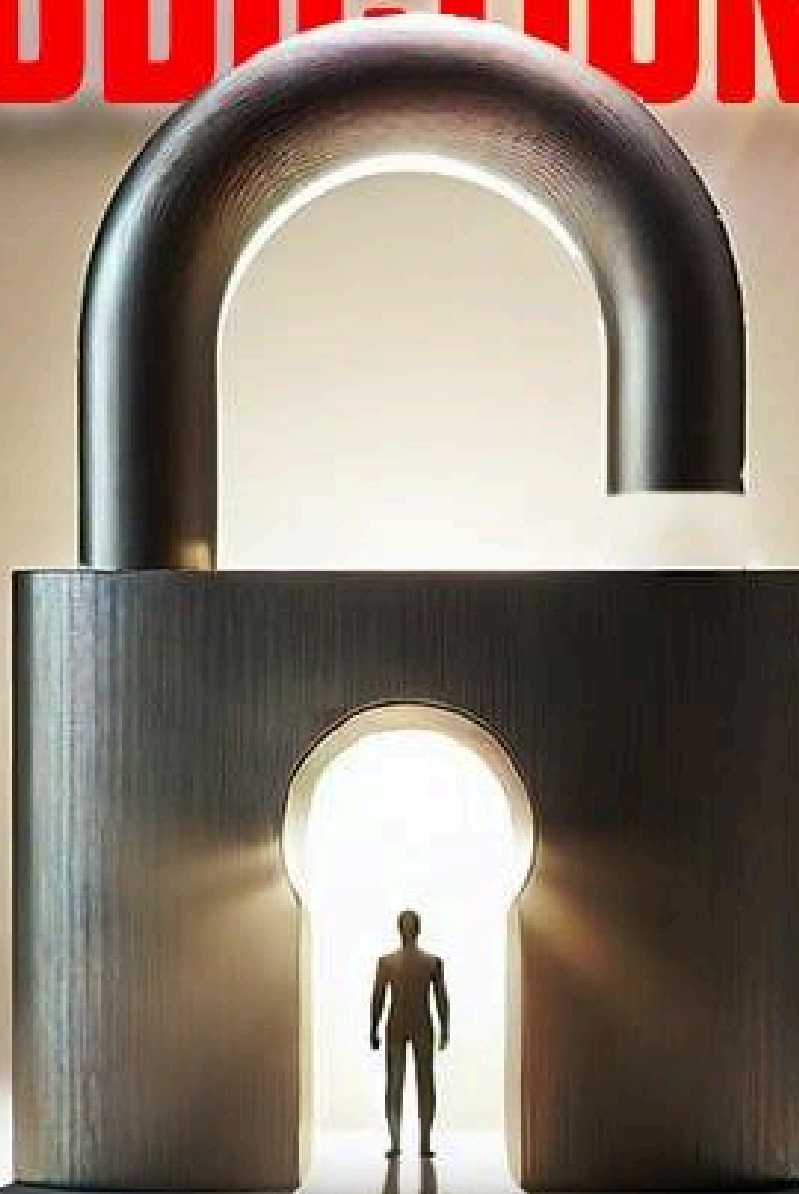
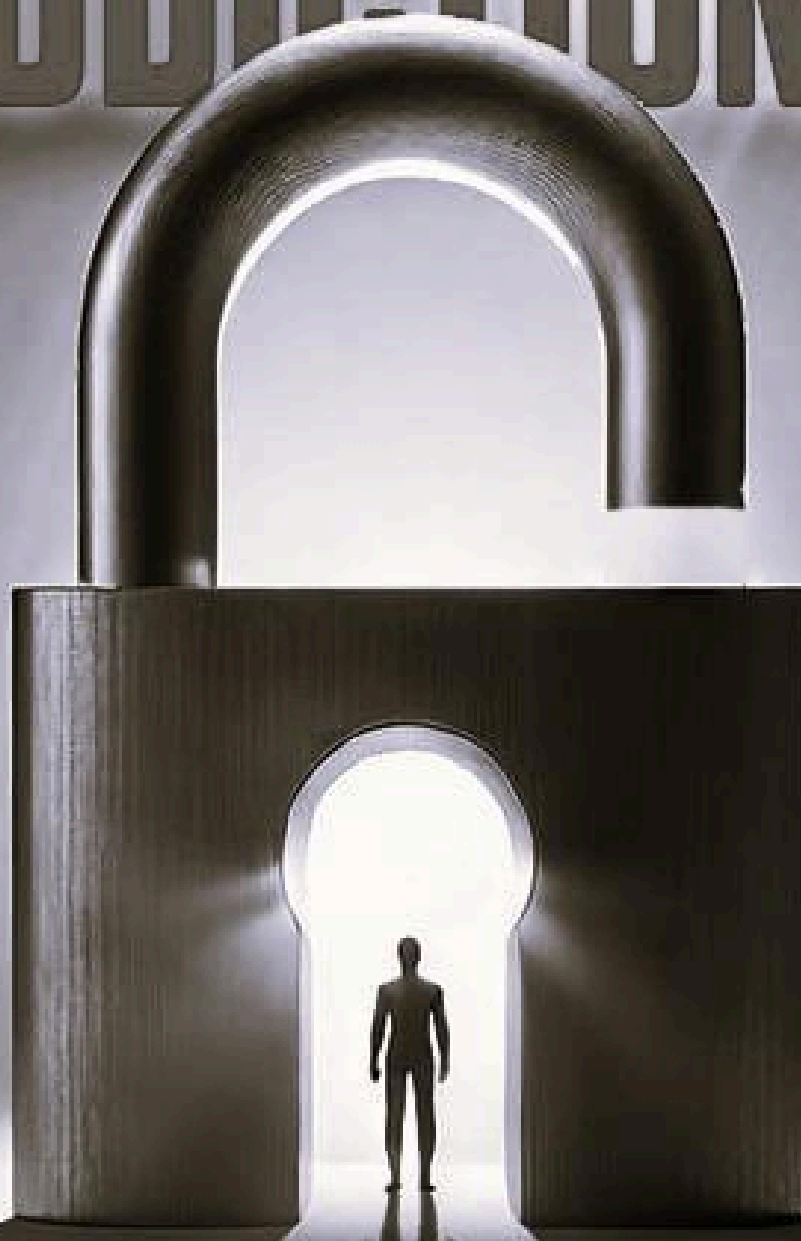


PRACTICAL GUIDES TO OVERCOMING  
**ADDICTIONS**



GODLY IRUOMA

# PRACTICAL GUIDES TO OVERCOMING ADDICTIONS



GODLY IRUOMA

## PRACTICAL GUIDES TO OVERCOMING ADDICTIONS

*A simple guide to a daily victorious living over sin.*

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# 30 SIMPLE GUIDES

<a href="#">PREFACE.....</a>	<a href="#">1</a>
<a href="#">DON'T LET ADDICTION DISTRACT YOU FROM GOD'S LOVE.....</a>	<a href="#">2</a>
<a href="#">Dealing with Habits and Addictions.....</a>	<a href="#">5</a>
<a href="#">El-Roi: The God Who Sees Me.....</a>	<a href="#">7</a>
<a href="#">The Key to Freedom: Knowing Who You Are.....</a>	<a href="#">11</a>
<a href="#">THE CONSCIOUSNESS OF WHO YOU ARE.....</a>	<a href="#">14</a>
<a href="#">WHO ARE YOU LISTENING TO?.....</a>	<a href="#">19</a>
<a href="#">THEOLOGICAL TRUTH.....</a>	<a href="#">21</a>
<a href="#">HE WILL NEVER FORGET YOU.....</a>	<a href="#">25</a>
<a href="#">HAVE NO FEAR.....</a>	<a href="#">28</a>
<a href="#">THE EXODUS FROM SIN.....</a>	<a href="#">35</a>
<a href="#">SHINE AS LIGHT.....</a>	<a href="#">39</a>
<a href="#">IT IS GOD WHO WORKS IN YOU.....</a>	<a href="#">42</a>
<a href="#">DON'T LET THE DEVIL MESS WITH YOUR IMAGE.....</a>	<a href="#">47</a>
<a href="#">PRAY YOUR WAY OUT.....</a>	<a href="#">50</a>
<a href="#">BE STRONG AND VERY COURAGEOUS.....</a>	<a href="#">53</a>
<a href="#">THE CONSCIOUSNESS OF YOUR VICTORY.....</a>	<a href="#">60</a>
<a href="#">ARE YOU SCARED?.....</a>	<a href="#">62</a>
<a href="#">DON'T EVER FORGET.....</a>	<a href="#">64</a>
<a href="#">REMOVE YOUR FOCUS FROM THE DON'TS.....</a>	<a href="#">68</a>
<a href="#">SEE POSSIBILITIES ALL AROUND YOU.....</a>	<a href="#">72</a>
<a href="#">HAVE JOY.....</a>	<a href="#">75</a>
<a href="#">GOD, HELP ME.....</a>	<a href="#">77</a>
<a href="#">WORSHIP.....</a>	<a href="#">79</a>
<a href="#">REST.....</a>	<a href="#">81</a>
<a href="#">BE EXCITED ABOUT YOUR LIFE.....</a>	<a href="#">84</a>
<a href="#">NEVER FORGET WHO YOU ARE.....</a>	<a href="#">86</a>
<a href="#">THE METAMORPHOSIS.....</a>	<a href="#">90</a>
<a href="#">HAVE A GOOD FEELING ABOUT YOURSELF.....</a>	<a href="#">94</a>
<a href="#">RELATE WITH YOUR FUTURE SELF.....</a>	<a href="#">97</a>
<a href="#">THE MASTER KEY FOR CONSISTENT VICTORY.....</a>	<a href="#">106</a>

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To all my wonderful supporters, friends, and beautiful followers—I love you all. Thank you for continuing this journey with me.

# PREFACE

It will interest you to know that a huge chunk of this book was written not by the "perfect" Godly, but by the Godly who saw the need to reach out to other people and bless them through the comfort that I received from God.

Even though I was not yet complete in my own journey, I saw myself as a channel—like a tap that God would use to touch so many people in a big way. These practical guides I shared with you are not just powerful and transformative; they are very personal because each of them was born from moments of relapse and return to God after the struggle.

I want you to understand this: **if you do not stop yourself, God will gladly use you to reach so many people in a big way.** He wants to train so many young people through your hands. But you must allow Him and stop looking down on yourself.

My desire is that this book gives you a strong rooting in God and that you understand in-depth how to help anyone who is struggling with addictions. It is my desire to see so many teenagers discipling other teenagers with these simple guides inspired by the Holy Ghost.

This guide is simple, it is a 30 Simple Guides, and anyone can easily grasp what the book entails by the help of the Holy Spirit. It will be so wonderful to see more souls properly disciplined for Jesus—even alongside us in this ministry, **Love Family Network Global Church**—by you, as you understand these secrets and begin to actively reach out to others to help them stand on their feet again.

**Godly Iruoma Udeh-Ubaka, Lead Pastor Love Family Network Global Church**

# INTRODUCTION

## **DON'T LET ADDICTION DISTRACT YOU FROM GOD'S LOVE**

I am glad to call this the very first part of this simple manual. It was not always so, but I needed to sound it as a warning and state it first.

**Don't let your struggle with addictions remove you from the love of the Father!**

Don't let your struggle with sin make you give up on God. Refuse to be beaten down into submission, where you feel far from God, who is your Father.

Don't let your struggle with habits limit the flow of the power of God through your life.

I consider this so important and very needed. The understanding of this is what really gave me victory over the addiction, but more than that, this understanding helps me to help others.

Even in the toughest moments and the roughest times, I never questioned the love of God for me. I just knew He loves me more than I could ever love Him, and that is enough for me.

It is tough to try to love God in your own strength. What I mean is like trying so hard to please Him—like the people in the Old Covenant who tried so hard to please God. As much as they tried, it was never enough. No matter what they did, they still couldn't really do "enough."

Many of us have found ourselves in that cycle of trying to please God. We keep trying, and we keep on failing.

I present to you the Love of the Father. He loves you more than you can ever imagine. So hold onto His love throughout this journey of faith. Don't struggle anymore. Receive, I pray thee, the Love of the Father.

*Acquaint now thyself with him, and be at peace: thereby good shall come unto thee.*

*Receive, I pray thee, the law from his mouth, and lay up his words in thine heart.*

*If thou return to the Almighty, thou shalt be built up, thou shalt put away iniquity far from thy tabernacles.*

*Then shalt thou lay up gold as dust, and the gold of Ophir as the stones of the brooks.*

*Yea, the Almighty shall be thy defence, and thou shalt have plenty of silver.*

*For then shalt thou have thy delight in the Almighty, and shalt lift up thy face unto God.*

*Thou shalt make thy prayer unto him, and he shall hear thee, and thou shalt pay thy vows.*

*Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.*

*When men are cast down, then thou shalt say, There is lifting up; and he shall save the humble person.*

*He shall deliver the island of the innocent: and it is delivered by the pureness of thine hands. (Job 22:21-30, KJV)*

**His love is more real, so hold onto it.**

Through the years I struggled with this addiction, it was a real battle. But even with all the struggle, God was still using me to do many great works. He still healed the sick through me. He still reached His people through me.

I have found out that if God finds a willing vessel, He doesn't really mind how messy you are. He is ready to clean you up and still use you to do many amazing things—if only you will not limit Him through your mind and through the constant guilt the enemy is pumping into your heart.

**Refuse to be condemned before your Father.**

Stand your ground. The Father is not ignorant of your struggles, but He still chose you. You are His delight; don't turn away from Him.

You cannot even help yourself. Self-isolation won't matter here because things will only get worse. Thoughts of depression and suicide reside in isolation. Don't go there.



And if you are there already, **jump out of that mess.** You are worth more than all of that.

# GUIDE 1

## Dealing with Habits and Addictions

Many of us have sought solutions to overcome habits and addictions. For me, I searched high and low—online, through sermons, and even by talking to pastors. While their advice was good, it wasn't effective for me.

People told me things like:

- “Delete the app!”
- “Throw away your browser!”
- “Stay away from triggers!”

But let me ask you: In this generation, can you really avoid everything? Even as you walk down the street, there are billboards, advertisements, and situations pulling you back. You can't delete every app or shut yourself off from the world.

We are not cowards, and we don't play petty avoidance games. God did not call us to hide from the darkness. Instead, He called us to shine as light! Amen? Darkness will not dominate us in Jesus' name!

### Understanding Addiction: My Story

Addiction is something many people don't like to talk about, but we must address it. In this book is a simple guide and full teaching on how to overcome the struggle with habits and addictions.

How does it even work?

Well, addiction sneaks in subtly. It's that constant pull, drawing you back again and again to something you know isn't right.

I remember my own struggle years ago. Let me share a little story with you. Many years ago, as a Grade 9 kid, I was exposed to something I wasn't prepared for. My friends and I were at an agricultural farm—just innocent kids. One of my friends called out, “Come see this funny thing!” And when I looked, it was images of naked

people. At first, I was irritated, but something about those images lingered in my mind.

That's how addiction works—it plants a seed. From that moment, I couldn't stop thinking about what I saw. It stayed in my mind like negative meditation. I would go home and try to shake it off, but it seemed like the harder I tried, the deeper it settled.

The struggle was harder than can be expressed with words. It lingered for many years and I am sure I tried all my possible best to come off it.

I wonder how much you too have struggled with it. It must have truly been a lot for you. Yours may not be addiction to pornography, it may be something else, but one thing is certain, I can relate 100%

I want you to sit back, relax and know that here in this book your solutions are fully loaded. I am writing to you by the Highest power that can break any addiction, the power of the Holy Spirit. I know fully well that you will not only be free, but you will be equipped with knowledge that will help you stand the test of time, and this knowledge will make you a champion in life, and in every way, you will never know defeat anymore.

This book is also full of truth that will help even Pastors and anyone who may not be struggling with any addiction, possess in-depth understanding of how it works, and together with the Holy Spirit, we will pull many people out of the pit of addictions.

Welcome aboard.

## GUIDE 2

### El-Roi: The God Who Sees Me

This name of God was birthed in pain when a woman named Hagar was in distress. She was sent away from home, left to wander in the wilderness with her child, thirsty and hungry. But *El-Roi*—the God who sees—was watching over her. He is aware of everything you are going through, and He will come through for you.

I believe it is incredibly therapeutic to know that someone sees you. You are not alone. Even if you cannot fully explain yourself, you are seen, heard, and understood.

**El-Roi sees you.**

**El-Roi knows you.**

**El-Roi understands you.**

**He sees everything you are going through.**

**What a good God!**

### God Sees You Even in Your Struggles

We know that most addictions thrive in secret. The best time to engage in them is when no one is watching. But deep down, we wish someone could truly understand us without judging or condemning us.

I felt like that often. I desperately wanted someone to understand me. I searched for help, but no one truly got it. Even when I spoke to pastors or watched videos online, I still felt unheard. I confided in accountability partners, yet they couldn't fully grasp my struggles.

That is why the revelation of God as *El-Roi*—the God who sees—changed everything for me. I realized I didn't need to explain myself endlessly because **God sees me**. He understands me, and he does not judge me. He does not condemn me.

The Bible says:

*“For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him.”*

—2 Chronicles 16:9

God is not looking for faults in you. His eyes search for hearts that desire Him, so He can show Himself strong on their behalf. If there is even a small desire in your heart to please Him, He will come through for you.

He sees your struggle, yet He does not condemn you.  
He knows everything about you, yet He still loves you.  
And just knowing that—truly knowing that—brings peace.

When God looks at you, He is moved with compassion.  
He loves you more than you can ever love Him.

**He is El-Roi.**  
**He sees me.**  
**He knows me.**  
**He loves me.**  
**And he will help me.**

### **The Story of Hagar: A Powerful Revelation**

The name *El-Roi* was first revealed through the story of Hagar.

