, i.e. never satisfied with finances. An addict can do anything to get money just get his addictive stuff, some even go as far as selling personal property and family items, use their school fees or spend some other money kept in their custody by someone else, or a group on the substance that gets them high especially when the craving becomes intense. Addicts have no plan for their future, and have lost interest in becoming someone important in life. They can hardly build a good home, or raise godly children for the Lord. They can never be satisfied with their financial in-flow, because their appetites are enlarged beyond the normal (actually beyond God’s daily benefit for their lives), due to addiction. They all need help.

**How you have been delivered from it?** An African adage says, “If you want to help an ant, you have to become an ant.” Addiction is empowered by the lust of eyes, pride of life and the lust of flesh. In general, it exercises authority on anyone who chooses to walk in the flesh rather than by the word of the Lord and the Spirit (Gal. 5:2). God knew before the creation of the world that when man falls it would be impossible for him to help/save himself no matter how hard he tries. Therefore in his unconditional love for the fallen world of man, he came down in flesh and blood like man. Jesus is the visible image of the invisible God. He is the best description of the supposed life of all

mankind, except for the fall. He possessed the exact image and likeness of God, like the first Adam, he knew no sin and overcame all the cravings of the human nature because he was not born by the will of man, just as you are not born again by the will of man, but the will of God if you now born again.

Are you addicted currently or obsessed over any attitude, bad habit, gaming and betting etc. you should choose break free today and right now. Call upon the Lord right away to come and show you his way out. Seeing Jesus clearly makes your victory consistent. Looking unto Jesus and learning to become like daily ensures your consistency in the victory worked at the cross.

Humbly come before the Lord by faith. Believe in what Jesus Christ has accomplished for you at Calvary and put your hope in the work that has been done for your victory once and for all. When you realize you are dead to sin and yourself, then you will begin to sense the grace that flows from the blood of Christ that flowed to atone for the sin of the world.

You might need to also open up to a senior brother or sister in the faith whom you see to be trustworthy and cares about your spiritual development. Do all these today and in this season.