

Bad Habits and Addictions and Becoming Free: By Erica Jermanus

In this book, I talk about addictions and bad habits that keep people bound. I also talk about how to get free from the same cycle of sins and bad habits. In addition, I talk about the potential side effects of smoking cigarettes and drinking alcohol. I also talk about other bad habits, such as gossip, cursing, speaking negative thoughts, watching television, and constantly scrolling through social media. I also talk about how a person can get free from addiction and from these bad habits through the power and strength of the Holy Spirit.

The first bad habit or addiction I would like to address is smoking cigarettes or using vapes. Smoking cigarettes is a bad habit that a lot of Christians are struggling with these days. Many Christians struggle to give up this habit of smoking. Many have been smoking for years on end and have little to no desire to quit. Some do want to quit, but are unable to. They may stop for a while, but then go right back to it again. There are so many toxic chemicals in cigarettes. Smoking causes so many side effects. Smoking causes lung cancer, other cancers, heart disease, atherosclerosis, artery disease, chronic bronchitis, asthma problems, and so much more.

We do not realize the harm we are doing to our bodies when we are putting these toxic chemicals in them by smoking cigarettes and by drinking alcohol. We are destroying our bodies' temples. 1 Corinthians 3:17 says, "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." God will destroy us if we destroy our temples. Destroying our temples will lead to death and destruction. Our temples are holy and sacred to God. He cares about our bodies, and He wants us to take good care of them and steward them well for His glory.

1 Corinthians 6:19-20 says, "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

Our bodies are not our own. Our bodies belong to God and will one day be given back to Him. So we are to make good use of our temple He has given for His glory and for His kingdom and purposes on earth. We can do that by asking God for help with giving up bad habits and toxic sin cycles. We cannot do it on our own without God and His help. We may need to ask the Holy

Spirit for strength and power to overcome sin and temptations and addictions. He will help us if we are willing. He will not force His own will on us. We have to be willing to choose His will and His ways. Choosing His will means working with Him to get free and to stay free from an addiction or a bad habit or a toxic person.

A person may get a temporary “feel” good or high from drugs, alcohol, weed, and cigarettes, but it eventually wears off, and the person will go right back to it to get more. But there is nothing on earth that can truly satisfy us or our hearts desire like Jesus Christ. He is our ultimate satisfaction. So, there is no high like the high of the Holy Spirit. True peace and joy do not come from drugs and alcohol, but they come from the Holy Spirit and a relationship with God.

There were things, people, and places in my life that the Lord wanted me to give because they were an addiction or were keeping me from Him. I needed to let them go because they were idols in my life. So, God had me let go of certain addictions, people, and places that were familiar to me. He wanted me to embrace the new instead of the old. He wanted me to be willing to let go of the old so that I could welcome the new He

wanted to bring into my life. The new could represent new things, people, and places. That could be the same for you too in your life.

Whenever we find ourselves in situations where we may need to let go of an addiction or a bad habit, we need to be willing to be obedient to God and let it go because it is doing us more harm than good. It is not about doing our will, but God's will in our lives. So, we may need to be open and real with God and talk to Him about our problems. Talk to God about our struggles because we cannot get healed, delivered, and free if we do not confess it to God. Healing comes when we are willing to openly confess that we have a problem and that we need help getting freedom and deliverance.

We may need to ask God to help us to let go of a particular person, bad habit, or addiction. We may need to confess our sins and ask God to forgive us for holding onto bad habits and addictions that are only keeping us in bondage to our sins and past. Once we have done that, that is when true freedom begins. We can then take the next step to freedom by walking it out in our lives with a willing and obedient heart and spirit.

We can ask God to take away the bad habit or remove the desire that we have for it. He will ask Him to take away the withdrawals for the addiction or bad habit. You can ask Him to give you His heart and His desires. You start to hate those addictions and love righteousness and holiness. You will start to fear God and not want to sin against Him by giving into those bad habits. You will want to do what is right and holy in His sight.

We have an enemy, and he wants to keep us stuck and bound in sin and in these sin cycles or around the same old toxic people for years. You find yourself struggling for long periods of time. The Bible says in James 4:7, "Submit yourselves therefore to God. Resist the devil, and he will flee from you." So, if we want to overcome sin and temptations, we need to be willing to submit ourselves, our will, and our desires to God. Then we can resist the devil and his temptations and he will flee from us.

If you are struggling with addictions and bad habits, there are rehab programs out there that you can get involved in to find deliverance and freedom. Celebrate Recovery is a great program that helps people with

addictions or bad habits to get celibate and free, healed, and delivered. You can look into these programs for deliverance or you can look into a deliverance ministry to help you get free from addiction, or toxic sin cycles, and bad habits.