Hagar was an Egyptian servant of Sarai (later called Sarah), the wife of Abram (later Abraham). When Sarai was unable to bear children, she gave Hagar to Abram as a wife. Hagar conceived, and as a result, she began to look down on Sarai. In response, Sarai mistreated her so harshly that Hagar ran away into the wilderness.

Hagar had made mistakes. She had wronged Sarai. Yet, despite her failures, pain, and rejection, God saw her. He visited her. He would not allow her to suffer alone.

The angel of the Lord found Hagar by a spring of water and said:

*“Hagar, Sarai’s servant, where have you come from, and where are you going?”*

She answered:

*“I’m running away from my mistress, Sarai.”*

Then the angel of the Lord said to her:

*“Return to your mistress and submit to her authority. I will give you more descendants than you can count.”*

And He continued:

*“You are now pregnant and will give birth to a son. You are to name him Ishmael, which means ‘God hears,’ for the LORD has heard your cry of distress.”*

At that moment, Hagar had a revelation:

*“You are the God who sees me!”*

She realized that even in her pain, even in her mistakes, even in her lowest moment—**God saw her.**

That well was named *Beer-lahai-roi*, which means *“the well of the Living One who sees me.”*

(Genesis 16:1-14, NLT)

### **God Sees You—And He Loves You!**

Taste and see that the Lord is good!

When He sees you, He does not judge you.  
When He sees you, He does not condemn you.  
When He sees you, He will come through for you!

He knows your past.  
He sees your present.  
He has already secured your future.

### **This is not your end!**

God sent me to tell you: **You are coming out of this struggle.**  
You are coming out of this pain.  
You are coming out by the anointing of the Holy Ghost!

Right now, wherever you are, say this aloud:

**"El-Roi—the God who sees me!"**

Say:

**"Father, I thank You that You see me. Lord, I thank You that You know me. I thank You that You understand me. I thank You that You see my pain. I thank You, Father. Thank You, Lord, in Jesus' name. Amen!"**

## GUIDE 3

### The Key to Freedom: Knowing Who You Are

The real breakthrough is not in avoiding the triggers of the sin but **understanding your identity**. When you truly know who you are, the struggle ends. Even in normal life situations, if you don't know who you are you will probably be struggling with your self esteem. It is always important for total freedom to understand who you are. It will help you not only overcome addictions, but it will even help you live victoriously on earth and at the end, reign with Christ Jesus.

Psalms 82:6 says, **“You are gods, and all of you are children of the Most High.”** Did you hear that? God stands in the congregation of the mighty, and He calls His children “mighty.” That’s you!

You’re not just another person walking the earth; you’re a child of God. Even if you’re not yet born again, you can quickly say this word of prayer out loud.

Say ‘LORD JESUS, I believe in you, I believe that you died on the cross for me and on the third day you rose again that I might be justified. I receive your love in my heart. I confess that you are my Lord, and now I am your child.  
AMEN.’

Now you are born again.

The Bible says, **“Greater is He that is in you than he that is in the world” (1 John 4:4).**

And this is no joke. He is trying to inform you of your identity. You are not just ordinary. Greater is He that is in you than he that is in the world’ is not an ordinary statement. It is a statement of fact to every born again child of God. Your nature is great. Your nature now is far stronger than any force of addiction trying to pull you down. Your nature is so strong. Think about that for a while as you meditate and confess who you are. You realize that you are not a sinner, You are a child of the Most High God. And being a child, an heir of the promise. You are way bigger than you can ever imagine or comprehend. You are way stronger.

I am repeating some words so it will sink deep into you. You need to meditate on it, by muttering I KNOW WHO I AM, I AM A CHILD OF THE MOST HIGH GOD.



When you grasp the reality of who you are, you'll stop seeing yourself as weak or defeated. You'll stop begging God to deliver you because you'll realize He already has. You are not struggling; you've already overcome!

### **The Eagle That Thought It Was a Chicken**

Let me illustrate this with a powerful story. Imagine an eagle's egg mistakenly rolled into a chicken's nest. When the egg hatched, the baby eagle grew up among chickens, thinking it was one of them.

Day after day, it scratched the ground for food, flapped its wings a little, and stayed earthbound. It never even tried to fly because it believed it was a chicken.

Years passed, and one day, the eagle looked up and saw a magnificent bird soaring high in the sky. Something stirred in its heart. "This can be me!" it thought. "Why am I here on the ground?"

The young eagle continued its petty life until one day, as it was about to glint for water, the reflection of the water showed her image. It realized that she looked just like that big bird that was soaring and flying high.

Something shifted in the way she saw herself. She realized I am not an ordinary chicken limited to the fence level of flight.

Suddenly, the eagle realized, "I am not a chicken! I was made for the skies!" With that revelation, it stretched its wings and took flight. For the first time, it experienced what it was truly born to do.

Child of God, you are that eagle! You've been living below your potential because you didn't realize who you are. But today, the light of God's word is shining on you, and I declare: You will rise and soar!

## **Rise and Shine**

Like the eagle that discovered its true nature, you must rise above the ground-level struggles. Spread your wings and fly. The blood of Jesus flows in your veins, and the Holy Spirit lives inside you. How can you struggle when the greater One lives in you?

The Bible says in Isaiah 60:1, **“Arise, shine; for your light has come, and the glory of the Lord has risen upon you.”** So arise! Refuse to live like a chicken when God made you an eagle.

## **A Prayer of Salvation**

If you’re not yet born again, and you’re ready to receive Jesus into your life, this is very vital and important step to take, else this book may not profit you much. Please pray this simple prayer with me:

“Lord Jesus, I receive Your love into my heart. I believe You died for me on the cross and you rose again so that I might be justified. Today, I declare that I am Your child. I walk in freedom. I walk in victory. Thank You, Lord, for saving me. Amen.”

# GUIDE 4

## THE CONSCIOUSNESS OF WHO YOU ARE

Freedom from addiction is not about struggling harder; it's about awakening to your true nature. When you know who you are, you don't have to fight sin—it loses its grip on you.

The Bible says:

*“For sin shall not have dominion over you: for ye are not under the law, but under grace.” (Romans 6:14, KJV)*

Why? Because you are under grace! You are not a sinner trying to be righteous; you are the righteousness of God in Christ Jesus.

Think about a lion. Does a lion struggle to roar? **No!** It's in its nature. Similarly, it's not in your nature to sin. The Bible says:

*“Whosoever is born of God doth not commit sin...” (1 John 3:9, KJV)*

That's who you are!

The devil has lied to you, telling you that you're weak, that you're struggling, and that you're defeated. But today, I want you to roar like the lion you are!

**Declare with me:**

- **“I am strong in the Lord!”**
- **“Greater is He that is in me!”**
- **“I am not a slave to addiction!”**
- **“I am victorious!”**

Keep speaking these truths until they sink deep into your heart. The more you speak, the more conscious you become of your identity.

## THE BATTLE OF CONSCIOUSNESS

This consciousness is very important because when the devil comes to tempt you, his attack is on your identity and your nature. Even though our Lord Jesus was fasting and

praying, that wouldn't stop the attack of the devil—but the **consciousness of His identity** is what gave Him the victory.

At one point, Jesus became very angry with the devil and roared, "*Get thee behind me Satan!*" That ended the whole struggle finally. Let's study it a little.

*Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry.*

*During that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread."*

*But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'"*

*Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple, and said, "If you are the Son of God, jump off! For the Scriptures say, 'He will order his angels to protect you. And they will hold you up with their hands so you won't even hurt your foot on a stone.'"*

*Jesus responded, "The Scriptures also say, 'You must not test the LORD your God.'"*

*Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. "I will give it all to you," he said, "if you will kneel down and worship me."*

*"Get out of here, Satan," Jesus told him. "For the Scriptures say, 'You must worship the LORD your God and serve only him.'"* Then the devil went away, and angels came and took care of Jesus. **(Matthew 4:1-11, NLT)**

It is important that you understand what is going on here. This was a "temptation" just like you have the temptations and urges to go back to addiction. The Bible clearly makes us understand that after Jesus had fasted for so many days, He was indeed hungry. That is to say, He had the urges and the cravings. He really "needed" to take that thing.

But the Bible reveals the behind-the-scenes reality. Just as in the days of Job, there is a spiritual dimension to what happens physically. People thought Job was just another random guy who sinned and was being punished. But no, God was actually defending Job all through and fighting for him.

So you can now understand that the temptation of Jesus here was legitimate. The devil was tempting Him with something the devil possessed at the time—the world system. He had it because man, the rightful owner of the earth, lost dominion to the devil when he was deceived in the garden.

## **THE ATTACK ON IDENTITY**

Here in the temptation of Jesus, we understand the devil kept saying the same thing: **“If you are the Son of God...”**

Does that mean the devil didn’t know Jesus is the Son of God? No, obviously he knew Him well. But there was one person whose knowledge of himself was being put to the test: **the person being tempted.**

When you get this, you will know that every temptation you face is a real test of your identity. So every single time you feel that urge—whether it is smoking, masturbating, watching porn, womanizing, betting, social media addiction, fornication, drinking, or substance abuse—see the behind-the-scenes reality.

It is the same devil. He has not changed his methods. His strategies are the same. Behind the scenes, he is saying to you, *“If you are... do this then.”*

I hope you noticed from that Bible verse that it was the same premise all through: *“If you are... do this.”*

But the response from our Lord Jesus has many things to teach us.

### **1. Man Shall Not Live by Bread Alone**

*But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.’” (Matthew 4:4)*

Jesus’s first response was so powerful. Man shall not live by this desire alone, but by every word that comes out of the mouth of God.

**Meaning: This desire does not have a legal claim over you.**

You can choose to stop. You may feel the urges even after reading this book, but you don’t have to live by that anymore. That is freedom. That is breakthrough. *“Man shall not live by bread alone”* is a very radical statement for a man who has stayed away from food for 40 days and was thoroughly hungry.

Jesus, our model of possibilities, made us understand that you don't have to live on anything, no matter how hard you want it. No matter how hard the devil pushes you into it, you radically can stay without it. You have the identity to say, *"I don't need these, I only need the word of God."*

## 2. Do Not Test the Lord

The second response was very powerful also:

*Jesus responded, "The Scriptures also say, 'You must not test the LORD your God.'" (Matthew 4:7)*

This is powerful and transformative. It's just like telling the devil, **"Please, know your place."**

You are actually seated in heavenly places with Christ Jesus, far above principalities and powers. You are a Lord over the devil and his demons. You are not the kind they should be tempting and playing around with.

You need to say it out loud like Jesus. And yes, I know that after saying it out loud, he may still come around tempting you. But once again, just like Jesus did in the third response, put the devil in his place and send him packing.

## 3. The Final Command

Honestly, I love this one specifically because it seemed to bring the final victory.

*"Get out of here, Satan," Jesus told him. "For the Scriptures say, 'You must worship the LORD your God and serve only him.'" Then the devil went away... (Matthew 4:10-11)*

This one is a powerful blow to the enemy. I would like you to get conscious of who you are and deal the devil a powerful blow that will knock him out of your life like this.

It is just like a local dog that is misbehaving and harassing you. Simply saying "go" may not be enough. The dog may still look at you and even continue to do whatever it was doing. But when you shout and get angry at the dog, it will immediately depart.

**You know that "go" and "GO!!!" are not the same thing.**

If our Dear and Precious Lord Jesus had to shout at the devil for him to get out, you can as well learn from Him and put the devil in his place.

If you noticed, at this time when the Lord said to satan “Get out of here,” he really got out. Other times it was as though it was a negotiation. It was like, “*do this*,” and the response goes like “*no I won’t*,” and then the devil continues.

But the Bible says:

*Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. (James 4:7-8)*

Because your allegiance is to God and you are a child of God, you have authority over the devil. Therefore, **Resist the devil, Rebuke him, and he will flee from you.**

Don’t continue negotiating with him as he wants to give you a temporary pleasure in exchange for your glorious destiny. Resist him today.

**SAY THIS WITH A LOUD VOICE FILLED WITH HOLY ANGER:**

**"IN THE NAME OF JESUS CHRIST MY LORD, THOU DEVIL OF ADDICTION, I CHARGE YOU TODAY TO GET OUT OF MY LIFE! GO AWAY FROM ME AND NEVER RETURN AGAIN!"**

## GUIDE 5

### WHO ARE YOU LISTENING TO?

God said to me, "He who has, more will be given to him; and he who does not have, even the little he has will be taken away from him."

*"Consider carefully what you hear," he continued. "With the measure you use, it will be measured to you—and even more. Whoever has will be given more; whoever does not have, even what they have will be taken from them." (Mark 4:24-25, NIV)*

*And he said to them, "Pay attention to what you hear: with the measure you use, it will be measured to you, and still more will be added to you. For to the one who has, more will be given, and from the one who has not, even what he has will be taken away." (Mark 4:24-25, ESV)*

Sometimes we are quick to blame external factors for our constant fall, but Jesus said, **"Pay attention to yourself."**

Pay attention to what you hear, what you think, and what enters you. Who have you been listening to?

#### **That voice of defeat or the voice of God?**

The voice of pornography, masturbation, betting, smoking, fornication, and every form of addiction tells you that there's nothing left of you. It tells you that you are defeated. It tells you that you are small.

**NO!**

God has sent me to tell you that you are not small. You are bigger than you think. You are stronger than your wildest imagination.

Your Father said I should tell you that **you can say no to the urges**. You can refuse the devil and rebuke him.

He said I should tell you that **greater is He that is in you than he that is in the world**.



**THE MOST POWERFUL FORCE ON EARTH IS ON YOUR SIDE.** So where is that force or habit that wants to hold you down?

Listen, if you don't see yourself as big and strong, no one will ever see you that way. The way the world, and even the spirit realm, treats you is based on:

- How you've been seeing yourself.
- What you've been thinking lately about yourself.
- How you perceive your identity.
- Who you think you are.

I stand on the authority of the **WORD OF GOD** and I tell you: **You are strong, big, and powerful.**

When you see yourself bigger, they will see you big and great. Look at this scripture that transformed me into a greater version of myself:

*You whom I took from the ends of the earth, and called from its farthest corners, saying to you, "You are my servant, I have chosen you and not cast you off"; fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.*

*Behold, all who are incensed against you shall be put to shame and confounded; those who strive against you shall be as nothing and shall perish. You shall seek those who contend with you, but you shall not find them; those who war against you shall be as nothing at all. For I, the Lord your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you." (Isaiah 41:9-13, ESV)*

My greatest victory over pornography and masturbation came when I began to see myself the way God sees me: **Bigger, stronger than the habits, powerful in will, and mighty in zeal towards a righteous cause.**

**I am not bound to sin; sin is small and defeated.**

# GUIDE 6

## THEOLOGICAL TRUTH

*God has made us free from the effect and power of sin and death, and has united our bodies with His body. So He said, “Glorify God in your bodies.”*

*Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a harlot? Certainly not! Or do you not know that he who is joined to a harlot is one body with her? For “the two,” He says, “shall become one flesh.” But he who is joined to the Lord is one spirit with Him.*

*Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s. (1 Corinthians 6:15-20, NKJV)*

*Look at that—see how powerful you really are. Just think about it for a while: **how strong can you be?***

*When He said, “Do you not know?” He is asking a question about your consciousness. Do you not know that your body is the Temple of the Lord?*

*Like, don’t you get it? There is no trace of sin in you—**God lives in you!***

*I want you to get this wonderful revelation that God is showing you right now through this writing. You are God’s own Temple, and God indeed has handled this sin thing long ago.*

*Or how do you perceive God? Do you think God and sin will be struggling to possess you? Do you think the Spirit of God is there like a little baby that sin can scare away, leaving you dominated by darkness?*

***That is not so.***

*You need to know who the Holy Spirit is. He is called the **Commander of the Host of the Lord’s Army**. He is the **Mighty Warrior**.*

Look at this:

*When Joshua was near the town of Jericho, he looked up and saw a man standing in front of him with sword in hand. Joshua went up to him and demanded, "Are you friend or foe?"*

*"Neither one," he replied. "I am the commander of the LORD's army."*

*At this, Joshua fell with his face to the ground in reverence. "I am at your command," Joshua said. "What do you want your servant to do?"*

*The commander of the LORD's army replied, "Take off your sandals, for the place where you are standing is holy." And Joshua did as he was told. (Joshua 5:13-15, NLT)*

We are talking about the **Commander of the LORD's army!**

*Jesus said, "Anyone who falls on this stone will be broken, and anyone on whom it falls will be crushed." From the front to the back, He has defeated sin and its power over you. Because He is a jealous God. He called Himself Jealous. He has dealt permanently with this issue of sin, yet you—the recipient—may still be wallowing in sin, not knowing what He has already done for you.*

*Think of it for a second: why will people still die and go to hell, when God Himself gave up His life on the cross? The Son of God died on the cross for everyone to enjoy life and not to perish like one who has no hope. But people still suffer because they do not know or understand what God has done already.*

Let's look at this scripture:

*God presides over heaven's court; he pronounces judgment on the heavenly beings: "How long will you hand down unjust decisions by favoring the wicked? Give justice to the poor and the orphan; uphold the rights of the oppressed and the destitute. Rescue the poor and helpless; deliver them from the grasp of evil people. But these oppressors know nothing; they are so ignorant! They wander about in darkness, while the whole world is shaken to the core. I say, 'You are gods; you are all children of the Most High. But you will die like mere mortals and fall like every other ruler.'" (Psalms 82:1-7, NLT)*

*I am telling you that people suffer for no reason; they struggle without a cause. Why not just get the knowledge of what God has done for you and enjoy a life without struggle?*

*The New Living Translation says: “**They know nothing, they are so ignorant, and as a result of that, they wander about in darkness.**”*

*I pray as you read this that your understanding will be quickened and you will grasp in full measure the length, depth, and breadth of God’s love for you. I pray that you may know truly what He has done for you.*

## **HE MADE ME HOLY!**

*This is so wonderful. I desire so much that you understand this: **He has made you Holy.***

*Look at that text in Joshua chapter 5 again.*

*The commander of the LORD’s army replied, “Take off your sandals, for the place where you are standing is holy.” And Joshua did as he was told.  
**(Joshua 5:15)***

*Did you see that? Let me highlight it again.*

*“Take off your sandals, for the place where you are standing is holy.”*

*Maybe you never fully understood what happened—but this is the reality:*

***When God steps onto a mountain, or even just stays in a place momentarily, that place automatically becomes holy.***

*This is not the first time such a thing has happened. We see it clearly in the story of Moses. The Burning Bush moment was a defining one: it was a normal mountain—until God appeared. Because God was there, the mountain ceased to be ordinary. It became holy.*

*That is the nature of the God we serve.*

*Now, when God steps into your life, I may not know how long you've struggled with addiction, what kind of sin has held you bound, or how messy your past has been—but the moment God steps in, you cease to be ordinary.*

*You cease to be a sinner. Suddenly, **you are now holy.***

*His nature is rubbed off on you. What a God we serve!*

*This revelation changed my life—and I believe it will change yours too. I realized I don't have to try to be holy. Because God is now in me, I am holy by nature.*

*Let me give you an example. Imagine two people trying to get to the third floor of a building.*

- *One tries to jump up there—he struggles, strains, and may never make it.*
- *The other? He simply takes an elevator or escalator and gets there with ease.*

*Two people. Two methods. Two outcomes.*

*The knowledge you are receiving right now is like that elevator. It's lifting you. It is elevating your life. It is taking you to a new level where you can say with boldness: "I belong at the top."*

*And so, in the name of Jesus, I declare:*

- *I refuse to struggle with addiction again.*
- *I am a child of the Most High God.*
- *I am holy in nature.*
- *I refuse to struggle!*
- *In the name of Jesus, I refuse to struggle!*

*Begin to take that confession seriously. Say it now with me:*

***"I know who I am. I am holy. I have the nature of God. I am holy in the name of Jesus!"***

***Thank You, Jesus!***

# GUIDE 7

## HE WILL NEVER FORGET YOU

The Bible helps us understand a powerful moment in Peter's life—when he began to sink, he cried out to God for help, and sure enough, Jesus was right there to catch him.

