

One Step to Freedom
Chapter 1: Planning for Victory

Lesson 1
A Plan for Victory

*“But thanks be to God, who gives us the victory through our Lord Jesus Christ”
(1 Corinthians 15:57).*

Here is a simple program that will help you, as a Christian, to permanently overcome drug and/or alcohol abuse in your life, while helping you to press on in your Christian walk, and enter into all that God has for you.

Repent of your sin. Begin today to make a daily commitment in seeking God’s will for your life (Matthew 6:33, Psalm 18:30).

1. Look at your lifestyle. Make a list of specific ways you are failing God and others. Pray first, and ask the Lord to help you pinpoint these problem areas and overcome them on a daily basis. He will empower you to do so (2 Corinthians 13:5, 1 Corinthians 10:13).
2. Work closely with your drug and alcohol recovery counselors. They are here to help and encourage you in the difficult days of coming off the effects and influences of drugs and/or alcohol in your life (Proverbs 15:22).

Avoid associating with any companions who are using drugs and/or alcohol. The Word of God (the Bible) clearly warns, “Do not be deceived, bad company corrupts good habits” (1 Corinthians 15:33, Proverbs 2:10-15).

3. Develop friendships that will build you up in the Lord. Your whole life may need to be restructured, but God’s desire is that you be built up in the knowledge of Him; and this includes good fellowship with other believers (2 Timothy 2:22, Hebrews 10:24-25).
4. Grow in the Lord daily. This includes a meaningful commitment to daily Bible study, prayer, and consistent church attendance. This is how you become strong in the Lord. If you lack desire in these areas, ask the Lord to change your heart (Psalm 119:105, 1 Thessalonians 5:5-9, Hebrews 10:24-25).
5. Submit to God’s will for your life. As you do so, He will pour out His Holy Spirit into your heart and empower you to overcome the temptation of drugs and/or alcohol. It is in this kind of commitment that God is glorified in our lives, and we begin to truly understand His incredible, perfect love for us and His purpose for creating our lives (Romans 12:1, Galatians 5:16, John 15:5, John 3:16, Ephesians 2:10).

Begin to apply these guidelines today. By the grace of God, you can unhook your drug and/or alcohol habit. It will not be easy, but if you truly trust in Jesus, you will succeed.