

**Volume 4, Day 26: A & P of Addiction part 5 of 5: SOLUTION**

We have already talked about the STRESS of INSECURITY. So let's look at the solution. The cycle begins with something that makes us recoil. It could be a tragic loss or simply what someone said. The sooner we release that particular event to God so that His Holy Spirit can handle it, the sooner we can stop raging. We can rely on God only when we trust His heart and nobility of purpose in all things. Don't be fooled by the Devil's lie, "God does only good things and the Devil does the bad ones." God's purposes are served by every thing, good or bad. As we hand the problem over to Him, we can relax instead of going to rehab. We then continue our routine, doing whatever comes next. And we know that there will be another stress not too far into the future. But this cycle produces the peace that passes understanding written of in the scriptures. Practice this cycle until peace remains your default state!