*But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, “Lord, save me!” And immediately Jesus stretched out His hand and caught him... (Matthew 14:30-31, NKJV)*

This is such a beautiful reminder: God is more present with us in our moments of struggle than anyone else in the world. He is called “**a very present help in time of trouble.**”

Yet, sometimes when we're overwhelmed with sin, we distance ourselves from the presence of God. We feel unworthy of His love—like we've failed Him too much and no longer deserve His grace because we've "fallen short of His glory."

But that's exactly where understanding God as **Father** becomes crucial.

What kind of father throws his child out of the house after a mistake? What kind of father gives up on his child when they stumble?

The Bible speaks clearly about this kind of love:

*Yet Jerusalem says, “The LORD has deserted us; the Lord has forgotten us.”*

*“Never! Can a mother forget her nursing child? Can she feel no love for the child she has borne? But even if that were possible, I would not forget you! See, I have written your name on the palms of my hands. Always in my mind is a picture of Jerusalem's walls in ruins.” (Isaiah 49:14-16, NLT)*

This scripture has been one of my deepest meditations.

Remember—this was spoken in the Old Testament, before the Holy Spirit came to dwell in us. And yet, even then, God said He would not forget His people.

Now imagine us—you and I—who have the Holy Spirit living within us. **Imagine what we carry.** We have the eternal presence of God, the abiding Helper, the Comforter.

Still, many of us often feel like Jerusalem in this passage. We feel deserted, abandoned, and forgotten because of our struggles.

But I'm here to tell you: **God has not left you for even one second.**

He cannot leave you. Don't you get it? He is your dear Father. Even when you feel like your love for Him is weak or fading, His love for you is everlasting and unwavering.

Let's read that verse again:

*"I would not forget you! See, I have written your name on the palms of my hands. Always in my mind is a picture of Jerusalem's walls in ruins."*  
**(Isaiah 49:15-16)**

Isn't that just incredible? God says again and again: **"I would not forget you!"** He says your name is written on His hands. That's intimate; that's intentional.

But there's more... He says, *"Always in my mind is a picture of Jerusalem's walls in ruins."*

Do you understand what that means? **Always in His mind is the picture of your struggle.**

He is not blind to it. He is not ignorant of your pain or weakness. And yet, He still loves you. He still wants to help you.

But here's what the enemy does: After deceiving you into sinning, the devil traps you with guilt and condemnation. His primary goal is to separate you from your Father. He knows your Father will never turn against you, so he tries to make you turn against yourself.

- He feeds you self-sabotage.
- He whispers defeat.
- He wages war in your mind.

So even though God is ready to help, if you reject His help—by running away, wallowing in shame, and shutting yourself off—then you block the very rescue you need.

This is what the devil wants: not just to make you sin, but to make you doubt your Father's love and walk away from it.

**But in our moments of weakness, fear, and shame, the right response is not to run away from God but to run toward Him.**

It is in these moments that we must rely on the strength that the Lord supplies. We must choose to grow closer to Him, not distance ourselves. He is our ever-present help in time of need.

*Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. (Hebrews 4:16, NKJV)*

Notice that word: **boldly**.

- He didn't say come begging.
- He didn't say come crawling.
- He said, **come boldly**.

Yes, even when you've messed up. Yes, even when you feel unworthy. Yes, even when you feel like running away.

He still says, **come boldly**.

### **A Prayer to Say Boldly**

Lord Jesus,

I know that You love me—even more than I could ever love myself. Help me to know Your love more. Help me to grow in Your love. Help me, Father, to never distance myself from You. Help me to run to You always, even in my struggles.

**Amen.**



## GUIDE 8

### HAVE NO FEAR

A young boy I met told me how he has consistently struggled with addiction to pornography and masturbation. As he narrated his story to me, I discovered one underlying factor which was synonymous with my own case many years ago: **The factor of fear.**

This alone has single-handedly limited so many people and has even put them in danger.

What you are constantly afraid of can limit you so much and determine what you can do in life. I remember that I was always afraid of failing God. All my life, I always wanted to please God. I didn't want to fail Him. And that fear limited me so much.

The fear of failing can stop you from doing so many things.

**Have no fear at all.**

What you are afraid of most times will eventually come true. Job said, *"The thing I greatly feared has come upon me."*

As many times as I feared the addiction, I was stuck even more. I want you to know that fear will not help you. Have no fear. Don't be afraid like I was in those days; even the fear of "not pleasing God" will not help you.

The Bible makes us understand that there is no fear in love; rather, perfect love casts out all fear. This shows us that our fear has not been of help at all.

*And God has given us his Spirit as proof that we live in him and he in us. Furthermore, we have seen with our own eyes and now testify that the Father sent his Son to be the Savior of the world. All who declare that Jesus is the Son of God have God living in them, and they live in God. We know how much God loves us, and we have put our trust in his love.*

*God is love, and all who live in love live in God, and God lives in them. And as we live in God, our love grows more perfect. So we will not be*

*afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world.*

*Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. We love each other because he loved us first. (1 John 4:13-19, NLT)*

The antidote for this dangerous venom of fear is **love**. Perfect love casts out all fear, as we see in the scripture. When love has done its perfect work in you, then you will be complete in Him. Allow the love of God to fill your heart today as you refuse to fear.

**Have no fear.**

**Say: "I refuse to be afraid!"**

**"I am not in any way afraid of going back to those struggles."**

**Say out loud: "In the name of Jesus my Lord, I am full of the LOVE of God, and I refuse to be afraid at any point. I cast out every iota of fear in my heart right now by the anointing of the Holy Spirit."**

## **THE FEAR OF FALLING**

The Bible tells us a story that typifies a man who steps out in faith. It shows us someone who decides to live above the norm, above the waves of life.

*Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves. About three o'clock in the morning Jesus came toward them, walking on the water. When the disciples saw him walking on the water, they were terrified. In their fear, they cried out, "It's a ghost!"*

*But Jesus spoke to them at once. "Don't be afraid," he said. "Take courage. I am here!"*

*Then Peter called to him, "Lord, if it's really you, tell me to come to you, walking on the water."*

*"Yes, come," Jesus said.*

*So Peter went over the side of the boat and walked on the water toward Jesus. But when he saw the strong wind and the waves, he was terrified and began to sink. "Save me, Lord!" he shouted.*

*Jesus immediately reached out and grabbed him. "You have so little faith," Jesus said. "Why did you doubt me?" (Matthew 14:24-31, NLT)*

Peter, on hearing that the Lord is above the waters, says, "Lord, if it is truly You, tell me to come unto You." This is like saying, "Lord, call me to step out of my old ways and live above sin."

Here, the waters can be likened to the worries of life, the challenges, the addictions, and the sin. Remember the Bible said: "When the enemy comes in like a flood, The Spirit of the LORD will lift up a standard against him" (Isaiah 59:19).

So this man began walking—living above sin, above those addictions and habits. But the enemy came and plagued the man with the **fear of falling**, the fear of returning to the old habits, the fear of sinking.

And sure enough, the enemy succeeded as the man began to sink down, struggling again. A man who once lived above sin was now struggling.

*But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!" (Matthew 14:30)*

**Fear is the root cause of the struggle.** That same fear made Peter sink.

Say with me: "I refuse to be afraid!"

But thank God for Jesus our Lord. The Bible says concerning Him: "Now unto Him who is able to keep us from falling and to present us blameless..."

He will keep you. Don't be afraid. The devil can do nothing against you. **REFUSE TO BE AFRAID.**

## **THE EXODUS FROM SIN**

The event that transpired between Moses and Pharaoh—forcing Pharaoh to let the children of Israel go—can be explained as the struggle a man bound by sin goes through.

Jesus our Lord made an open spectacle of principalities and powers; He rendered the power of sin and death useless and of no effect. Just like God displayed His mighty power on Pharaoh and his host in the Red Sea.

Someone is asking, *"Why am I still struggling with sin?"* Hmmmmmmmmmm...

God wants to display His awesome power through your life over sin and the devil's hold.

You remember that Pharaoh only saw the Israelites as his slaves.

*When word reached the king of Egypt that the Israelites had fled, Pharaoh and his officials changed their minds. "What have we done, letting all those Israelite slaves get away?" they asked. (Exodus 14:5)*

That is why the Bible says that we are no longer slaves to sin. Just like Pharaoh never wanted the children of Israel to go free, likewise, the devil will never want to let you go free. He will not stop until a **Greater Force** than him pulls you out.

But glory to God who has set us free through the victory we have in Christ Jesus!

That is why the Bible says:

*"Little children, you are of God and have overcome them, for he who is in you is greater than he who is in the world." (1 John 4:4)*

It is not a battle anymore; your victory is more real than the struggle.

I want you, from today, to start focusing on the Greater One in you. I want you to focus on the victory you have won over the devil. Focus on who you are and who Christ Jesus has made you to be. Remove your focus from the struggles you face. Hold on to what is true and meditate on it.

Thank God for it. Think about it. **You are of God!** So you have overcome them. You have overcome all your struggles with sin because you are of God.

## UNDERSTAND WHO YOU ARE

An understanding of who you are is going to help you so much. People sometimes struggle for no reason other than ignorance. If you can only understand who you are

and all He has said about you, then you will begin to enjoy life more and be all that you want to be.

I know that deep down in your heart, you really want to please God. You really want to make Him smile.

You might ask, *"How did I come to that conclusion?"* I know because you wouldn't have picked up this book to read if it didn't mean so much to you. You wouldn't have read to this point if your heart was not desperately yearning to please God.

I was just like that. I wanted to please God so much, but I would always find myself in the mud again and again. There was no kind of discipline I didn't exercise. If it were left to me to press one button and forever end the dopamine and desire for it, I would have quenched it with delight. I really wanted to please God. So the search continued—or should I say, the struggle continued.

I remember one day I was just done doing it, and then in my repentance, I began reading my Bible, hoping light would shine on me and illuminate my path. I studied an account of King Solomon. The Bible gave an account that Solomon loved the Lord, **but...**

I said, *"Yes! I have finally found someone I can relate with."* Someone who was just like me in the Bible, who loved the Lord but was not perfect.

*And Solomon loved the LORD, walking in the statutes of his father David, except that he sacrificed and burned incense at the high places. (1 Kings 3:3, NKJV)*

I often wondered, *"Could this addiction be my own 'except'?"*

I wondered, is it possible that I have a defect in my own life? That truly I love the Lord, but I struggle with this addiction? Is it possible that my fate would be to struggle all through like Solomon did, even though I loved the Lord?

I felt bad and cried. *"Why should there be a dent on my love for God? Who can help me?"*

But thank God for the Holy Spirit. I could find comfort in the Holy Spirit through all my struggles. That is why it is important to really tell you: **DON'T LET YOUR STRUGGLE WITH SIN REMOVE YOU FROM THE LOVE OF THE FATHER.**

## YOU HAVE A CHOICE TO MAKE

At the end of it all, you have a choice, and you have what it takes to make good decisions. I know it's not always easy to say it out loud and clear, but let this serve as a reminder: **you are the one who chooses.**

You are the one who chooses life.

In the days of Moses, as he was receiving the law from God, the Lord said something powerful. He told Moses to tell the children of Israel: *"I have set before you life and death... but choose life, that it may be well with you."*

God was literally encouraging them—and you—to choose life over death. But He won't make the choice for you. You are the one who has to choose. You decide the kind of life you want to live. And the truth is, **you will live the life you choose.**

God wants you to live a good life. God wants you to be free from struggle. **But do you want it?**

That's a real question. Do you really want it for yourself?

You might be thinking, *"Pastor, if I didn't want it, I wouldn't even be here."* Yes, I believe you. But I want to push it deeper—on every level.

**Do you want to get well?**

You know, Jesus often asked people questions before healing them. It wasn't because He lacked the power. He just needed their will to align with His. He would say: *"Do you believe?" "Do you want to be made whole?"*

He came to the man at the Pool of Bethesda—this man had been there for 38 years—and Jesus asked him one simple question: **"Do you want to get well?"**

Now think about that. For 38 years, the man had been stuck there. And yet Jesus asks him if he wants to get well. Why? Because the truth is, not everyone really wants to be well. Many people blame their environment, other people, bad timing—but never confront their own will.

That man didn't answer Jesus directly. Instead, he started explaining why it hadn't happened: *"I have no man to help me into the water..." "Before I get there, someone else enters first..."*

Off-topic. Off-point. Jesus asked, “*Do you want to get well?*”—and the man gave excuses.

Sometimes we struggle, not because help isn’t available, but because deep down, we haven’t really chosen to be free.

Jesus exposed this truth for a reason: You can be stuck, bound, addicted, or defeated—not because there’s no way out, but because you’ve not yet made up your mind.

But if you want to get well—you will be well. If you want to be free—you will be free.

**So make up your mind today.** Decide to be everything God said you are. Decide to stop struggling. Choose freedom. Choose life. Choose peace.

God has already put systems in place for your deliverance. A structure is here to help you—maximize it.

**Now declare with me:**

- “I choose to be free.”
- “I choose to be healthy.”
- “I choose not to struggle with addiction.”
- “I choose to be free in Jesus’ name.”
- “I choose to enjoy the good life God has given me.”
- “I choose not to be bound by anything.”
- “I choose to be everything God has called me to be.”

**In the name of Jesus, I am free. Amen.**

# GUIDE 9

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I remember one day I was just done doing it, and then in my repentance, I began reading my Bible, hoping light would shine on me and illuminate my path. I studied an account of King Solomon. The Bible gave an account that Solomon loved the Lord, **but...**

I said, *"Yes! I have finally found someone I can relate with."* Someone who was just like me in the Bible, who loved the Lord but was not perfect.

*And Solomon loved the LORD, walking in the statutes of his father David, except that he sacrificed and burned incense at the high places. (1 Kings 3:3, NKJV)*

I often wondered, *"Could this addiction be my own 'except'?"*

I wondered, is it possible that I have a defect in my own life? That truly I love the Lord, but I struggle with this addiction? Is it possible that my fate would be to struggle all through like Solomon did, even though I loved the Lord?

I felt bad and cried. *"Why should there be a dent on my love for God? Who can help me?"*

But thank God for the Holy Spirit. I could find comfort in the Holy Spirit through all my struggles. That is why it is important to really tell you: **DON'T LET YOUR STRUGGLE WITH SIN REMOVE YOU FROM THE LOVE OF THE FATHER.**

## YOU HAVE A CHOICE TO MAKE

At the end of it all, you have a choice, and you have what it takes to make good decisions. I know it's not always easy to say it out loud and clear, but let this serve as a reminder: **you are the one who chooses.**

You are the one who chooses life.

In the days of Moses, as he was receiving the law from God, the Lord said something powerful. He told Moses to tell the children of Israel: *"I have set before you life and death... but choose life, that it may be well with you."*

God was literally encouraging them—and you—to choose life over death. But He won't make the choice for you. You are the one who has to choose. You decide the kind of life you want to live. And the truth is, **you will live the life you choose.**

God wants you to live a good life. God wants you to be free from struggle. **But do you want it?**

That's a real question. Do you really want it for yourself?

You might be thinking, *"Pastor, if I didn't want it, I wouldn't even be here."* Yes, I believe you. But I want to push it deeper—on every level.

