

One Step to Freedom
Chapter 2: Initial Recovery

LESSON 2
What God Has to Say About Drugs and Alcohol

*“Wine is a mocker, strong drink is a brawler, and whoever is led astray by it is not wise”
(Proverbs 20:1).*

You may have tried to quit drinking or taking drugs, possibly even several times, but always ended up failing. If you have tried and failed, it is because you tried to change in your own strength. Jesus said, “The Spirit indeed is willing but the flesh is weak” (Matthew 26:41). This is why He sent the Helper, the Holy Spirit (John 16:7), to help those who believe in Jesus to overcome sin and live for Him.

At this time we want to establish more specifically what God has to say to you (in His Word) about drug and alcohol abuse. It is important to understand what God has to say about alcohol and its mind-altering effect. We can (in most cases) make a dual application to drug abuse as well.

Read the following verses about drug and alcohol abuse. Write down in your own words what you think these verses are saying about God’s views concerning alcohol and drugs. Spend some time thinking about these verses and ask God to reveal these truths to you.

1. Ephesians 5:18 _____

2. 1 Corinthians 6:9-10 _____

3. Proverbs 20:1 _____

4. Proverbs 23:29-35 _____

5. Galatians 5:19-24 _____

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Most of us would agree that drug and alcohol abuse are life-dominating sins, which affect virtually every area of a person's life. Check off the areas of your life below that you feel have been affected by your abuse of drugs and alcohol:

- | | |
|---|--|
| <input type="checkbox"/> Eating habits | <input type="checkbox"/> Emotions (self pity, anger) |
| <input type="checkbox"/> Home relationships | <input type="checkbox"/> Economics (finances) |
| <input type="checkbox"/> Sleep | <input type="checkbox"/> Health |
| <input type="checkbox"/> Job (attendance, production) | <input type="checkbox"/> Marriage and family life |
| <input type="checkbox"/> Friends (social life) | <input type="checkbox"/> Character and practices
(deceitfulness, lying) |

Spend some time now in your group discussing these areas. Be honest with one another. Jesus said, "And you shall know the truth, and the truth shall make you free" (John 8:32).

As a Christian, there is no room for the works of the flesh in our lives (Galatians 5:24). Therefore, we need to walk in the Spirit (Galatians 5:16). We do this daily by asking God to fill us with His Spirit (Ephesians 5:18) and to guide us and teach us His ways by His Spirit (John 14:26). God wants us to have the fruits of His Spirit manifest in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22-23).

The moment we receive Jesus as our Savior we become part of the family of God. At that moment, God's Spirit comes and dwells in our hearts (John 7:38-39). When this takes place, we are no longer born of the flesh and its sinful ways, but we are now guided by God's Spirit in our hearts. God desires that our lives give evidence of the change that has taken place in our hearts—not just by our words, but by our actions (James 2:17).