



## Introduction ~

Millions of people including Christians all over the world suffer from the struggles and the consequences of active addiction. Both men and women suffer. Children suffer from the consequences, the family structure suffers and society as a whole suffers. Many die yearly as the direct result of the deadly effects of both drugs and alcohol, either from drug overdoses or physical illnesses' caused by or related to addiction. Tens or thousands die every year in the United States alone as a result of drunk driving or under the influence of a mind or mood altering substance. Many other people lose their lives as a result of violent acts at the hands of intoxicated people. It is estimated that more than half of all murders and more than half of all suicides are committed by individuals under the influence of alcohol or drugs. Drug or alcohol addiction is the cause of many divorces and breakdown of the family structure. The monetary cost of addiction in the United States alone is said to be counted in the billions of dollars. Where do our resources come from to help us move from this world of insanity and active addiction onto one of sanity, wholeness and productivity?

Will God help us stop and if so; *How?* This question may be as difficult to answer for the Christian as it is for the non-believer. In seeking the answer, we must first ask ourselves. Are we tired? Are we ready to change? Are we ready to allow God to do for us what we could not do for our self? God wants to be in partnership with us. He wants to be in fellowship with us as we deepen the spiritual part of ourselves after years of our ignoring or rejecting him. He desires that we discover the unique ways in which his Word will both support and expand our understanding of how to experience peaceful and productive living. How he alone can heal those damaged emotions and how we can find tremendous value in a personal and intimate relationship with him. Without God there is no recovery, only disappointing substitutions and repeated failure.

The Bible is the greatest book on recovery ever written and it overflows with an abundance of good information and sound advice. In its pages we see God set down a plan for the recovery of his broken people and for all creation. The Bible is full of God's special and personal promises to us. The Bible is not a Self-help book but rather it is a God-help book. The Bible is a book about recovery. It records how the world began and how God created it to be good. Then it tells us about the beginning of sin\_\_ about the first time people decided to reject God's plan and will for their lives. It spells out the fatal consequences that result from rejecting God's program and God's purpose. But the Bible does not and never will leave us in despair. It reveals a plan for recovery and the source of the power to accomplish it. The Bible provides us with the only pathway and plan to wholeness\_\_ God's program for recovery, reconciliation and healing.

When we are caught in a no-win situation, it's tempting to run away through our addictive/compulsive escape hatches. At times like these God is there, and he is listening to our cries. So instead of just trying to escape it we need to learn to express our pain to him. Today is the day that you can set out on that journey of recovery by following God's program as he gives you hope for the future. That journey toward healing, new found strength and direction\_\_ not strength or direction found within yourself, but through trusting God and allowing him to direct your decisions and direct your steps onto the path to spiritual wholeness clean and sober.