## Do you want to get well?

You know, Jesus often asked people questions before healing them. It wasn't because He lacked the power. He just needed their will to align with His. He would say: *"Do you believe?" "Do you want to be made whole?"*

He came to the man at the Pool of Bethesda—this man had been there for 38 years—and Jesus asked him one simple question: **“Do you want to get well?”**

Now think about that. For 38 years, the man had been stuck there. And yet Jesus asks him if he wants to get well. Why? Because the truth is, not everyone really wants to be well. Many people blame their environment, other people, bad timing—but never confront their own will.

That man didn’t answer Jesus directly. Instead, he started explaining why it hadn’t happened: *“I have no man to help me into the water...” “Before I get there, someone else enters first...”*

Off-topic. Off-point. Jesus asked, *“Do you want to get well?”*—and the man gave excuses.

Sometimes we struggle, not because help isn’t available, but because deep down, we haven’t really chosen to be free.

Jesus exposed this truth for a reason: You can be stuck, bound, addicted, or defeated—not because there’s no way out, but because you’ve not yet made up your mind.

But if you want to get well—you will be well. If you want to be free—you will be free.

**So make up your mind today.** Decide to be everything God said you are. Decide to stop struggling. Choose freedom. Choose life. Choose peace.

God has already put systems in place for your deliverance. A structure is here to help you—maximize it.

**Now declare with me:**

- **“I choose to be free.”**
- **“I choose to be healthy.”**
- **“I choose not to struggle with addiction.”**
- **“I choose to be free in Jesus’ name.”**
- **“I choose to enjoy the good life God has given me.”**
- **“I choose not to be bound by anything.”**
- **“I choose to be everything God has called me to be.”**

**In the name of Jesus, I am free. Amen.**

# GUIDE 10

## SHINE AS LIGHT

Instead of running away from triggers and playing the avoidance game, Christ Jesus our Lord said something profound and beautiful—yet so simple that even a child could understand. He said, **"You are the light of the world."**

*"You are the light of the world—like a city on a hilltop that cannot be hidden." (Matthew 5:14, NLT)*

This truth changed me forever. I realized: **I am light.** And I say to you: **YOU ARE LIGHT.** *Selah.*

From the practical application of light and darkness, we understand that it does not matter how thick the darkness is—when light appears, darkness has no choice but to flee.

But here is the truth: just like a flashlight on your phone, **light will not shine until it is turned on.**

Jesus said that you are light, just as you can say about your flashlight that it is a light. Even when it is off, it does not stop being a light source. In the same way, Jesus looks at you—even in your struggles, even in your battles—and still declares, *"You are light."* That truth has not changed.

All you need to do is **activate your light.** Turn it on. Shine.

You have gone in circles long enough—it is time to rise! It is time to stop allowing the pressures of the world, temptations, and distractions to dictate your life. **No, no, no!** It is time to shine because you are the light of the world.

You are the one the world will look to and rejoice. You are the one who will shine so brightly that others will find their way out of their struggles. When you are done reading this book, you will share it with others. You will be a voice that calls many into freedom. You will be the one to bring light into dark places because you are light.

So, today, in the name of the Lord, I charge you to shine! Do not struggle. Do not dim your light. Shine, because you are the light of the world. The whole world is waiting for your manifestation.

*“For the earnest expectation of the creature waiteth for the manifestation of the sons of God.” (Romans 8:19, KJV)*

The world is waiting for you! So stop playing small. Stop struggling. Refuse to struggle. Begin to shine. Step into who you are. You were made to shine.

## HOW DO I SHINE AS LIGHT?

Now, you may be asking, *“Pastor, how do I shine as light?”*

Think of it this way: How do you turn on your flashlight? You open your phone and press the button—it is that simple. In the same way, you activate your light by opening the Word of God and seeing who you truly are.

Reading this book is like opening the “settings” of your life. You are beginning to recognize your true identity. And when you open your mouth and declare who you are in Christ, you turn on the light. That is how we do it here.

The moment you confess, *“I am no longer a sinner. I am no longer struggling. I am no longer bound. I know who I am. In the name of Jesus, I shine as light!”—your light turns on.*

Are you ready to turn on your light? Are you ready to shine brightly? **Now, begin to make these confessions with faith:**

- In the name of Jesus, I know who I am.
- In the name of Jesus, I am light.
- In the name of Jesus, my past does not define me.
- In the name of Jesus, I have a glorious future ahead.
- In the name of Jesus, I shine so brightly.
- In the name of Jesus, I am stepping out of struggle.
- In the name of Jesus, I refuse to remain small.
- In the name of Jesus, I help others overcome their struggles.
- In the name of Jesus, I am a voice to nations.
- In the name of Jesus, I am the light of the world.
- In the name of Jesus, I refuse to run away.
- In the name of Jesus, I shine so bright!

Keep saying it. Keep declaring it.

*“So mightily grew the word of God and prevailed.” (Acts 19:20, KJV)*

As you grow in the knowledge of God's Word and keep speaking it, the Word will prevail in your life. Your light will shine brighter and brighter.

I love what Isaac said to Esau in Genesis. Even though Jacob had taken the birthright, Isaac still said something powerful:

*"By your sword you shall live, and you shall serve your brother; but when you grow restless, you shall break his yoke from your neck."* (Genesis 27:40, NKJV)

Did you see that? **"When you grow restless..."**

That means there is a moment when you say, *"Enough is enough!"* There comes a time when you refuse to be bound by anything. You break the yoke off your neck.

In the lifetime of Esau and Jacob, the one who truly lived in freedom was Esau. He built armies and lived prosperously, while Jacob struggled.

When you decide that you will no longer remain in bondage, you will be free forever. When you decide that you will no longer play small, you will rise. When you decide that nothing will dim your light, you will shine so bright!

So refuse to be small. Refuse to be defeated. Refuse to be hidden. You are the light! Do not allow anything to dim your light. Do not allow darkness to prevail. You are the one who will show the world how it is done.

**Say this out loud: "I am light, and I will shine so bright!"**

**One more time: "I am light, and I will shine so bright!"**

# GUIDE 11

## IT IS GOD WHO WORKS IN YOU

The Bible clearly helps us understand that it is God who works in us—both to will and to act according to His good pleasure. I love how the New Living Translation puts it:

*For God is working in you, giving you the desire and the power to do what pleases him. (Philippians 2:13, NLT)*

He gives us both the will and the desire to please Him.

It's not always about us, even though we have a choice to make. When we understand this, we learn to surrender control and allow God to work in us—to shape in us a desire to always please Him.

Remember that under the Old Covenant and the Law, the people tried hard to please God. They genuinely wanted to keep the laws that were given to them. They aspired to be as holy and righteous as God desires us to be. But no matter how hard they tried, no one could achieve this.

**Why?** Because our natural desires are contrary to the desires of God. Paul spoke emphatically about this, saying that the things he wants to do, he often doesn't do; but the things he doesn't want to do, those are the very things he finds himself doing.

From this, we understand that it is God who enables us—it's not about our own efforts. **God empowers us to do His will.**

Please acknowledge this simple but powerful truth and confess it:

**"God is at work in me. He gives me both the desire and the power to do what pleases Him."**

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## TAKE HOLD OF THIS GRACE

*God's law was given so that all people could see how sinful they were. But as people sinned more and more, God's wonderful grace became more abundant. So just as sin ruled over all people and brought them to death, now God's wonderful grace rules instead, giving us right standing with God*

*and resulting in eternal life through Jesus Christ our Lord. (Romans 5:20-21, NLT)*

This grace is available for us to take hold of—to lift us out of our struggles with sin. You are fully covered by this grace.

**So, just like you would trust a parachute, grab hold of God's grace and take the leap.**

It is strong enough to carry you. You can't tell me you'll fall when this grace is holding you up! It is wide enough to cover every sin. It is big enough that no matter how many times you've fallen or failed, this grace can sustain you and carry you safely through your journey on earth.

This grace is what sets us apart from those under the Old Covenant. As much as they tried to please God, they couldn't. But for us, it's a different story. We are made right with God—not by effort or striving, but by grace and truth through Jesus Christ, who died for us and gave us His life.

*But God showed his great love for us by sending Christ to die for us while we were still sinners. And since we have been made right in God's sight by the blood of Christ, he will certainly save us from God's condemnation. For since our friendship with God was restored by the death of his Son while we were still his enemies, we will certainly be saved through the life of his Son. So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God. (Romans 5:8-11, NLT)*

This grace truly made us **friends of God**.

So now the situation has been reversed—we don't strive to please God to earn His approval. Instead, we recognize that He is already pleased with us through Christ. Our responsibility now is to respond to this grace—to live in it, to enjoy it.

We are meant to receive this grace and enjoy everything that Jesus paid for with His life. **Don't struggle anymore. He has paid the full price for you.**

Let me say that again: Don't struggle anymore—He has paid in full. It's time to enjoy all that God has given you.

Sometimes I find myself overwhelmed by how much the Father loves us. He's given us everything. Best of all, He gave us His name. And in that name is our reality, our



identity. His name is who we are. We can identify with His name. And in that name, we are empowered to live free from sin and walk in victory.

So today, I present to you the grace of God. **Take hold of it. Don't let it go. Stop struggling.**

God didn't create you to live in constant struggle. He already struggled and suffered—He literally died for you. So now, it's your turn to live in the fullness of what He purchased for you.

**Declare this with me:**

- I embrace the grace of God. In the name of Jesus, I refuse to struggle.
- I am a success. I am a child of the Most High God.
- I have overcome the world. Therefore, I refuse to struggle.
- I embrace the grace of God. I take hold of the grace of God. I grab the grace of God, and I fly with it.
- I will not crash. I am not afraid. I have the grace of God.
- In His name, through faith in His name, I walk in victory.

**One more time: I take hold of the grace of God, and I refuse to struggle.**

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## **LOOK AND LIVE**

This is a prophetic pathway—a divine strategy—to live in constant victory and freedom from the grip of sin and addiction.

There's a powerful story in the Bible that illustrates this truth. The children of Israel were being attacked by poisonous serpents as a result of their rebellion. They were dying, struggling, and desperate. But then God gave Moses a prophetic instruction that was both simple and profound—a foreshadowing of what Christ would later do for us.

God told Moses to make a bronze image of the very thing that was destroying them—a serpent—and to lift it up on a pole. The serpent, now lifeless and made of bronze, represented their defeated enemy. Then God declared that anyone who looked at that bronze serpent would live.

Think about that: **All they had to do was look—and live.**

Imagine being bitten, with poison coursing through your body, struggling to breathe. You're on the verge of death. Yet God says, "*Look at the serpent—and live.*" Not strive. Not struggle. Not sacrifice. **Just look—and live.**

That's how powerful the prophetic word of God is. It may seem too simple to be true, but it's the truth that sets us free. If you will only believe and look, you will be free—just like those Israelites who obeyed.

Someone could barely breathe, barely whisper. But with their last ounce of energy, they turned and looked—and immediately they were healed. They lived.

### **What does this mean for you and me today?**

It means the very thing that's trying to defeat you—the addiction, the sin, the guilt, the shame—has already been defeated on the cross.

Jesus, our Lord, took on human form. He walked our walk. He faced temptation, sorrow, pain, and suffering. And He bore our sin on the cross. Just as Moses lifted up the serpent in the wilderness, Jesus was lifted up on the cross—defeating the power of sin and death once and for all.

The Bible says:

*"Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them by the cross."* (Colossians 2:15, NKJV)

He disarmed them. He spoiled them. He disgraced them. He made an open show of their defeat. And He declared: "*O death, where is your sting? O grave, where is your victory?*"

So now, addiction has no power over you. That sin that's tried to shame you, defeat you, and keep you questioning your relationship with God for years—it has been nailed to the cross. It has been rendered powerless.

As you look to Jesus—lifted up, crucified, and victorious—you realize that what once looked unbeatable has already been beaten. **Hallelujah!**

Imagine a child being bullied for years, only to one day realize that the bully is much younger, much smaller, and far weaker. The moment that truth is revealed, everything changes. Confidence rises. Fear vanishes.

The Bible says:

*“You are of God, little children, and you have overcome them, because He who is in you is greater than he who is in the world.”  
(1 John 4:4)*

**That’s your reality.**

So I charge you today:

**Look—and live.**

**Look—and live.**

**Look—and live.**

**Look—and LIVE.**

# GUIDE 12

## DON'T LET THE DEVIL MESS WITH YOUR IMAGE

I began to realize through my experience and struggle with addictions that the attack of the devil is not primarily to get you to commit sin. The sin and the addiction are only a means to an end.

**His end goal is to make you feel less than you actually are.**

He wants you to see yourself in a distorted way: as a sinner, as someone defeated, and as someone who cannot help themselves.

I would like to take time to analyze each of these feelings we often feel.

### 1. THE LIE OF "THE SINNER"

This label is untrue—completely untrue—though many believe it. But do you even realize it?

If you are born again, you have a new nature. You are a new creation in Christ. You are not of this world anymore. Sin can no longer have dominion over you because now you have the nature of God, since you are now born of God.

*Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new. (2 Corinthians 5:17, KJV)*

*And ye know that he was manifested to take away our sins; and in him is no sin. Whosoever abideth in him sinneth not: whosoever sinneth hath not seen him, neither known him. (1 John 3:5-6, KJV)*

The Bible clearly states that "*Whosoever abideth in him sinneth not.*" This is indeed true and trustworthy.

The verse above says that **in Him there is no sin**. If we are in Him, then we have no sin! For in Him we live, in Him we move, and in Him we have our being.

*For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring. (Acts 17:28, KJV)*

I know you may have never heard it put like this before, but know for a truth that these are the secrets God shared with me that changed me forever. I stopped struggling after realizing these truths.

I love the Bible indeed. It says, **"We are His offspring."**

And so, I always ask: **Can a lion give birth to a goat?** Or have you ever seen a goat give birth to a lion? Even though they are both four-footed beasts, their nature differs.

As you know, it is only normal for a lion to produce and give birth to a lion. So also, it is only normal for a Holy God, full of Glory and Righteousness, to produce after His kind: **a righteous, holy, and pure offspring.**

An understanding of this will change your life forever. You will never be the same after you have chosen this good part of knowledge.

Although this is true, many do not believe in it enough to incorporate it into their consciousness. They allow the devil to say something else that is not true.

Someone may say, *"But Pastor Godly, is that really what that Bible verse is saying?"*

Well, if you don't believe that one, I will show you another place. For in the agreement of two or more scriptures, all arguments are refuted.

*We know that whosoever is born of God sinneth not; but he that is begotten of God keepeth himself, and that wicked one toucheth him not. And we know that we are of God, and the whole world lieth in wickedness. And we know that the Son of God is come, and hath given us an understanding, that we may know him that is true, and we are in him that is true, even in his Son Jesus Christ. This is the true God, and eternal life. (1 John 5:18-20, KJV)*

## **2. THE LIE OF "THE DEFEATED"**

Feeling defeated is one of the foremost attacks of the devil. It is that point where you have tried again and again, and now you begin to feel crushed because you are not able to do what you want to do.

One thing you need to know is that no matter how bad it has been, **you are not defeated.**

Really, there is no force on earth, in heaven, or in hell that can stop you or even think of defeating you, because **you have overcome the world.**

I would like to show you a scripture:

*Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world. (1 John 4:4, KJV)*

I believe when you realize that you have overcome, it will help you to know that you can never be defeated.

One more time, I tell you: **YOU ARE OF GOD, AND YOU HAVE OVERCOME THE WORLD.**

So where is the defeat coming from? That feeling of defeat is just a mirage; it is not real.

Another scripture that encourages me so much is this:

*And such trust have we through Christ to God-ward: Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God. (2 Corinthians 3:4-5, KJV)*

This is so powerful and very transformative. That means I can't be defeated because my sufficiency is of God. God has made me able. He has qualified me.

That means nothing is wrong with me and I am perfectly okay. We have such trust through Christ toward God; we are sufficient in Him, and through Him, we can never, ever be defeated.

We are always victorious. We can trash the feeling of being defeated and really embrace the reality of God.

**WE CAN NEVER BE DEFEATED.**

# GUIDE 13

## PRAY YOUR WAY OUT

The Bible says:

*Walk in the Spirit, and ye shall not fulfil the lust of the flesh. (Galatians 5:16, KJV)*

This is important. Without it, you will have a life of constant struggle and inconsistencies. You need to keep your devotional life always on fire.

Your devotional life is one of the most important things in your existence. You need to maintain it always. God commanded the Levitical Priests that the fire must not go out on the altar. It must always be burning.

*And the fire on the altar shall be kept burning on it; it shall not be put out... The fire must be kept burning on the altar continually; it shall not go out. (Leviticus 6:12-13, NKJV)*

This not only helps you to stay aglow with God, but it is vital for your sustenance and relevance on earth.

In the Old Testament, the light in the Holy Place was powered by the lampstand. If that fire went out, there would be no light in that part of the sanctuary. That means no one would be able to see in the sanctuary. In the same way, if your devotional fire goes out, your spiritual vision becomes dim, and you lose your direction. **You must keep the fire burning!**

Prayer is very important. It will not be good if I don't teach you how to pray. Although prayer alone may not instantly remove every struggle, prayer can never be overemphasized. **Please, pray!**

Jesus taught on this clearly:

*"Men ought always to pray and not to faint." (Luke 18:1)*

Another time, He said:

*"Watch and pray, that you do not enter into temptation; the spirit indeed is willing, but the flesh is weak." (Matthew 26:41)*

He really encouraged us to pray and to give ourselves to prayer. And surely, I will not say that prayer has not helped me.

You know, when you pray, you feel better. I don't know about others, but truly, I've taught it many times and I hope I've practiced it. It's always the same result: **when you pray, you are relieved**. When you pray, you get better. You really improve when you pray.

