

We forget that He already sees us as clearly as if there were no door. He sees every dirty dish, every messy room, every shame, and every addiction.

He knows everything about us, what kind of shape we're in... Yet He continues to knock.

He is waiting for our invitation to say something like, "Lord, come in. I've made a mess of myself. Please come in, change me and have mercy on me."

At this crossroads of invitation, there is an opportunity to overcome our addictions.

It is an opportunity to:

- Admit our addiction and pain
- Accept responsibility for the damage we've done
- Ask for Christ's mercy
- Allowing Him to enter into your door

IX. Conclusion

At this point, we need to ask ourselves some important questions:

- Is there anything in our lives that has become excessive, compulsive,

or enslaving?

- Is there anything we feel we cannot let go of because it means too much to us?

If so, we need to be aware that we are ripe for a destructive dependency.

Our addictions are gods who have no empathy for us or those we love. It's time for us to hear the loving, pleading voice of God, who says in His Word:

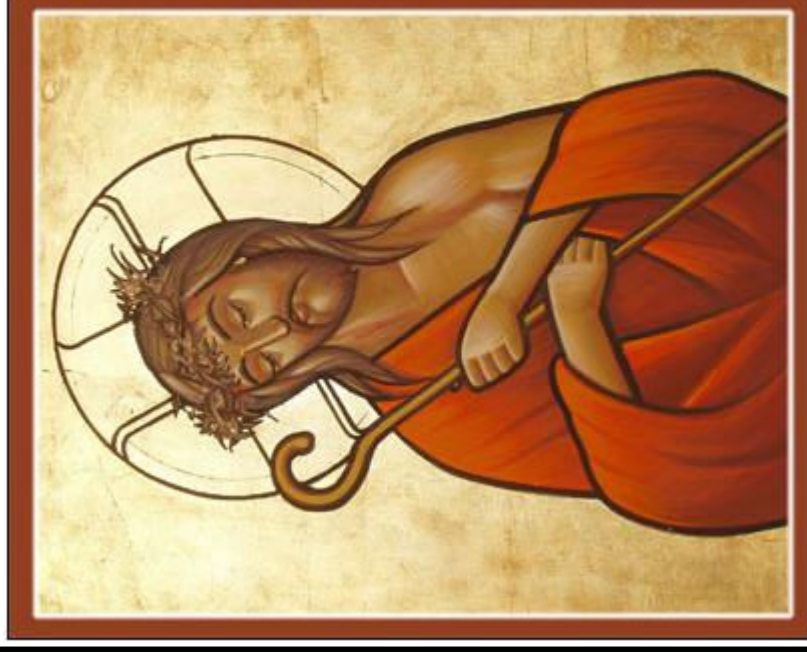
"Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life" (Gal 6:7-8).

Glory Be To God Forever.



Addiction

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VII. Overcoming Addiction

Overcoming the addictive behavior requires the "will" of man to do so. More precisely it is a synergy between our "will" and the "grace" of Our Lord Jesus Christ. Below is a systematic approach to overcome addictive behavior.

1. We must understand what the Holy Bible says about the nature of man -- including his soul (1 Pet 2:11), his spirit (Rom 8:16), his heart (Heb 4:12), his conscience (1 Pet 2:19), his mind (Rom 12:2), as well as his sin nature and its effects (2 Cor 4:4; Eph 4:18; Rom 1:18-3:20).

- An accurate understanding of man's nature is a prerequisite for prescribing the correct treatment for a particular behavioral problem.

- A thorough understanding of man's sin nature is especially important. We must understand that the whole "old" self is defective or depraved (2 Cor 4:4; Eph 4:18) and must go.

2. We must have a good understanding of the threefold enemy of us

Christians.

- The world (including the things of the world, which are expressions of "the cravings of sinful man, the lust of his eyes, and the boasting of what he has and does," 1 Jn 2:16).

- The flesh and the sinful nature itself, which is bent on sexual immorality, impurity, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy, and drunkenness (Gal 5:20-21).

- Satan who seeks to tempt us (1 Cor 7:5), deceive us (2 Cor 11:14), afflict us (2 Cor 12:7), and hinder us (1 Thess 2:18).

All three of these "enemies" have some bearing on human behavior.

3. We must rely on the sufficiency of God's grace in the midst of trying circumstances (2 Cor 12:9-10). As St. Paul discovered, God's grace enables us to cope with difficulties that can be overwhelming when approached through human strength alone.

4. We must be willing to filling the spiritual void with spiritual means. These are the means of grace. i.e. prayer, fasting, Holy Eucharist...- Repentance is replacing one desire with another.

- St. Augustine said: "there is vacuum in all of us, and our hearts are not at rest until we find our rest in God."

- If we are not worshipping God who loves us, then we will end up worshipping our own desires until they consume us. Addiction becomes an idol.

VIII. Illustration

Christ pictures Himself standing at a door knocking, and saying, "Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me" (Rev 3:20).

At the sound of knocking, we panic and say "Oh no! He's here. The house is a mess. We can't let Him see us like this. If He gets in, He'll make us feel even worse about ourselves than we already feel."