

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:

DEEPER Every Day -- John Henry Alan