As you speak in tongues, you edify yourself. The Bible says:

*"For he who speaks in an unknown tongue speaks not unto men, but unto God." (1 Corinthians 14:2)*

And again:

*"He who speaks in a tongue edifies himself." (1 Corinthians 14:4)*

Therefore, beloved brethren, the Scriptures further declare:

*"The effectual fervent prayer of a righteous man makes tremendous power available." (James 5:16)*

And also:

*"But you, beloved, building yourselves up on your most holy faith, praying in the Holy Ghost." (Jude 20)*

So I don't know if we can ever overemphasize prayer. There is nothing too much we can say about it. Prayer is important.

**Please give yourself to prayer.** If you can speak in tongues, speak in tongues. If you can prophesy, prophesy. But by all means, give yourself to prayer. Give yourself to the Word. Give yourself to the things of the Spirit, and you will see your life shine so bright in the realm of the Spirit, where you truly are a light.

As you pray more and more, your spirit man begins to glow. Pray with all manner of prayer and supplication.

And when you are praying, don't just say, *"God, deliver me from this addiction,"* and go. **No — that is not the right approach.**

Instead, pray like this: *"Father, I thank You. I know who I am. I am conscious of who You have made me to be."*



That is the kind of prayer I'm talking about—where you have declared the Word of God and you are waging war against your former beliefs and circumstances with the true reality of who God has made you to be.

You say: **“In the name of Jesus, I am the righteousness of God in Christ Jesus. I know who I am. I am not addicted. I am not a sinner. Sin shall not have dominion over me because I know who I am in the name of Jesus.”**

You speak in tongues. You declare: **“I am a light. I shine so bright. I refuse to let darkness comprehend me in the name of Jesus. I shine so bright in the name of Jesus. I know who I am and I am conscious of who I am.”**

That is how you do it.

- Keep speaking in tongues.
- Keep praying.
- Keep praying.

And the Lord will make you into what you are declaring with your words.

The Bible says:

*“For with the heart man believes unto righteousness, and with the mouth confession is made unto salvation.” (Romans 10:10)*

You believe it in your heart, and you confess it in prayer. You declare your reality and who God has made you to be. **I know who I am in the name of Jesus.**

## **A CALL TO PRAYER**

As you are reading this, my brother, my sister, begin to pray. Did the Bible not say:

*“The effectual fervent prayer of a righteous man makes tremendous power available, dynamic in its working.” (James 5:16)*

That power can make you into who you are supposed to be. That power can edify you and strengthen you.

As you are reading this, begin to pray. Pray like you've never prayed before.

**Say: “Lord, I know who I am. I refuse to settle for less. I refuse to struggle. I know who I am in the name of Jesus.”**

Begin to declare it. Thank Him for it.

Say: “Thank You Lord Jesus that I don’t struggle.”

“Thank You Lord Jesus that I don’t struggle with any addiction.”

“Thank You Lord Jesus that I am a success.”

“I am not addicted.”

“I am holy.”

“I know who I am in the name of Jesus.”

## GUIDE 14

### BE STRONG AND VERY COURAGEOUS

The Lord has already commanded you to be strong and very courageous again and again in His word. That is very transformative and life changing.

*“Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.” (Joshua 1:9, KJV)*

Truly, God has already commanded you to be strong, so lack of strength becomes disobedience. It actually takes courage to stop and turn. So He says to you: **be strong and very courageous.**

Sometimes the addictions we struggle with have a way of beating us hands down. We come to a point where we surrender and say, *“It is only God that can help me.”* And for some, it even gets to the point of giving up on God, feeling like, *“Well, I guess I will struggle with this for life.”*

I got to that point in my own struggle with addiction. I thought to myself, maybe this is just my weakness. I gave up on trying to stop because every attempt only led me deeper into the struggle.

**But it takes courage to change.** And you need strength to be courageous.

That is why God said, **be strong and very courageous.**

You must be strong first, and then very courageous.

The strength we are talking about is not something that will fall from the sky. If you read the verse well, God did not say, *“I will make you strong.”* He said, **“Be strong.”** That means it is something you can do. It is something placed in your hands. You have the authority. You have what it takes. You just need to be strong.

So be strong and very courageous. Do not be afraid or dismayed, for the Lord your God is with you wherever you go and in whatever you do.

## **THE SOURCE OF STRENGTH**

Another place in the Bible says:

*“The people that do know their God shall be strong, and do exploits.”*  
**(Daniel 11:32, KJV)**

So we realize that our strength comes from **knowing God**—understanding who He is and understanding what He has said about us. Strength comes from knowing God, and that is beautiful.

Because when we know Him, we become stronger. And when we are stronger, we are very courageous. And when we are very courageous, nothing can stop us. **Hallelujah!**

He said, *“Have I not commanded you? Be strong and very courageous, for the Lord your God is with you wherever you go.”*

And He also said:

*“This Book of the Law shall not depart out of your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it.”* **(Joshua 1:8, NKJV)**

Then He followed it immediately with:

*“Have I not commanded you? Be strong and very courageous...”* **(Joshua 1:9, NKJV)**

Your strength comes from knowing who He has made you to be. Your strength comes from knowing who He is.

The Bible says:

*“...because as He is, so are we in this world.” (1 John 4:17, NKJV)*

And again:

*“But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.” (2 Corinthians 3:18, KJV)*

- We are transformed into another man.
- We are changed into another personality.
- We become better.
- We become stronger.

As we look into the reality of God and who He is, we begin to change.

So God said to Joshua: *“This Book of the Law shall not depart from your mouth. Meditate in it day and night.”*

As you meditate, you begin to get stronger. You realize who you are. And then you become courageous.

So our ultimate strength comes from knowing who our Father is and realizing that we have His nature—that we are just like Him.

The Bible says:

*“When He shall appear, we shall be like Him.” (1 John 3:2, NKJV)*

Understanding that we share the same nature with God helps us to know what is normal for a child of God and what is not.

Just like a child who cannot yet walk or talk but watches people around and realizes what is possible—in the same way, when we begin to look at our Father, we see His nature. We see who He is, and we realize that we are just like Him.

The Bible says God is holy. That does not mean God struggled with sin and overcame it—**holiness is His nature**. And we who are born of God share that same nature.

Even if right now you look like someone struggling with addiction, when you begin to look at your Father, meditate on His Word, and realize His nature, you begin to be metamorphosed into that same nature of holiness.

Again, the Bible says: *"We are changed into another man."*

That is what happens when we begin to look inside.

**Say to yourself: "There is a treasure within me. I look inside and I bring out that treasure. Hallelujah!"**

So now you have realized how to be strong. You have learned how to be strong and very courageous.

**So I say to you: Be strong and very courageous. Do not be afraid. Do not be dismayed. For the Lord your God is with you.**

**Say it:**

- I am strong.
- I am very courageous.
- I am strong.
- I am very courageous.
- I know who I am.
- I am a child of the Most High God.
- I have no fear in me because I am strong and very courageous.
- In the name of Jesus, Amen!

# GUIDE 15

## A SENSE OF COMPLETION AND WELLNESS

This is a concept that cannot be overemphasized. Sometimes we feel incomplete, believing we need just "one more thing" to make us whole.

For instance, as a young man, you might feel that you need sex to complete you, or that you need to masturbate to feel like a real man. You might even be pressured by society to think that you must be in a relationship, and if you aren't, something must be wrong with you.

As a young lady, you may feel like you need a certain wig to complete you, or that you need to use the latest phone and gadgets. You may feel like, "Everyone else has a boyfriend except me."

This feeling of lack will often drive us back to our knees where we are constantly struggling with these habits.

God desires to bring you to that point, through the Holy Spirit, where you know in fullness that you lack nothing. He wants you to reach the point where you know you are complete in God and realize that there is nothing the devil offers you cheaply that you do not already possess.

If we look at the temptation of Jesus our Lord, we will understand fully the scheme of the devil and how he wants to trick us into a mindset of lack.

*Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry. During that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread."*

*But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'"*

*Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple, and said, "If you are the Son of God, jump off! For the Scriptures say, 'He will order his angels to protect you. And they will hold you up with their hands so you won't even hurt your foot on a stone.'"*

*Jesus responded, “The Scriptures also say, ‘You must not test the LORD your God.’”*

*Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. “I will give it all to you,” he said, “if you will kneel down and worship me.”*

*“Get out of here, Satan,” Jesus told him. “For the Scriptures say, ‘You must worship the LORD your God and serve only him.’”*

*Then the devil went away, and angels came and took care of Jesus.  
(Matthew 4:1-11, NLT)*

You can clearly see the devil repeating himself over and over. What was he trying to achieve?

Can you see it? Look closely—it is the same strategy every time. He wants to make you feel like you don’t have enough. He will make you feel like you are lacking something.

The same plot played out with Adam and Eve. They were tricked by the devil into believing they lacked a certain ability or status—into thinking that they were not enough—and they really believed him. They were naive and inexperienced, but even so, they played into the lack mentality. That was the exact spot the devil wanted them to be.

He is still the same old devil; his ways are predictable and easily spotted if you are sensitive to patterns. The Bible helps us to recognize these things easily.

*Lest Satan should get an advantage of us: for we are not ignorant of his devices. (2 Corinthians 2:11, KJV)*

I also love the NLT translation:

*so that Satan will not outsmart us. For we are familiar with his evil schemes. (2 Corinthians 2:11, NLT)*

You need to be familiar with his schemes. That is what I am doing by teaching you the Word of God here. From today, you are going to study the Word of God for yourself. Study it story by story. That is how you understand what is happening, rather than just reading one chapter per day mechanically. When you read it story by story, you actually enjoy it; it’s as if you are watching an interesting movie.

Please, don't be ignorant. We have a deceiver as an enemy. So, instead of thinking he is merely pushing you to keep watching harmful content, or that he is simply trying to bring you down to that addiction, understand his tactics and his wiles. No one wins a battle without understanding the nature of the enemy.

It is true I have said to you: **YOU ARE OF GOD** and you have overcome the world. However, you also need to know how the devil fights and how he has constantly defeated many. Please don't be ignorant. We have a wicked enemy fighting with all he has.

Make up your mind to know all that God has given to you and all that He has made you into. Know it well for yourself. Know that you are complete and that nothing is wrong with you.

## **YOU ARE NOT ALONE**

The feeling of loneliness has a huge impact on our struggle with sin and addictions. Because this is not often talked about, we tend not to even notice the impact it makes in our lives.

I used to feel lonely and insecure all the time. I felt like I needed someone or something to complete me.

The surprising truth is that I didn't even realize this until God showed me. The serpent of loneliness was hidden in me all the while, releasing dangerous venom that caused me to go back again and again to habits and addictions.

But listen to me: **There is nothing wrong with you.**

You are complete in Christ Jesus. You need to know that always. Remember that you are okay. Remember that you are amazing.

Realize that you are special and important. You have overcome them—I mean those urges and those desires.



# GUIDE 16

## THE CONSCIOUSNESS OF YOUR VICTORY

Sometimes we feel like we are still in the pit, but we are not. The devil tries to lie to us that we are still there, even though we are no longer there.

Have you ever had your phone in your pocket while you were busy searching for it all around your house? I've been there before. It is one of the dumbest things we can ever do. Lack of consciousness makes us act foolishly; it makes us do things that do not align with reality.

The devil preys on that lack of consciousness, and he takes advantage of it. That is why Paul said we are not ignorant of his devices. However, a lot of people *are* ignorant. They don't know who they are, and they are not conscious of their victory.

Today, I want to bring you to the consciousness of your victory. We are not trying to overcome addiction; actually, you have overcome already.

The Bible says that whoever is born of God has overcome the world. In 1 John, the Scripture is clear concerning you:

*“You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.” (1 John 4:4)*

You come from God. You have overcome the world because greater is He that is in you than he that is in the world.

There is no mountain bigger than the God on your inside. There is no temptation bigger than the God on your inside. There is nothing you are struggling with that your spirit has not overcome already.

But are you conscious of your victory?

You need to be aware of your victory, and you need to step out boldly and enjoy the victory that you have in Christ Jesus. It is not that you *will* overcome; you *have* overcome already. You have won the victory over the devil and a big victory over addiction.

So, I want you to wrap yourself up with the consciousness of your victory in Christ Jesus. Begin to say:

*"I am aware that I have overcome this addiction. I may feel weak, but I have overcome. I know who I am. I am not struggling. I am not a sinner. I am not trying to overcome; I have overcome in the name of Jesus."*

Begin to meditate on it. Begin to think on it. We are often readily available to worry too much, but we ponder too little. I want you to ponder on this as you read this chapter. Hold on to it. Bring yourself to that consciousness as you meditate.

Christ Jesus died for you. He has already paid it all. He gave you the victory because you were dead with Him in baptism, and you were buried with Him in baptism. When He rose, you rose with Him. That is what we are talking about.

You are no longer a sinner. You are not an addict. You are not a struggler. You are a child of the Most High God—redeemed, victorious, holy, and clean. Don't be afraid of anything. Hallelujah!

Say this:

*"I am not afraid. I know who I am. I am conscious of my victory in Christ Jesus. I am aware that I have overcome the world. I am not afraid of anything. I live here! Glory to God."*

# GUIDE 17

## ARE YOU SCARED?

I once saw a video of a child getting ready to skate with his father. The father looked at him and asked, "Are you scared?"

With all boldness, the child responded, "No, I am not scared, for I know you will catch me."

The video went on to show different scenarios where fathers risked their own lives just to save their children. They didn't mind taking the fall, as long as their child was safe and unharmed.

As I watched, I received instruction and inspiration.

If earthly fathers are willing to go to such lengths to protect their children, how much more the Father in heaven, who loves you infinitely more?

He will go the extra mile to catch you when you fall. He didn't hesitate to give up His own life—enduring shame, suffering, and pain—just so that you could come to Him, cleansed and free. Your sins count no more because He gave Himself for you.

But let me ask you: **Are you scared?**

Are you afraid that even after reading this book, you might still be tempted to return to the struggle? Are you afraid that you might fall again?

It is time to answer like that little boy:

*"I am not scared, for I know You will catch me when I fall."*

Often, we trust too much in our own efforts. We rely on our strength, our willpower, and our determination to resist sin. We tell ourselves, "I will do everything within my power to overcome."

But here is the truth: No matter how hard you try, your own power cannot save you. It never saved anyone in the past, and it will not start with you.

But there is something greater—something that has saved not only me, the one writing this book, but also billions of others from the chains of addiction and sin.

That something is the love of the Father.

*"Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love." (1 John 4:18, NLT)*

Fear is what keeps people trapped in sin. Fear is what causes them to struggle again and again. Fear is what whispers, "What if I fail? What if I fall again?"

But perfect love expels fear.

So again, I ask you: Are you afraid of falling again?

**Have no fear.** Your Father is right there to catch you.

So confess your trust in Him as you say:

*"Precious Father, I am not afraid! I know You will catch me if I fall.*

*Father, I trust in You more than I can ever think of trusting myself.*

*Father, I refuse to be afraid, because I know: GREATER IS HE THAT IS IN ME THAN HE THAT IS IN THE WORLD.*

*Father, I depend on You. Thank You, Sir."*

## GUIDE 18

### DON'T EVER FORGET

The sin you enjoy cost the One who loves you the most **His life**. That is how dangerous it is.

You cannot tell me you enjoy doing something that is both harmful and deadly. Sometimes, we engage in things without fully understanding the consequences. And when I say consequences, I do not mean that sin has any real power over us, but rather that it came at a **great cost**.

Sin was costly—it took **the death of our Lord and Savior, Jesus Christ**, for us to be brought out of the mess we created for ourselves. Out of the things we once found pleasure in.

A realization of this truth changes everything. When you understand that **your freedom cost your Father so much**, it will stir up something inside you. It will cause you to **hate sin** with all your heart.

You must develop a deep hatred for anything that tries to keep you bound. You must have an inner resentment toward it. You cannot love something that **cost your Father His life**.

Think about this: When you buy something very expensive—perhaps a gold ring, a diamond necklace, or an artifact of great value—you handle it with the utmost care. You protect it because you know **its worth**.

This is exactly how the Father treasures you. He loves you so much that He does not want anything to harm you. Nothing you do can separate you from His love—it is true. But here is the question: **Do you realize how costly your redemption was?**

It cost **the very life of Jesus**. You cannot afford to take this lightly.

How can you continue entertaining something that **took the life of the One who loves you the most?** How can you enjoy what nailed Him to the cross?

If you truly understand the price that was paid for you, you will not just **avoid sin**—you will **despise it**.

This is deeper than just being aware of your identity in Christ. If you do not have a **holy hatred for sin**, if you do not **reject** it, if you do not deliberately **keep yourself from it**, then you are playing with something too expensive to be taken lightly.

This is serious. This is no joke.

**Sin cost the life of the One who loves you the most.**

Why would you willingly cause Him pain? Why would you return to the very thing He worked so hard to pull you out of?

Yes, I know—we have heard the popular teaching that *grace covers everything*, and that is true. But **how would you feel if you were in His position?** If you were the one who gave everything for someone, and they treated it like nothing, how would you feel?

**He gave His life for you!**

Don't you understand? He gave His very best for you. He did everything within His power to rescue you. You cannot tell me you are still struggling because **you enjoy it**.

You enjoy something that cost Him His life?

You enjoy something that placed Him in a tomb for three days and three nights?

**How can you?**

That is why I refuse to accept it when people say, *"I can't do anything about it."*

**Yes, you can.**

I have taught you extensively in this book, and I have shown you **it is within your power to do something**. So stop making excuses. **Hate sin. Reject it. Step out of it.**

Why would you desire something that cost **someone's life**?

Even if it had been the life of a **stranger**, it would still be too expensive. But this was not just any man—it was **the life of God Himself**.

