

Good morning!

**Welcome to the
Meadowlark Church of
Christ!**

**Visitors, please fill out an
attendance card..thank you!**

Freedom in Christ Series:

BREAKING FREE FROM MY ADDICTIONS

It was for freedom that Christ set us free ; therefore keep standing firm and do not be subject again to a yoke of slavery.

--Galatians 5:1

Addiction affects us ALL!

Young & Old

Rich & Poor

Christian & Non-Christian

ALL STRUGGLE!

From the NIAAA:

- ***Alcohol Addiction...17.6 million.***
- ***Highest Risk group: 18-29***
- ***40% of all violent crimes***
- ***80% of all spouse abuse cases***
- ***60% of all murders***

From the CDC:

- **1 out of every 12...used an illegal drug in the past 30 days.**
- **Smoking accounts for 1 of every 5 deaths in the US (438,000).**
- **5.5 million years of potential life lost in the US (annually).**

Other Addictions:

Food (Caffeine, Sugar, Fat..)

Gambling Internet

Prescription Drugs Sex/Porn

Shopping Work

Phone/Text/Twitter

Recreation/Sports

Television

Key Questions to Ask:

- How much do I spend?
- Is my spouse comfortable with it?
- Does it disrupt my family life, job, health, or friendships?
- Do I think about this a lot?
- **CAN I QUIT?**

The Words of Christ (Luke 9:23)

*And He was saying to them all, "If anyone wishes to come after Me, he must first **deny himself**, and take up his cross **daily** and follow Me."*

Paul to Churches in Rome:

For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so, and those who are in the flesh cannot please God.

--(Romans 5:5-8)

Paul to Churches in Rome:

*.. We are under obligation, not to the flesh, to live according to the flesh – for if you are living according to the flesh you must die; but if **by the Spirit you are putting to death the deeds of the body, you will live.** For all who are being led by the Spirit of God, these are the sons of God. For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, “Abba! Father!” The Spirit Himself testifies with our spirit that **we are children of God.***

--(Romans 8:12-16)

Fruit of the Spirit (Galatians 5:22-23):

Love

Joy

Peace

Patience

Kindness

Goodness

Faithfulness

Gentleness

_____?



2 Peter 1:5-8

Moral Excellence

*Knowledge ... **Self-Control***

*Perseverance ... **Godliness***

*Brotherly Kindness ... **Love***

Interesting Thought:

If Jesus were to come spend the week with you, what areas of your life would you suddenly “adjust”??

We need Community to be successful!

- **Hebrews 10:24-25 NCV:** *Let us **think about each other** and help each other to show love and good deeds. You should not stay away from the church meetings, as some are doing, but you should meet together and encourage each other. Do this even more as you see the day coming.*

We need Community to be successful!

- **1 Thessalonians 5:11-14**

..encourage one another and build up one another, just as you also are doing. (skip).. Live in peace with one another. We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone.