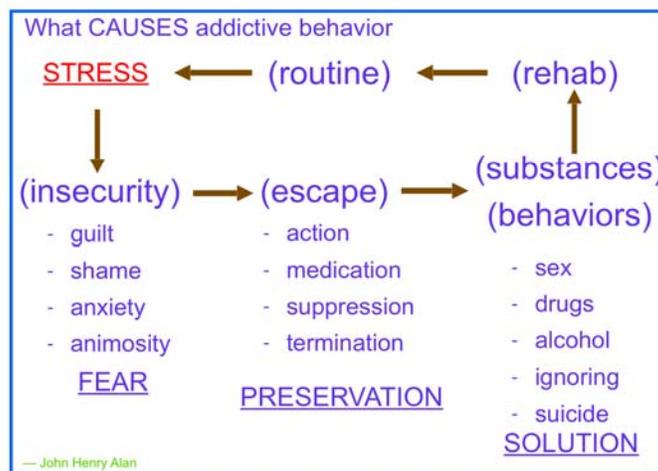


Volume 4, Day 22: Anatomy & Physiology of Addiction 1 of 5: CAUSE

Addiction is a world-wide web of epidemic proportions. It affects more lives than any physical plague or virus ever has. There are **rehabilitation** centers everywhere. Yet this blight on humanity prevails. There will never be a vaccine or cure invented by mankind. But, wait on it! Wait on it! ... Addiction is far more widespread than most have formerly believed. It affects many who do not even recognize it.

The progression of the addiction cycle begins with STRESS of any sort which hurts our emotions. The inherent problem with rehab, is that once completed and the participant is thrown back into the pond, when the stress returns, so does the addictive expression. Even the 'poster child' rehab graduate would be likely to relapse were it not for the shielding of the recovered person from the stress of normal life when they are absorbed into a **stress free** position within the rehabilitation program center.



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Vol. 4, Day 23: A & P of Addiction part 2 of 5: INSECURITY

Following the CAUSES diagram in Day 22, when STRESS hits us, we feel INSECURE. Insecurity is most often associated with feelings such as guilt, shame, anxiety and animosity. In a word, FEAR overwhelms us. Human nature is self PRESERVATION which causes us to seek an ESCAPE from that which scares us. Usually our means of escape is by way of activity, suppression (denial), medication or, if severe enough anxiety, even termination. Next we choose some substance or behavior to relieve the pressure. Largely we resort to sex, drugs, alcohol, denial, service (activity / busyness), or suicide.

After we have wallowed in our stupor long enough we will try to get back on track through some form of **rehabilitation**. Regardless of the means by which we get the substances out of our bodies or the behaviors under control, we somehow begin to function *normally* again.

After a few weeks of successful engagement with our routine, we may conclude that we have been cured. However, when the pressures of routine life pile high enough, we embark again on another cycle of addiction. Then we, and those who surround us with concern, engage together in another round. But is there a solution, a more permanent solution? Some might say, "Just come to Jesus as you are and He will solve you!" Unfortunately, although there have been some whose salvation experience brought complete healing, most Christians are miserable and susceptible to this diabolical cycle for much of their lives.

Take heart, there is an explanation for Christian addiction and a permanent solution. And 'wait for it!' The permanent solution may **not** be the eliminating of the cycle at all.

My Confirming Scriptures:

My Aligning Experiences:

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Vol.4, Day24: A & P of Addition part 3 of 5: RESPONSIBILITY

It is easy to spot the one who is addicted to irresponsible stuff. Christians might call these the **Saturday Night Live** version of addictive expression. But, few Christian's recognize the Sunday Morning (Church) or just plain responsible (socially acceptable) ones. Consider this. Addictive behaviors are common to all humans. Some choose unacceptable ones. Others practice ones which are considered good and do not realize that they are **just as addicted** as the addicts they are trying to help through rehab. All humans are desiring to 'feel good.' How we escape our miseries is essentially to the same end. It is only our means that differ.

<p>Gross Sin - Saturday Night Flesh – Adultery, drunkenness, drugs, etc.</p> <p>“Good Looking” Sin - Sunday Morning Flesh – Trying to get God and people to love me by:</p> <ul style="list-style-type: none">• Attending Church• Serving• Witnessing• Praying• Studying• Quiet Time• Bible Reading	<ul style="list-style-type: none">• People-pleasing• Performing for Acceptance
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God's design for us is that we become lovers instead of fighters. Consider the righteous addict, even if they don't go to church or any places of worship.

My Confirming Scriptures:

Aligning Experiences:

Vol. 4, Day 25: A & P of Addiction part 4 of 5: MOTIVE

The ultimate solution to every angry outburst is enveloped in a single word: HUMILITY. When it is all about **you**, nearly anything can make you express anger. It is only when you can stop obsessing about what should have been done or trying to get them to behave in a manner which suits your opinions and preferences that anger can be conquered. Now to be sure, even the most even tempered people can become angry when the stress becomes too great to be silent. But the duration of the expression of anger can be reduced to a very small time when we learn how to **solve** it. We will explore the solution tomorrow. In the mean time think about why you explode in the first place. It boils down to motive. When our motives are purely selfish, we will be angry a lot. When our motives change, so do our expressions.