Let me explain further:

**Jesus is not just an ordinary man—He is GOD.**

Yet, He **left His throne**. He humbled Himself. He became human. He **chose** to die a brutal death.

**It was that serious.** It was that expensive.

You cannot tell me you still enjoy the very thing that took His life.

**Step out of it.**

Get out of that place. Get out of that mindset. You cannot continue playing with this—it is too costly.

**John 3:16 (KJV)**

*"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."*

**God loved you this much.** He gave Himself for you.

Do you even realize what it took for Him to go to the cross? Do you understand the shame He bore?

At any moment, He **could have walked away**.

He had the power to **stop everything**. He could have called on angels to rescue Him. He could have refused to bear the pain.

**But He didn't.**

For your sake, **He endured it all**.

He was stripped, beaten, and nailed to a cross. He hung **naked** before the world. He suffered humiliation. He endured mockery. He **chose** to stay on that cross **because of you**.

Then, for three days and three nights, He lay buried in the earth.

Finally, **victory was won!**

But look at **the cost**.

**It cost the very blood of God Himself.**

**Don't you get it?**

This is **serious**. This is **not a small matter**.

You cannot take sin lightly anymore. You cannot continue to entertain something so deadly.

It is time to make a choice. **Reject sin. Hate it. Walk away from it.**

Because **you were bought with a price**.



# GUIDE 19

## REMOVE YOUR FOCUS FROM THE DON'TS

Oftentimes, we are always trying to figure out the do's and don'ts. As a pastor, I have seen so many people ask questions like, "Is this wrong? Is that wrong?"

We often want to know how far we can go and still be okay. But that is not helpful at all. It will not save you or make you any better.

Another thing I see is that people try so hard not to do the "don'ts" after they discover them. It becomes a struggle—an unending struggle at that.

*Nay, I had not known sin, but by the law: for I had not known lust, except the law had said, Thou shalt not covet. But sin, taking occasion by the commandment, wrought in me all manner of concupiscence. For without the law sin was dead. For I was alive without the law once: but when the commandment came, sin revived, and I died. (Romans 7:7-9, KJV)*

It is almost as if the more you are told not to do something, the more you find yourself doing it. The more you focus on the don'ts, the more you do them.

I remember as a young boy, I wanted to date, but every time I told my mom that I liked someone, she'd say, "Keep clean, keep pure." Before then, I never imagined that during dating you could begin to do "dirty things." I just never knew things could go wrong.

When I eventually started dating, I began to once again look for the don'ts. "Don't do this, don't do that" became the theme of the dating phase. But the more I learned the rules, the more I gravitated towards breaking them.

They said, "Don't hold hands together." Well, that made me want to hold hands even more, and the opportunities to do so increased. They said, "Don't hug for long." You know what happened? The hugs became longer.

One major reason I struggled there was because of the rule: "Don't kiss." Before then, I never really thought of kissing until I heard "don't kiss." I told the young lady, "We will not do this, we will not do that." But it was as if the more we set the boundary, the more we crossed it, even with greater determination.

I don't even fully understand it, but this is the reality of life: if you keep looking at the don'ts, you will keep crossing them. You will keep doing it.

So, remove your eyes entirely from it. Remove your eyes from the don'ts and focus on the things that you *can* do and *should* do.

Paul gave us advice on what to focus on: whatever is holy, whatever is clean, whatever is of good report, if there be any virtue, if there be any love—these are the things you should think on.

Yes, focus on the good things—the things that you should do to make it. Remove your eyes from the don'ts because the more you are exposed to the don'ts, the more you do them.

So stop searching for "What should I not do? Is it bad to do this one? Is it bad to do that one?"

No, no, no, my dear. Stop thinking like that. Instead, ask, "What should I do?" For now, that is what you should think about. Go ahead and do what you need to do. Ask yourself, "What kind of things can I think about?" and then think on those kinds of stuff. "What kind of things can I do now?" and then do those kinds of things.

That is how you become better and victorious. Listen, you are a child of the Most High God. You are not a slave. God wants you to literally have a good life, so don't box yourself in. Don't cage yourself. Refuse to go through that unending circle of struggle. It is time to mount up higher and enjoy the good life that God has given to you.

Focus on the good things that you would do. The Bible says in Philemon:

*That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus.*  
**(Philemon 1:6, KJV)**

As you look inside at the good things that you can do, the good things that are in you already, and the good things that you should do, you become more effective in your walk, and you get better and better. Hallelujah!

So declare this:

*"I am amazing. I am smart. I am wonderful. Nothing is wrong with me. I am excellent. I am okay in the name of Jesus. Amen and Amen."*

## **ANYTHING YOU GIVE ATTENTION TO GROWS**

This is such a paradox. We think that by actively fighting against addiction, we can win our battle against it. But no, it doesn't work like that at all. In fact, the opposite happens.

We have seen this play out again and again in the Bible. There was a terrifying moment where the disciples of Jesus were in the middle of the ocean, and they really began to panic as they saw the storms raging. The more they contemplated it, the more their fear grew. The more they thought about it, the worse it became. It is a big paradox.

I have seen people fight addictions. I, too, have fought the urges to sin with all my strength. It never profited me, nor did it help me in the slightest.

Another time, our Lord Jesus told Peter to come up to Him on the water. That truly was a symbolic picture of our new nature in Jesus—the nature that lives above the odds of the world. A nature that sees no limit.

But that nature must fix its eyes on Jesus and remain focused on Him and Him alone. That nature must be very bold and courageous. It takes courage to step out of your old nature and step into the new you—the you that is righteous. The you that loves God. The you that cannot sin.

But if you observe closely, there was one issue that could stop this "new nature man" from being all that God has made him to be: **looking away**.

When you look away from God, you begin to struggle. You must only focus on God and focus on the good things that are said about you. Like the Bible verse I shared with you recently:

*"That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus."*  
**(Philemon 1:6, KJV)**

You will get better as you focus on the good things in you. Focus on Christ Jesus. Focus on the amazing things He has said about you. When you meditate on it, think about it, and confess it, you become better. You change, and you grow.

Remember, so many people are busy trying to fight addictions, but I tell you and I show you a **more excellent way**: Grow in the knowledge of God.

Know who you are and stop fighting. Remove your eyes from the fight because you have overcome already. Rather, focus on the good things about you. Focus on the good things God has said about you. Focus on everything God has said about Himself and who He has made you to be, and enjoy the victory that He has given you.

In the name of Jesus, Amen.

## GUIDE 20

### SEE POSSIBILITIES ALL AROUND YOU

Sometimes we feel like it is not possible to overcome this addiction.

But do this one thing: **SEE possibilities.**

Not everyone is addicted. Stop thinking that others have their own secret struggles too. No, it's not so. It is possible to live above all that addiction. You must see it as you see possibilities in people.

*“Let this mind be in you which was also in Christ Jesus.” (Philippians 2:5, NKJV)*

That is to say, have this same mind that Christ has. See like He sees. The next verse goes even deeper into this:

*“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.*

*For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. You have not yet resisted to bloodshed, striving against sin.” (Hebrews 12:1-4, NKJV)*

One of the days in my deep struggle, I had masturbated about four times already that single day. I was kind of enjoying it. I mean, that is the only logical explanation you'd give for going back to the same thing four times in one day. It was surely not a mistake or a coincidence. I was enjoying the experience. Sad, but true.

As I was going through my phone, I already had the incognito tab open, searching for porn again for another round. But then, I stumbled upon a video I had opened by mistake some time ago in the incognito tab. It was a sermon clip where a Father in the Faith was preaching.

I somehow got into it and started watching. I watched how he was preaching; I enjoyed the worship, and I was just enjoying everything.

Two things happened to me, at least that I can recall.

**1. I realized where true joy lies.** I really was enjoying the video, and I realized that I love God way more than I love pornography. I realized that I found more delight in worship than in "fapping." I was really excited, so I just continued watching the video, and the urge for porn and masturbation just faded away.

That made me realize an important thing which I may not have observed before: **There is more enjoyment in God than anywhere else.** There is more joy in Him than in anything the devil portrays as exciting and sweet.

Truly, man was made to worship God, and as you yield yourself in worship, you are made completely whole and okay. God made us, and we are His offspring. Until we realize that our life is not complete without Him, we will keep on looking for what will make us whole, forgetting that only He can make us whole and sound.

Just like a baby cannot survive without a mother's love, care, and attention, we will struggle without our Father's love, care, and attention.

But most times, when we are already deep into sin, that connection is the last thing the devil wants us to experience. So, he tries to keep us down with lies—telling us that God doesn't love us and that we don't deserve God's love at this rate. This is the sad lie he tells us, and we must be strong to always resist, even in our lowest state.

As the Bible says:

*"Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need." (Hebrews 4:16)*

**2. I saw a vision of who I truly am.** I was so inspired by the Man of God preaching that I thought to myself, *"This can be me also."*

I belong to this realm of glory. Just like that story of the eagle who thought he was a chicken that I told you in the first few chapters of this book, I was inspired to see someone doing what I am supposed to be doing.

I felt, *"Oh, I can actually be the one teaching people the Word of God rather than sitting here watching pornography or struggling."* I realized, *"Oh, I belong to this realm."*

Have you ever seen something and felt, *"This is normal. This is how it is supposed to be"*? It is like when everywhere is dark and all of a sudden light comes on; you say, *"Oh, thank God!"* It feels normal for the light to be around. So when I saw this Man of

God, it was like light. I thought, *"This is how it is supposed to be. I belong to this level. Yes, yes, I belong to this level."*

So, I challenge you: **Surround yourself with possibilities.**

There are people who are not struggling with addiction. It is a lie that the devil normally tells us—that every single person is struggling with one addiction or the other. Because I struggled for so long, it was hard for me to see people and not believe that they were struggling too. I always thought, *"Oh, even this pastor is maybe doing something in secret that we don't know."*

But truly, there are people who are not struggling. We must learn to see them as inspiration rather than judge them or try to put them in our own category of "struggling people." Rather, we should see them and say, *"If this person can do it, I can do it too. If this person can be like this, I can be like this too."*

So let people inspire you. Let my life inspire you to say, *"If Pastor Godly can do it, I will do it also by the anointing of the Holy Ghost!"*

Hallelujah!

# GUIDE 21

## HAVE JOY

This is something that the devil has severed from many young people, JOY!

*The vine is dried up, and the fig tree languisheth; the pomegranate tree, the palm tree also, and the apple tree, even all the trees of the field, are withered: because joy is withered away from the sons of men. (Joel 1:12, KJV)*

In our generation, joy is something that is lacking. You see people who are highly depressed and going through a lot. Many people smile on the outside, but they cry every day. They feel empty inside. That is the exact way the devil wants you to be. He wants to bring you to that point of depression, of smallness, of sadness, of bitterness.

The Bible says the fig tree languishes, the vine is dried up, the pomegranate tree, and the palm tree also. The Bible often uses the metaphor of trees to describe human beings. Not once, not twice. For instance, **Psalm 1:3** says that "he shall be like a tree planted by the rivers of water that brings forth his fruit in his season."

So, when the scripture here says that the vine is dried up and the palm tree withers, it is describing a spiritual drought in people. It says all this happened **"because joy is withered away from the sons of men."**

That causes a big drought.

So I say to you today, the cure—and one of the major keys that will help you to live triumphantly above addictions—is to **HAVE JOY**.

Joy is from the inside. Joy and happiness are not the same. Happiness is a result of the *happenings* in life, but joy is unspeakable and full of glory. It comes from within. It is something that makes you excited about life no matter how things are going.

You are excited because you know: **"Greater is He that is in me than he that is in the world."**

You know there is no mountain bigger than the God on your inside. You know that there is nothing you are going through that you will not overcome.

The Bible says:



*My brethren, count it all joy when you fall into various trials. (James 1:2)*

He said count it all joy! Even when men persecute you, whenever they try you and trouble you, you remain on the winning side. For the Bible says that our "light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory" (2 Corinthians 4:17).

So, count it all joy! Hallelujah!

How can you count it joy when you are going through trouble? It is because joy comes from the Holy Ghost; it is from the inside.

So I say to you: **Have joy.** Be strong in the Lord and in the power of His might. Be joyful. Be full of joy—joy unspeakable and full of glory.

In the name of the Lord Jesus, I decree over your life: Have joy! Be full of joy! Receive joy from your inside, and let that joy sustain you all through your days on earth. Let it continue to make you a victor in life, where you see yourself as a victor and not a victim. Hallelujah!

**Shout this loud:**

*"I have overcome the world! I have joy unspeakable and full of glory. I am full of the glory of God. I am full of joy. I have joy always. I am always joyful. I am always on the winning side."*

**Say:**

*"Greater is He that is in me than he that is in the world! Hallelujah!"*

**Say:**

*"I have overcome the world. There is no challenge that I cannot handle. There is no struggle I have not overcome because the God on my inside is far greater than any trouble I am facing. Glory to God!"*

**Say it one more time:**

*"I am joyful and I am full of joy. Hallelujah! Glory to God!"*

## GUIDE 22

### GOD, HELP ME

It may never have dawned on you that you can ask God to help you. Sometimes, we can be too caught up in the struggle that we feel like, *"At this rate, even God cannot help me."*

But I saw this wonderful scripture in the Bible, and it forever changed the way I saw things. At first, I wondered, *"Could this apply to my struggle with addiction?"*

But when we look at the context, we realize the situation involved sexual urges and the restraint of them. The Bible made me understand something so important.

*And Abraham said of Sarah his wife, She is my sister: and Abimelech king of Gerar sent, and took Sarah. But God came to Abimelech in a dream by night, and said to him, Behold, thou art but a dead man, for the woman which thou hast taken; for she is a man's wife.*

*But Abimelech had not come near her: and he said, Lord, wilt thou slay also a righteous nation? Said he not unto me, She is my sister? and she, even she herself said, He is my brother: in the integrity of my heart and innocency of my hands have I done this.*

*And God said unto him in a dream, Yea, I know that thou didst this in the integrity of thy heart; for I also withheld thee from sinning against me: therefore suffered I thee not to touch her. (Genesis 20:2-6, KJV)*

It touched my heart seeing this about God. He said, **"I have kept you from sinning against me."** What a God!

That means if you can rely on God and solely ask Him for help from a sincere heart—not a heart that is enjoying the sin, but one that truly wants to please God—He has the power to keep you from sinning against Him.

This **secret** changed my life. Not only had I relied on my own strength for so long, but I was also tired of even trying again. But thank God for His Word. I can ask Him to help me again, and He will help me.

**Take time right now to pray a heartfelt prayer for help to God. Ask Him to help you. And watch how it goes from here.**

*Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of his good pleasure. (Philippians 2:12-13, KJV)*

God works in you. It is His work; He will gladly do it. He will work in you both to **will** and to **do** His good pleasure. He will help you to control the urges. He will regulate your heart.

Like Abimelech, for some reason, you will find yourself losing the desire to do what you once felt compelled to do.

This is what the Holy Spirit came to do in us in the New Testament. Instead of God telling us so many things He expects us to do as in the Law, He has now said:

*Behold, the days come, saith the LORD, that I will make a new covenant with the house of Israel, and with the house of Judah: Not according to the covenant that I made with their fathers in the day that I took them by the hand to bring them out of the land of Egypt; which my covenant they brake, although I was an husband unto them, saith the LORD: But this shall be the covenant that I will make with the house of Israel; After those days, saith the LORD, I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people. And they shall teach no more every man his neighbour, and every man his brother, saying, Know the LORD: for they shall all know me, from the least of them unto the greatest of them, saith the LORD: for I will forgive their iniquity, and I will remember their sin no more. (Jeremiah 31:31-34, KJV)*

This is so beautiful. One thing we realize is that the love of the Father is far greater and bigger than we can ever imagine.

He was really thinking of a way out of your struggle. He knew about it all the while, and He has, in His own way, figured out a way of escape for you.

**Take a second to thank Him for His marvelous love and grace.**

# GUIDE 23

## WORSHIP

Another great secret I want to share is the power of **worship**. Worship, worship, worship—how can I ever overemphasize worship?

You see, we are created primarily to worship God. In our nature, we have the instinct to worship. Man has a proclivity to look for something to worship. throughout history, we have seen men worship different things; they made golden images and created idols.

In fact, when the children of Israel were coming out of the wilderness, Moses was no longer with them for a time. Moses went up the mountain for 40 days to receive the commandments and the law. Because they didn't see Moses for just 40 days, they couldn't wait. They had such a strong urge to worship that they **told Aaron** to craft a golden calf for them. They began worshipping it with their gold.

It has happened again and again in history where men seek something to worship. This is because we are primarily made for worship. Our primary nature is to worship; we have an innate desire for it.

In our generation, what do we worship? Most times, nine out of ten young people worship social media.

You know, worship is what you give your time to; it is what you give your attention to primarily. We see people worshipping social media and the "god of the internet"—giving their energy, trying to derive joy and satisfaction from them, trying to derive happiness from them.

So, I am here as a teacher to teach you one good thing: **You can begin to worship God with all your heart.**

You can begin to worship God with all your heart because you were made for it. When you begin to worship God, He fills up that void in your heart because you are **serving purpose**. He created you for such a time as this—to worship and serve Him with all your heart.

So, try to really serve Him with all your heart. Worship Him.

- Learn to play good, godly songs and worship.
- Learn to cry before your Father and worship Him.
- Learn to dance! Play a nice worship song that you know and just dance. Be free. Be full of joy.

Worship at all times because if you don't worship God, you are going to feel empty. That emptiness will drive you to want to give your time to something that is less than Him.

But I dare you to worship God. I challenge you to worship Him with all your heart. Worship Him early. Give Him your best. Do you understand what I am saying? Worship Him with all your heart. Love Him with all your heart. He will make you into who He has said you will be. Hallelujah!