You may struggle with an alcohol addiction. Maybe you drink a lot of alcohol and you may even get drunk. Drunkenness of alcohol is a sin. The drunkards will not inherit the kingdom of God if they do not repent. A person can drink alcohol in moderation. But if you are a Christian, you will not want to drink because you want to live holy and upright. You want to obey Jesus Christ. Jesus Christ drank wine, but He never sinned and He never got drunk. The alcohol back then was watered down and was not that strong as it is today.

Alcohol can have many side effects if it is abused. Alcohol can cause liver problems, intoxication, poor judgment, unstable moods, slurred speech, problems with attention and memory. There are people that are drinking and driving while intoxicated. People get into car accidents and cause death because of drinking and driving while drunk. God does not will for that to happen to anyone. He wants people to not get behind the

wheel of a car after drinking and to not be drunk. He wants people to remain sober and to be watchful because of the Lord's return.

John 8:36 says, "If the Son therefore shall make you free, ye shall be free indeed."

2 Corinthians 3:17 says, "Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty."

You may struggle with other bad habits, such as watching too much television. I know this has been a struggle of mine for years. I would love watching reality TV. I needed to let the television go because there were a lot of worldly and sinful things on the TV. It was grieving the Holy Spirit within me. I started to lose interest in secular TV shows, music, and movies. I started to have more of an interest in godly things, such as reading the bible, praying, worshiping, serving, and fellowshiping with other believers. God does not want us to fill our minds with garbage and junk. He wants us to be spiritually minded. It can be so easy to set our mind on worldly things, but they will corrupt our minds and our characters.

So, if you love to watch TV or movies, you may need to swap it out for a sermon or the Bible audio app. You can listen to the Bible on your device, or you can get a physical copy of the Bible to read. You may need to take a break from television, video games, and Netflix or give it up all together. You will find that it draws you closer to God and to godly things and people. A lot of the secular and worldly music, movies, and TV shows are filled with profanity and negativity. So we need to be careful what we allow into our ear and eye gates. We may need to guard our hearts. Proverbs 4:23 says, "Keep thy heart with all diligence; for out of it are the issues of life."

You may have a bad habit of cursing or swearing when you get mad and angry or when something or someone else makes you mad or angry. God wants to deliver you from foul language and a foul mouth. He wants to change your vocabulary to think and speak His thoughts and words. He wants you to speak words that edify and encourage others. He does not want you to tear others down or destroy them with your words. You cannot change yourself, but God can if you allow Him. Allow the Lord to work on you, changing the things in

you that need to be changed. Allow Him to heal and deliver you from your sins and bad habits.

Ephesians 4:29 says, "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers."

Proverbs 18:21 says, "Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof."

Maybe it is not so much cursing, but it is your attitude and the way that you think or behave that needs to be changed. Maybe you need to change your mindset to a more positive mindset. Maybe you need to change your outlook on life and how you see yourself, God, and others. Maybe you constantly have negative thoughts running through your mind. Those thoughts are from the enemy. The enemy wants to try to whisper lies in your ears and to get you to believe things about yourself and God that are not true. We may need to take our thoughts captive to obey God. Whenever a lie or a negative thought comes to your mind, rebuke it or bind it. If we allow those thoughts to take root in our minds, then those thoughts are going to run rampant.

2 Corinthians 10:5 says, "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

Philippians 4:8 says, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

Another bad habit may include scrolling through your social media news feeds all day long. You may be bored and have nothing else to do, so you scroll and scroll through your news feed online. This can be time-consuming or time-wasting. You may need to take breaks from social media by not going on there all the time. You may need to focus more on your relationship with Christ and serving your purpose more than if you are on your phone or computer on social media.

A lot of content on social media is ungodly and sinful. It can cause people to lust and commit adultery. It can

cause people to compare themselves to others because others have something better than they do. If you are using your platform to glorify God, then that is great. You can use your social media pages to share the gospel and encourage others. You can also use social media to fellowship with other believers. Social media can lead to sin if a person is using it for division, strife, gossip, slander, etc. Proverbs 16:28 says, "A froward man soweth strife: and a whisperer separateth chief friends."

Another bad habit is gossip and slander. Some Christians love to talk badly about others behind their backs because of jealousy and envy. A person feels good when they gossip because it builds up their ego or self-esteem. But gossip is sin, and it is leading many Christians to hell. So we need to repent of this sin of gossip and slander. We may need to ask God to help us to repent of this sin of gossip and to stop talking bad about people behind their backs. We may need to practice speaking well of others, especially authority figures. Instead of gossiping about others, we should pray for them and their needs.