**It is not "what" I do or say that matters.
It is "why" I do or say that matters.**

**It is my motivation that determines the value
of anything and everything I do or say!**

**Essentially: all boils down to "MOTIVES"
This is what makes Matt. 25:31 sensible.**

**St. Paul clearly declares in 1 Corinthians 13:
any word or deed that is not motivated
by love for another has "no" value at all.**

— J. H. Alan

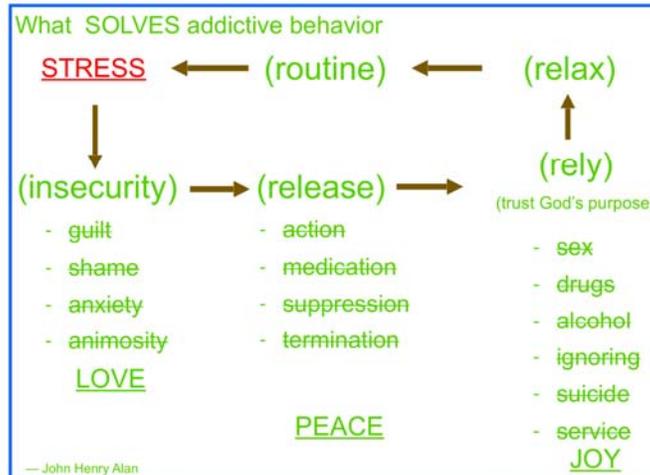
My Confirming Scriptures:

Aligning Experiences:

DEEPER Every Day -- John Henry Alan

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!



Volume 4, Day 27: The Holy Spirit's Role in the Earth

Many pastors and teachers have been taught in their schools of theology about the role of the Holy Spirit on earth. Largely they teach us that the role of the Holy Spirit on earth is to convict humans of sin, righteousness and judgment! Christians the world around seem to speak this fluently. They also seem to believe it to be happening in their lives and claim that when they sin as a believer in Jesus that the Holy Spirit convicts them when they commit a sin. Unfortunately the Scriptures about the Holy Spirit do not bear this out! Having gone through deep theological training for over a decade, even I was misled in this regard. Let's look again at John 16.

Jesus said to His disciples, "Nevertheless I tell you the truth; It is expedient for you that I go away: for if I do not go away, the Comforter will not come unto you; but if I depart, I will send him unto you. And when he is come, **He will reprove the world of sin, and of righteousness, and of judgment: Of sin, because they believe not on me; Of righteousness, because I go to my Father, and ye see me no more; Of judgment, because the prince of this world is judged. . . .when He, the Spirit of truth, is come, He will guide you into all truth:** for He shall not speak of Himself; but whatsoever He shall hear, that shall He speak: and **He will show you things to come. He shall glorify me:** for He shall receive of mine, and shall show it unto you. All things that the Father hath are mine: therefore said I, that He shall take of mine, and shall show it unto you." John 16:7-15 KJV:

In order to exchange my wrong beliefs which were taught to me by well-meaning and deeply trained (albeit misinformed) preachers, teachers and highly respected theologians, I had to trust the Holy Spirit Himself to guide me into God's truth. And the more I abandoned wrong beliefs and trusted the Holy Spirit alone about His Own Word (the Bible), the more peace came upon me in my most difficult circumstances and the presence of very difficult people.

Volume 4, Day 28: Did Jesus Encourage Living Irresponsibly?

For many years I wondered why Mary was acting irresponsibly regarding the hospitality duties she had toward the guests in her home. I thought that Martha was perfectly justified in asking Jesus to send her sister in to help her with the kitchen in preparation for the community meal. Then in a very real and personal experience the Holy Spirit revealed to me the mystery of that story and why Mary and her story of irresponsibly sitting at the feet of Jesus was actually honored.

I had a supper gathering for 'An Evening with God.' We had a large crowd that night. I was preparing the meal and I had expected some to come assist me in the kitchen. That had been the usual pattern for these gatherings. At first I was frustrated because no one was offering to help. Everyone was milling about the living room chatting with each other.

I started to call one man to help me in the kitchen but I noticed he was talking to someone and it was obvious they were talking about something deeply spiritual. So I didn't call out his name. I glanced around the room for someone else to ask. I saw one of the women speaking to someone else and rather than call out her name I paused in the same manner realizing that she and the people she was chatting with were also engaging in conversation with God. A few others came in but immediately seemed to join into conversation about God as well. So I kept silent and kept on working diligently on the meal. I cooked and served without help all through the meal. Although I missed the entire conversation at the dinner table, I was able to join in when everyone moved into the living room.

The Holy Spirit revealed to me that this was for me a reenactment of the meal at Martha and Mary's home. He showed me that acting irresponsibly is appropriate when it is being responsive to God's purposes. There is nothing more important than engaging God in relationship! Even Jesus' disciples walked away from their co-workers and family members, leaving their duties behind for others to finish, in order to respond to Jesus' call, "Come, Follow Me!"