Do you love Jesus? Say, "I love Jesus!" God bless you. Give Him your time, give Him your best, give Him your all, and you will be wonderful.

David gave this advice to his son Solomon:

*"And you, Solomon my son, know the God of your father and serve him with a whole heart and with a willing mind, for the LORD searches all hearts and understands every plan and thought. If you seek him, he will be found by you, but if you forsake him, he will cast you off forever." (1 Chronicles 28:9, ESV)*

Learn to know the God of your father intimately. Know Him for yourself. Know Him with all your heart. This is very important.

# GUIDE 24

## REST

All you need may be just **rest**.

This is not something I knew before, but sometimes all you need is just to really sleep. You need to rest your physical body and give yourself some quietness.

You are already doing so well and trying so hard. Honestly, God is so proud of you, and I, your Pastor, am so proud of you. What you are doing is so wonderful, and you are doing so well. You just need to learn to rest in the Love of God.

If you overburden your body, you won't be able to properly fight and stand your ground. I want your spirit to come into agreement with your body; you should not be fighting against your own body.

**You deserve some rest. You deserve some good sleep.**

In those moments when you would be thinking and trying to resist or debating whether to give in to that addiction, you may just need to sleep and rest a little. Just rest.

One of the days when I was deep into my struggles, I felt the Lord telling me to rest. And I did just that. I rested in His love for me and slept. The urge just went down completely and never came back again that day.

**Rest is very biblical.** God made it a statute for His people that on the seventh day, everyone should cease from their work and rest. It shows that you depend on Him to take care of you, and it also helps you recuperate physically and mentally.

*Six days you shall do your work, and on the seventh day you shall rest, that your ox and your donkey may rest, and the son of your female servant and the stranger may be refreshed. (Exodus 23:12, NKJV)*

Most pastors experience burnout due to excessive workloads and burdens. This burnout has led many into deep sin that they could not recover from. Wisdom calls for you to take proper times of rest, fun, and vacation. Relax your mind and remind yourself that the Lord is your God—He is the one leading you, not you yourself.

*Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the LORD. Whoever does any work on the Sabbath day, he shall surely be put to death. Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed. (Exodus 31:15-17, NKJV)*

Imagine if all of us who normally overwork ourselves to the point of burnout were examined by this scripture! We might be guilty of the judgment of the Lord, even though we have "good reasons" for working so much. But that is not God's way.

**God's way is REST.**

He wants you to rest in His love. I want you to read this passage in depth again:

*The LORD then gave these instructions to Moses: "Tell the people of Israel: 'Be careful to keep my Sabbath day, for the Sabbath is a sign of the covenant between me and you from generation to generation. It is given so you may know that I am the LORD, who makes you holy.*

*You must keep the Sabbath day, for it is a holy day for you. Anyone who desecrates it must be put to death; anyone who works on that day will be cut off from the community. You have six days each week for your ordinary work, but the seventh day must be a Sabbath day of complete rest, a holy day dedicated to the LORD. Anyone who works on the Sabbath must be put to death.*

*The people of Israel must keep the Sabbath day by observing it from generation to generation. This is a covenant obligation for all time. It is a permanent sign of my covenant with the people of Israel. For in six days the LORD made heaven and earth, but on the seventh day he stopped working and was refreshed.'"* (Exodus 31:12-17, NLT)

He started by saying, **"Be careful to obey this instruction of Rest."** He knew us too well—He knew that we would try to do too much in our own strength. But He wants us to be **refreshed**, so He started by setting that example.

You are already trying so much; it is time to be refreshed in His Love. You are doing so well. God is proud of you. Now, you need to be refreshed in His love by resting.

I want us to look at this in a simple way from God's perspective. Did you see that specific part in verse 13?

*"It is given so you may know that I am the LORD, who makes you holy."*

You can see how **Rest is directly connected to your Sanctification.**

It reminds you that it is the Lord who makes you holy, and not your own ability or strength.

Take rest seriously for your sanctification. That may be all you need to do.



# GUIDE 25

## BE EXCITED ABOUT YOUR LIFE

You need to know that your life is amazing and that you are very good. Depression often leads to sin, and they are all related.

It is important to note that the Bible clearly taught us that the fruit of the Spirit is love, joy...

**That joy is important.** At one point it was written: *“The Joy of the Lord is your strength.”*

You need strength coming from your inner man. That strength will only come when you are joyful and excited about what God is doing with your life.

Your life is beautiful. You need to see that. See how much progress you are making. See the joy of living. See how wonderful you are. **Don't lose your joy to the devil.**

This is a good moment to recover your enthusiasm. You need that freshness to consistently live as the best version of yourself. This truth is so important that if you get every other thing but miss this, you miss the power to live right.

*So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.*

*But when you are directed by the Spirit, you are not under obligation to the law of Moses.*

*When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.*

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!*

*Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. Let us not become conceited, or provoke one another, or be jealous of one another. (Galatians 5:16-26, NLT)*

As you can see from here, the Spirit gives you joy, love, patience, gentleness, self-control, and faithfulness. These result in a life that is exciting to live. When you truly walk with the Spirit, you will be excited about your life. It is important because with this one truth, you enjoy a constant glow and freshness of the Spirit.

Your life is more exciting than you think. Your life is beautiful. Honestly, you are so, so blessed that you are not even aware of it.

I want you to see how amazing your life is. I want you to meditate on the beautiful life that God has given you to live and to see the glory that you are radiating.

Jesus tried to explain the worth of your beautiful life. He said that you are worth more than the treasures of the whole world.

Another point He said about you is that **You are the salt of the earth**. That means you are that one person who brings value to the whole world. Your presence means a lot. You are that important to the world.

Again, He said about you that **You are the light of the world**. You are a city that is set on a hill, and you cannot be hidden.

It is through you that Jesus wants to reach so many others. Your life is beautiful. So, shine so bright.

# GUIDE 26

## NEVER FORGET WHO YOU ARE

I remember some time ago, as a young pastor on campus, I once forgot who I was. One day, I stepped out of the hostel with a sachet of water in my hand, drinking it openly on the road. It wasn't necessarily a terrible thing, but as someone of influence, I wouldn't have wanted to be seen that way.

I quickly finished drinking it, but then I faced a dilemma—what to do with the empty sachet. I couldn't just drop it on the sidewalk as others might have done. So, I carried it around until I found a trash bin where I could properly discard it.

What happened to me in that moment is something many people experience. We forget who we are, and because of that, we start doing things that others might do—things that people like us wouldn't normally do.

### The Story of Nebuchadnezzar

The Bible tells us about a man named Nebuchadnezzar:

*O King Nebuchadnezzar, to thee it is spoken; The kingdom is departed from thee. And they shall drive thee from men, and thy dwelling shall be with the beasts of the field: they shall make thee eat grass as oxen, and seven times shall pass over thee, until thou know that the Most High ruleth in the kingdom of men, and giveth it to whomsoever He will. The same hour was the thing fulfilled upon Nebuchadnezzar: and he was driven from men, and did eat grass as oxen, and his body was wet with the dew of heaven, till his hairs were grown like eagles' feathers, and his nails like birds' claws.*

### Daniel 4:31-33 (KJV)

What do you think was going through his mind during those years of living like an animal? He had become so accustomed to eating grass that he forgot he was a king. He couldn't reconcile the fact that he was not an animal but a man.

The worst thing that can happen to a person is what happened to King Nebuchadnezzar—he lost his sense of identity.

### The Consequence of Forgetting Who You Are

*Yes, they knew God, but they wouldn't worship Him as God or even give Him thanks. And they began to think up foolish ideas of what God was like. As a result, their minds became dark and confused. Claiming to be wise, they instead became utter fools... Since they thought it foolish to acknowledge God, He abandoned them to their foolish thinking and let them do things that should never be done.*

### **Romans 1:21-28 (NLT)**

From this passage, we see that the worst thing that can happen to anyone is a degradation from their true identity. God gave them over to their vain imaginations, and they began to do things that were inconvenient, stressful, and unnatural.

Addictions, bad habits, and destructive behaviors are all results of this degradation. But the same God who allows people to fall can also restore them.

### **Transforming Into Who You Truly Are**

The Bible says:

*We all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory.*

### **2 Corinthians 3:18 (KJV)**

The Greek word for "changed" here is *metamorphosis*. As you behold the truth about yourself in God's Word, you are transformed into who you truly are.

Say it out loud:

- I know who I am.
- I will never forget who I am.
- I am always conscious of my identity.
- I remember where I come from. Hallelujah!

The Bible says about Jesus:

*Jesus answered and said unto them, Though I bear record of myself, yet my record is true: for I know whence I came, and whither I go.*

**John 8:14 (KJV)**

Jesus knew where He came from, and He knew where He was going. That is why He made such an impact.

**Do You Remember Where You Come From?**

*You are of God, little children, and have overcome the world: because greater is He that is in you, than he that is in the world.*

**1 John 4:4 (KJV)**

Never forget who you are. You come from God. Just like Jesus, you must remember where you came from. That consciousness will keep you above struggles and help you walk in victory.

Say it with confidence:

- I come from God!
- I know who I am!
- I am not just an accident!
- I have overcome the world!
- I have overcome every addiction!
- I am a masterpiece!
- I am a child of the Most High God!

**Your Identity in Christ**

The Bible says:

*Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.*

**1 John 3:9 (KJV)**

You are of God. You are not just an ordinary person. You must remember who you are—never forget it! Meditate on it. Like I showed you in my story, there is always a possibility that you can momentarily forget who you are, but bring yourself back to the consciousness of your true identity.

Declare it boldly:

- I know who I am.
- I am a success.
- I am a child of the Most High God.
- I am not an addict.
- I do not struggle with sin.
- I cannot sin.
- I am victorious! Hallelujah!

### **A Prayer for You**

I pray for you today:

- May the understanding of who you are be restored in Jesus' name.
- May you realize who God has made you to be in Jesus' name.
- May you never forget where you come from in Jesus' name.

You ought to know who you are. You are no ordinary person. You are no animal. You are a king. You are a priest. You are a child of the Most High God.

**Never forget that!**

Keep it before your very eyes. Operate from that realm and understanding.

# GUIDE 27

## THE METAMORPHOSIS

Imagine Nebuchadnezzar before he became king of Babylon—just an ordinary man. How did he carry himself then?

What changed when he became king? I'll tell you. What changed was his consciousness of who he was. That was the transformation. He realized:

*"I am no longer ordinary. I am not a nobody. I am a king—someone special!"*

Suddenly, the way he carried himself changed. He saw himself differently, through a new lens.

That metamorphosis must happen in you. I call it **the courage to change**—a transformation where you become so aware of who you are that it shifts your reality. It is where the consciousness of being a child of the Most High God overwhelms your present struggles—your addictions, your fears, and your past failures.

Another perfect example of this transformation is Saul.

One moment, Saul was searching for his father's lost donkeys—just a man on a simple errand. But in an instant, everything changed. He met the prophet Samuel, who brought him into the awareness of his true identity. The prophet declared:

*"Has not the Lord anointed you as king over Israel?"*

From that day forward, the Bible says Saul became another man. Samuel told him:

*"As you go, you will meet a band of prophets. When you meet them, the Spirit of the Lord will come upon you, and you will prophesy with them. And you will be changed into another man."*

And that is exactly what happened. He was transformed. Let's go deeper into Saul's story, which perfectly illustrates the courage to change.

*There was a wealthy, influential man named Kish from the tribe of Benjamin. He was the son of Abiel, son of Zeror, son of Becorath, son of Aphiah, of the tribe of Benjamin. His son Saul was the most handsome man in Israel—head and shoulders taller than anyone else in the land.*

*One day Kish's donkeys strayed away, and he told Saul, "Take a servant with you, and go look for the donkeys." So Saul took one of the servants and traveled through the hill country of Ephraim, the land of Shalishah, the Shaalim area, and the entire land of Benjamin, but they couldn't find the donkeys anywhere.*

*Finally, they entered the region of Zuph, and Saul said to his servant, "Let's go home. By now my father will be more worried about us than about the donkeys!"*

*But the servant said, "I've just thought of something! There is a man of God who lives here in this town. He is held in high honor by all the people because everything he says comes true. Let's go find him. Perhaps he can tell us which way to go."*

*"But we don't have anything to offer him," Saul replied. "Even our food is gone, and we don't have a thing to give him."*

*"Well," the servant said, "I have one small silver piece. We can at least offer it to the man of God and see what happens!" (1 Samuel 9:1-8, NLT)*

I love this story. It's so powerful!

Did you notice how the Bible first described Saul? He was handsome, tall—there was no one like him in Israel.

But how did Saul see himself? *"I am from the smallest tribe, from the least of the families in Israel."*

He saw himself as insignificant. He had no awareness of who he truly was.

Saul had to go through a **mental renewal** before he could step into his destiny. Samuel treated him like a king before anointing him as one. Why? Because if Samuel had simply anointed him without first transforming his mindset, Saul would have continued to behave like the man he used to be.

For two or three days, Samuel prophetically reshaped Saul's self-perception. He gave him the seat of honor, the best portion of food, and declared, *"This has been kept for you."*

Even after this, Saul needed another lesson. Samuel sent him on his way, instructing him: *"You will meet two men who will give you something. You must accept it."*



Some people struggle to receive. They don't know how to accept gifts or blessings. Samuel was teaching Saul a vital lesson:

- You must accept who you are.
- You must accept what God has for you.
- You must accept your transformation.

And then came the final step. Samuel said: *"As you go, you will meet a band of prophets. When you meet them, the Spirit of the Lord will come upon you, and you will prophesy. And you will be changed into another man."*

That change is what we're talking about here. The metamorphosis. The courage to change.

*Then Samuel took a vial of oil, and poured it upon his head, and kissed him, and said, Is it not because the LORD hath anointed thee to be captain over his inheritance?*

*When thou art departed from me today, then thou shalt find two men by Rachel's sepulchre in the border of Benjamin at Zelzah; and they will say unto thee, The asses which thou wentest to seek are found: and, lo, thy father hath left the care of the asses, and sorroweth for you, saying, What shall I do for my son?*

*Then shalt thou go on forward from thence, and thou shalt come to the plain of Tabor, and there shall meet thee three men going up to God to Bethel, one carrying three kids, and another carrying three loaves of bread, and another carrying a bottle of wine: And they will salute thee, and give thee two loaves of bread; which thou shalt receive of their hands.*

*After that thou shalt come to the hill of God, where is the garrison of the Philistines: and it shall come to pass, when thou art come thither to the city, that thou shalt meet a company of prophets coming down from the high place with a psaltery, and a tabret, and a pipe, and a harp, before them; and they shall prophesy:*

*And the Spirit of the LORD will come upon thee, and thou shalt prophesy with them, and shalt be turned into another man. And let it be, when these signs are come unto thee, that thou do as occasion serve thee; for God is with thee. (1 Samuel 10:1-7, KJV)*

I love that last verse: **"Do as the occasion serves thee, for God is with thee."**

God is with you. He wants to transform you—not into a weak, defeated person, but into someone strong. Someone who knows God is with him. Someone who remembers who God has made him to be.

- Not a sinner, but righteous.
- Not condemned, but redeemed.
- Not struggling, but victorious.

God wants to change you into that man. And as you are reading this, He is doing it right now.

You are being metamorphosed into another person. You are changing. You are seeing yourself the way God sees you.

Something is happening in you today—even now—as you behold your true image. You are being transformed into another man.

**Hallelujah!**

# GUIDE 28

## HAVE A GOOD FEELING ABOUT YOURSELF

Anytime you feel bad about yourself, you're more likely to return to that addiction—even if it wasn't on your mind before. Why? Because most addictions serve as an escape from reality. They offer a temporary sense of relief, making it easy to fall back into them whenever you're feeling down.

I used to feel like I wasn't doing well enough—that I needed to do more. At first, this seemed like a healthy mindset, a way to stay productive. But the problem with this feeling is that the more you believe it, the more stagnant you become. You won't accomplish as much as you could because those negative emotions will hold you back.

### The Science Behind Feeling Good About Yourself

Humans are emotional beings. Research has consistently shown that people who feel good about themselves tend to be more productive than those who constantly criticize themselves. Here are some scientific findings to support this:

#### 1. Self-Efficacy Theory (Bandura, 1977)

Albert Bandura's research on self-efficacy suggests that individuals who believe in their abilities tend to perform better, persist longer, and recover more quickly from setbacks compared to those who struggle with self-doubt.

#### 2. The Broaden-and-Build Theory (Fredrickson, 1998)

Barbara Fredrickson's Broaden-and-Build Theory of Positive Emotions shows that positive emotions—like confidence and happiness—enhance cognitive function, creativity, and problem-solving abilities, all of which lead to increased productivity.

#### 3. Cortisol, Stress, and Productivity

Studies on stress and cortisol levels suggest that people who engage in self-criticism and negative self-talk experience higher levels of cortisol (the stress hormone). This impairs cognitive function and reduces motivation (Dweck & Leggett, 1988).

#### 4. Self-Compassion and Performance (Neff, 2003)

Kristin Neff's research highlights that self-compassion—being kind to oneself rather than self-critical—leads to higher resilience, motivation, and personal growth, all of which improve performance and productivity.

## 5. Growth Mindset (Dweck, 2006)

Carol Dweck's work on the growth mindset shows that individuals who believe they can improve through effort are far more productive than those who dwell on failure.

## Why You Should Stop Feeling Bad About Yourself

There is no reason to keep feeling bad about your current state. Take a moment to appreciate yourself. Feel good about who you are and where you are in life.

Our Lord Jesus taught us this:

*“A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things.”*

—Matthew 12:35 (KJV)

According to Jesus, if you feel good inside, you will produce good results. The way you see yourself matters greatly. So, choose to feel good. Find satisfaction in your life and in how things are unfolding right now.

