

I want to share a psalm a young girl wrote right before she committed suicide.

"King Heroin is my shepherd, I shall always want.

He maketh me to lie down in the gutters.

He leadeth me beside the troubled waters.

He destroyeth my soul.

He leadeth me in the paths of wickedness.

Yea, I shall walk through the valley of poverty and will fear no evil for thou Heroin art with me.

Thy Needle and Capsule comfort me.

Thou stripped the table of groceries in the presence of my family.

Thou robbest my head of reason.

Surely heroin addiction shall stalk me all the days of my life and I will dwell in the House of the Damned forever."

Wow!

A sobering psalm it is.



These are the words penned by someone steeped in hopelessness that comes from addiction.

Accompanying this psalm was this note.

"Jail didn't cure me. Nor did hospitalization help me for long. The doctor told my family it would have been better, indeed kinder, if the person had got me hooked on dope had taken a gun and blown my brains out. And I wish to God he had. My God, how I wish it."

This does not have to be the fate of those engaged in the battle with drugs and alcohol. There is a way out.

Jn 15:4 *Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me.*

v.5 *"I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.*

v.6 *"If anyone does not abide in Me, he is thrown away as a branch and dries up; and they gather them, and cast them into the fire and*

they are burned.

v.7 *"If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you.*

The vine is the source of life for the sap flows through it. It then goes into the branches, the little tendrils that hold the fruit. If you separate the branches, they wither and die for they get their life from the branch.

Step 1 – Desire

You must come to a place where you truly want to change.

If you always do what you always did,

You'll always get what you always got.

This realization should prompt a desire to change.

A desire to change or not change is evident when you say "I don't have a problem, I can quit anytime I want."

Step 2 – Admit your hopelessness

Without the desire to change, you remain in a hopeless state.

Step 3 – Commit yourself to God

Psalm 37:3 Trust in the LORD and do good; Dwell in the land and cultivate faithfulness.

v.4 Delight yourself in the LORD; And He will give you the desires of your heart.

v.5 Commit your way to the LORD, Trust also in Him, and He will do it.

Here we have three steps to get back to God.

- Trust means to be bold, confident and secure.
- Delight means to be soft, pliable, even responsive.
- Commit means to roll away or remove. It is a rolling away of your way and taking on God's way.

Step 4 – Self-examination

Once you are secure in God's love, you can now be honest about yourself.

David said in:

Psalm 139:23 *Search me, O God, and know my heart; Try me and know my anxious thoughts;*

v.24 *And see if there be any hurtful way in me, And lead me in the everlasting way.*

The Apostle Paul added;

Test yourselves to see if you are in the faith; examine yourselves! Or do you not recognize this about yourselves, that Jesus Christ is in you—unless indeed you fail the test?

II Cor 13:5

If a ship goes off course, it must examine where it is according to the maps and make the proper course adjustments. And so it is with our own course corrections.

Step 5 – Let go and let God

Ps 27:11 *Teach me Your way, O LORD, And lead me in a level path Because of my foes.*

v.12 *Do not deliver me over to the desire of my adversaries, For false witnesses have risen against me, And such as breathe out violence.*

Submission to God's will is the road to recovery.

In the Garden of Gethsemane, Jesus, Himself, prayed, "Father, Your will not Mine be done." It was in the Father's will that salvation was accomplished.

It is in submission to the Father's will that your victory will be realized.

Step 6 – Be accountable

Accountability is an obligation or willingness to accept responsibility.

To deflect accountability is to maintain the status quo and never realize victory.

Be honest about your sin. Repair broken relationships. Seek forgiveness.

The disciples were fishing all night and caught nothing. But in obedience, they let down the nets and brought in a huge catch of fish, *But when Simon Peter saw that, he fell down at Jesus' feet, saying, "Go away from me Lord, for I am a sinful man!"*

Luke 5:8

Peter realized his own sinfulness and in humility, admitted his shortcomings.

When you see Christ for who He is in all of His majesty, you cannot but humble yourself and acknowledge your own sin.

Step 7 – Grow in Christ

Salvation is not the goal but the entrance to the journey. The goal is Christlikeness.

*II Pe 3:17 You therefore, beloved, knowing this beforehand, be on your guard so that you are not carried away by the error of unprincipled men and fall from your own steadfastness,
v.18 but grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory, both now and to the day of eternity. Amen.*

You just bought a new house and you are standing on the threshold. That's salvation. But you don't stay there. You want to go in and enjoy the house. That's spiritual growth.

In the house, you find, security, provision and fellowship. It is a wonderful experience for you and those you love.

And so it is with growing in Christ.

To remain at the salvation stage is to remain immature, a babe.

*Heb 5:12 For though by this time you ought to be teachers, you have need again for someone to teach you the elementary principles of the oracles of God, and you have come to need milk and not solid food.
V.13 For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant.
v.14 But solid food is for the mature, who because of practice have their senses trained to discern good and evil.*

Step 8 – Serve others

At the Last Supper, Jesus demonstrated this by washing the feet of the disciples. That was something a servant or one of the should have done but no one else did. So He took it upon Himself to do so.

After He washed their feet He said to them;

Jn 13:14 "If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet.

v.15 "For I gave you an example that you also should do as I did to you.

v.16 "Truly, truly, I say to you, a slave is not greater than his master,

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nor is one who is sent greater than the one who sent him.

v.17 "If you know these things, you are blessed if you do them.

So we win the battle through our union with Christ.

- We live a submitted life.
- We nourish ourselves with the Word.
- We live for a purpose higher than ourselves by serving others.

This will lead you to victory in the battle.