## The Secret to Overcoming Addictions

This is one of the greatest secrets to overcoming addictions.

Every time I felt like I wasn't doing well enough, every time I thought something was wrong with me, every time those negative thoughts flooded my mind—I would return to my addiction. Even when I prayed intensely, even during fasting (as many teach that fasting weakens the flesh), I still found myself falling back into the same habit.

Why?

Because addiction functions like a quick cure, a temporary medicine in the brain that makes you feel good when you feel bad. It becomes an easy escape from reality.

Even though it may take time to reprogram your brain to seek healthy ways of feeling good, you can break free from addiction simply by **choosing to feel good about yourself all the time.**

### **You Are Amazing!**

You are wonderful.

You are kind.

You are good-looking.

What makes you think less of yourself?

It's time to change that.

It's time to look within and recognize the treasures inside you.

And when you find them, bring them out and **live the best life possible.**

You are truly an amazing person. I wonder if you know that.

## GUIDE 29

### RELATE WITH YOUR FUTURE SELF

#### Genesis 18:17-19 (KJV)

*"And the LORD said, Shall I hide from Abraham that thing which I do; Seeing that Abraham shall surely become a great and mighty nation, and all the nations of the earth shall be blessed in him? For I know him."*

From this scripture, we see that God was relating to Abraham based on his future self. At this time, Abraham had not even had a single child. He was old and saw himself as dysfunctional—like something was wrong with him. He viewed himself through the lens of struggle, as someone unqualified for more.

This is exactly how we often evaluate ourselves. For so long, I also had a hard time seeing myself as better. It was a real struggle. And sadly, as long as I saw myself that way—like an addict, like someone struggling with a habit—no matter what laws I applied or what I did, nothing changed.

But not God. God said, *"How shall I hide this thing from Abraham, seeing that he will become a great nation?"* He related to Abraham based on who He had already seen him to be.

The problem many of us have is that we continue to see ourselves as we are—or worse, as we were. We speak and act from that limited perspective. We see and interact with ourselves from a negative standpoint and never truly see ourselves the way God does.

Let me ask you this: If a girl falls down, does that change the fact that she is a girl? If a boy gets stuck in a river and almost drowns but is later rescued, does that change his nature as a boy? If you hit your leg while walking and hurt yourself, does that change who you are?

Sometimes, we think what we go through defines us—but it doesn't. We believe it changes how God sees us—but it doesn't. Because in the eyes of God, He still calls you *"My beloved son, My beloved daughter, whom I love, whom I care about, who is just like Me."* Hallelujah!

From God's perspective, you have never changed. The moment you believed in your heart that He is Lord and confessed the Lordship of Jesus, you became a child of God. No matter what you've been through, no matter what you did in the past—it doesn't matter anymore. You are His child, and you will always be His child.

So, you must consciously see yourself from that perspective and relate to yourself according to who He has made you to be. I know you may still think you're struggling with sin, but listen—God sees you as His beloved son, His holy child, His wonderful daughter. He is proud of you! Do you know that? That's how God sees you, and He loves you just as you are. Hallelujah!

God wants to reveal Himself to you. He wants to manifest Himself in you. This is why I wonder—why do you run away from God after sinning? Don't you know that the Holy Spirit is in you to correct your weaknesses and strengthen you in the areas where you could not help yourself? He is called our Helper—the One who helps us. And He really does!

So, don't run from God. Instead, see yourself the way He sees you. When God spoke about Abraham, He wasn't looking at his present state. Abraham had no child yet, but God still called him *"a great nation."* Abraham saw himself as impotent, as insignificant. But God chose to see him as who he would become and related to him based on his future self.

This is a master key to excellence in life and victorious Christian living—because how you see yourself matters to God!

This was what God did with Abraham. He took him outside at night and said, *"Look up at the stars. Count them, if you can."* He did this so that Abraham could see something greater. He told him, *"As far as your eyes can see, that is what you will have."* If Abraham could count the stars, he would be able to count his descendants. But if he couldn't number them, that was how numerous his children would be. Hallelujah!

God wants you to see yourself from that perspective because if you don't, you will limit Him. If you keep seeing yourself as addicted, as struggling, as a sinner—even though Jesus has paid the price—you will not be able to walk in the fullness of what God has for you.

That's why, from today, you must see yourself as someone who has already overcome. Someone who is no longer struggling but victorious. When you see yourself like that, carry yourself like that! This will make you become the person God has truly made you to be.

Anyone who believes in Jesus has been washed by His blood. Anyone who has confessed His Lordship has been sanctified and now has a new identity as a child of God. Because you are born of God, you ought not to struggle. You must see yourself as someone with the nature of holiness. Now, carry yourself like that. Walk like that. Move like that. Become the victor He has made you to be!

It is sad that many people, even after being born again—saved, changed, and washed by the precious blood of the Lamb—still carry themselves like sinners.

Transformation begins with seeing yourself the way God sees you. In fact, this is the most difficult part of transformation. I struggled for so long to see myself the way God does. I had low self-esteem, a poor self-image, and never carried myself the way God wanted me to. Even though He loved me and was ready to give me everything, I was still limiting Him through my perspective.

Sadly, many people go through this same thing. They don't see themselves the way God does, and they don't relate to themselves the way God wants them to. But the moment you begin to do that, you will be transformed into another person.

You will realize that you are no longer that ordinary, defeated person. Now, you are a victor! You are victorious over sin. You are victorious in life. You carry the nature of God. You are a child of the Most High.

The Bible says, *"Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God."* (1 John 3:9) This means you now have the nature of God in you. You are always victorious! You must carry yourself like that. You must see yourself from that perspective.

This is the **metamorphosis**—the transformation—from a life of sin to a life of holiness, from struggling with addiction to living righteously.

It takes courage to truly change. It takes courage to see yourself the way God sees you. It takes courage to believe what God has said about you and accept it as your identity.

In geology, there are different types of rocks. Igneous rocks are formed by volcanic activity. Sedimentary rocks are weak, formed by the compression of different materials. But then, there is the **metamorphic rock**—the strongest of all.

A metamorphic rock is formed when a weak sedimentary rock is subjected to intense heat and pressure. That process transforms it into something strong and unbreakable.



This is what we are talking about—the **metamorphosis** that leads to transformation. It happens when you take time to look into the Word of God and realize who you are.

When you read **1 John 4:4**, it says, "*You, little children, are of God and have overcome the world, because greater is He that is in you than he that is in the world.*"

You must realize this, meditate on it, and declare it over your life. No matter what struggle you are facing, you have already overcome because *greater is He that is in you than he that is in the world!*

Now, say it aloud:

*"I have overcome the world!"*

Say it again:

*"I know who I am! I relate with my future self!"*

You are not a sinner. You are not struggling. You are holy. You are a victor over sin. You are victorious in Jesus' name! Hallelujah!

# GUIDE 30

## THE ULTIMATE POWER TO END IT

You know the Father loves us. He loves us more than we could ever love Him. When you truly understand this, it will transform your life.

He loves us so much that He gave us everything. And above all, He gave us His Name. In His Name, we can do anything—everything is possible in His Name.

*Wherefore God also hath highly exalted him, and given him a name which is above every name: That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. (Philippians 2:9-11, KJV)*

His Name is so powerful that it can break every chain and every inordinate desire. It can realign your heart to where it needs to be.

*Teach me your ways, O LORD, that I may live according to your truth!  
Grant me purity of heart, so that I may honor you. (Psalms 86:11, NLT)*

As we can see in the scriptures above, this is something that God Himself can do. He can unite your heart to fear Him. Another translation (NIV) puts it this way: "Give me an undivided heart."

This is what God desires to do in you, but you must pray it with authority in His Name.

*And His name through faith in His name hath made this man strong, whom ye see and know: yea, the faith which is by Him hath given him this perfect soundness in the presence of you all. (Acts 3:16, KJV)*

His Name, through faith, can make you whole, set your desires right, and give you perfect soundness. Even if you have struggled with this addiction for so long that it seems hopeless, an end has come to it in the Name of Jesus.

So, I want to teach you to use the Name of Jesus in your situation right now. His Name is the perfect antidote and the final blow to this struggle.

In my life, I once reached a point where I asked myself: "Is there really a cure for this?" I asked again and again. I felt helpless because I could do nothing on my own to

break free. But as you've read this book up to this point, you realize that I truly understand what you feel.

So, when I tell you this is the Final Blow and the perfect antidote, I am not joking.

## **THE POWER OF HIS NAME**

Many people misuse the Name of Jesus. Some believe that shouting it repeatedly will make something happen, but that is not how it works. **The Name answers to understanding and honor.**

The Father desires that we honor the Son just as we honor Him. That is why He has placed **ALL AUTHORITY** under Jesus' Name. This means that when we honor and truly understand the power behind His Name, everything in heaven and on earth must bow and come into obedience.

*Verily, verily, I say unto you, The Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise. For the Father loveth the Son, and sheweth him all things that himself doeth: and he will shew him greater works than these, that ye may marvel.*

*For as the Father raiseth up the dead, and quickeneth them; even so the Son quickeneth whom he will. For the Father judgeth no man, but hath committed all judgment unto the Son: That all men should honour the Son, even as they honour the Father. He that honoureth not the Son honoureth not the Father which hath sent him.*

*Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life. (John 5:19-24, KJV)*

These scriptures establish a strong doctrinal foundation for you. You must understand how much the Father loves you.

Just as Jesus could say, "The Father loves Me," we are now in Him, and He is in us. That means we are complete in Him and in His love. Therefore, we can boldly declare:

*"The Father loves me so much that He has given me all authority in His Name! Through faith in His Name, I can do great and mighty things on earth!"*

## THE LOVE OF THE FATHER

The wonderful things we do in His Name are not just about healing the sick and casting out demons—those are small compared to the personal struggles we face.

You need to recognize that the Father's love is personal. He wants to manifest Himself to you first and then reveal you to the world. Your struggles matter to Him, and He will do anything to help you stand strong and without shame.

Never forget that this is why He sent His only Son, Jesus. The very Word of God took on flesh and died for you so that you could be restored to the Father without fear, shame, or condemnation.

*And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up: That whosoever believeth in him should not perish, but have eternal life. For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.*

*For God sent not his Son into the world to condemn the world; but that the world through him might be saved. He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God. (John 3:14-19, KJV)*

The Father loves you dearly. You must know this truth deep within your heart—just as surely as you know your own name.

Now, declare this boldly as you read:

**THE FATHER LOVES ME SO MUCH!**

**I KNOW IT IN MY HEART!**

**I KNOW THE LOVE OF THE FATHER!**

**I KNOW HE LOVES ME DEARLY, AND NOW HE HAS GIVEN ME EVERYTHING!**

**TAKE YOUR STAND IN HIS NAME!**

Now, I urge you—use the authority He has given you. Do not be beaten down into submission, feeling as if you can do nothing about your struggles. **NO!**

It is time to rise up and declare:

**"I KNOW WHO I AM!"**

**"THE FATHER LOVES ME!"**

**"I REFUSE TO BE BEATEN DOWN BY THIS SIN!"**

**"I REFUSE TO CONTINUE STRUGGLING!"**

**"IN THE NAME OF MY LORD JESUS, I BRING AN END TO THIS STRUGGLE RIGHT NOW!"**

**"IN THE NAME OF JESUS, MY DESIRE IS FOR GOD AND HIS PRESENCE!"**

**"IN THE NAME OF JESUS, MY BODY IS THE TEMPLE OF THE LIVING GOD!"**

**"IN THE NAME OF JESUS, I AM IN CHARGE BY THE SPIRIT—SIN DOES NOT CONTROL ME!"**

**"IN THE NAME OF JESUS, I STAND MY GROUND AND DECLARE MY VICTORY IN CHRIST!"**

**DECLARE WHO YOU ARE IN CHRIST!**

**"IN THE NAME OF JESUS, I KNOW WHO I AM!"**

**"I AM NOT DEFEATED!"**

**"I AM NOT BROKEN!"**

**"I AM HEALED EMOTIONALLY!"**

**"NOTHING IS WRONG WITH ME!"**

**"I CHOOSE TO SEE MYSELF AS GOD SEES ME!"**

**"THE NEW ME DOES NOT STRUGGLE WITH SIN!"**

**"THE NEW ME HAS NO DESIRE FOR ADDICTIONS!"**

"I MEDITATE ON WHO GOD HAS MADE ME TO BE, AND I STAY CONSCIOUS OF THAT!"

"I NEVER FORGET WHO I AM!"

"I AM ALWAYS AWARE—I HAVE OVERCOME THE WORLD!"

"THE GREATER ONE LIVES IN ME!"

"I AM CONSCIOUS OF THIS TRUTH!"

THANK YOU, LORD JESUS, FOR YOUR GRACE!

THANK YOU, FATHER, FOR YOUR LOVE.

THANK YOU, PRECIOUS HOLY SPIRIT, FOR YOUR STRENGTH AND HELP.

I HAVE OVERCOME THE WORLD!

HALLELUJAH!

# CONCLUSION

## THE MASTER KEY FOR CONSISTENT VICTORY

One of the most beautiful secrets of sustaining the fire of revival is by **setting others on fire too.**

Just like the example of a candle that is lit and then lights up other candles: in the process, the original flame may be quenched by the wind. But because that candle has already lit up others, it can easily get re-lighted by any of the ones it once supplied light to.

Jesus gave us a Great Commission of making disciples all over the world. That is, in simplicity, the ultimate purpose of our existence. It is the primary thing that we are living for.

*And He said to them, "Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."*

*So then, after the Lord had spoken to them, He was received up into heaven, and sat down at the right hand of God. And they went out and preached everywhere, the Lord working with them and confirming the word through the accompanying signs. Amen. (Mark 16:15-20, NKJV)*

Another part of the scripture referenced this in a very beautiful way:

*Jesus came and told his disciples, "I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."*  
(Matthew 28:18-20, NLT)

If you noticed in verse 19 of Mark 16, it was just right after Jesus said these words that He ascended. When you understand this, it will help you in a big way. People share the most important details of their lives when they are leaving and you won't be seeing them again. Jesus, our Lord, who was now going to heaven, shared these important things with His disciples as He was about to leave. You now realize that these truths are so important and powerful in reality.

In a nutshell, He exposed the simple purpose of every believer. I shared deep on these in my new book, **WHAT IS MY PURPOSE**.

As a believer, if you are not making disciples all around the world, starting from your location, then you are ignoring the commandment of the Lord. He told us this. He instructed us into doing this. In this simple thing, you find fulfillment and joy. It really is what you should spend your time doing. **Let not one day pass without you actively making disciples for Jesus.**

More than just an instruction, it is your secret of preservation and consistent fire. Jesus knows the beauty of community, and He was telling us that if you make disciples everywhere, you will be consistently on fire.

This is how this book was written, because I was always on the go for Jesus. I had this understanding of His instruction—which I am helping you to get too—and it changed my life forever.

I am always on fire for Jesus because of this. And so, in your own life now, develop that culture that is always on the lookout for souls. Just like the Lord said, you are making disciples of all nations. Then you will not only be fulfilling the desires of the Master, but you will also be building a system that will help you maintain your fire for the Lord always.

## **NO EXCUSES**

You may be young and reading this, and you may feel like, *"Pastor, I don't even know how to talk to people."* You may have the nicest excuses in the world. But one thing you need to understand is that Jesus is the Lord of your life. He has His expectations of you. He has instructions for you. It is important you follow them diligently, even when it is not convenient.

Look at the boy who had a very good excuse in the Bible—the young man Jeremiah.



*The LORD gave me this message: "I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations."*

*"O Sovereign LORD," I said, "I can't speak for you! I'm too young!"*

*The LORD replied, "Don't say, 'I'm too young,' for you must go wherever I send you and say whatever I tell you. And don't be afraid of the people, for I will be with you and will protect you. I, the LORD, have spoken!"*

*Then the LORD reached out and touched my mouth and said, "Look, I have put my words in your mouth! Today I appoint you to stand up against nations and kingdoms. Some you must uproot and tear down, destroy and overthrow. Others you must build up and plant." (Jeremiah 1:4-10, NLT)*

It is noteworthy to mention that the Lord said to him there:

*"Don't say, 'I'm too young,' for you must go wherever I send you and say whatever I tell you." (Jeremiah 1:7)*

**"You must go wherever I send you and say whatever I tell you."**

That is the very Word of God to the seemingly "good" excuse. Historians have it that young Jeremiah was just 11 years old. You can imagine how young he was. You are likely older than young Jeremiah, so I wonder what God's response will be to you.

**Please stand up now and take action.** Dare to do big things for Jesus. He is worthy of our love, adoration, and sincere devotion.

This is one thing that our church, **Love Family Network Global Church**, is actively doing in a very big way. Our people are cultured to be active soul winners—not just winning souls for the kingdom for personal reasons, but actively making disciples of all nations like Jesus commanded us. With this, everyone is easily held accountable by each other, and they grow with each other.

**This is a Master Key for a life without struggles:** Be consistently on fire for Jesus and set others on fire for your own preservation and sustenance.

## ABOUT THE AUTHOR

**Pastor Godly Iruoma** is a contemporary Christian preacher, teacher, and communicator of the Gospel known for his clear, relatable, and life applicable teachings rooted in Scripture. Through his ministry, he seeks to help believers grow in their faith, overcome challenges, and draw closer to God through practical biblical insight. As the creator and host of the Pastor Godly Iruoma podcast, he shares weekly messages that address real-life struggles — such as faith, courage, identity, prayer, and spiritual growth — in a way that is simple yet impactful. His teachings are aimed at encouraging listeners of all ages to live with purpose and confidence in God's promises.

PRACTICAL GUIDES TO OVERCOMING  
**ADDICTIONS**

