

# GRACE For Addictions

## A One Step Program

### Part 10

#### HOW DO YOU CHANGE?

Joshua 1:8 "This book of the law shall not depart out of thy mouth, but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success."

Meditate has three different meanings:

1. to ponder over
2. to muse or to bring back to your thought process
3. to speak out loud to yourself

You meditate so that you can observe or "see" and then you can do what you see. You will only go where you see yourself going. If you can't "see" yourself free from addictions, you'll always be addicted.

#### THE HOLY SPIRIT MOVING

Genesis 1:2c "And the spirit of God moved upon the face of the waters."

The word moved is referring to the Holy Spirit hovering over and creating a warm environment (as in incubating) for seeds to fall into the soil, germinate and then reproduce after their kind.

Ephesians 3:14 "For this cause I bow my knees unto the Father of our Lord Jesus Christ..."

When you bow your knees you have entered a position of worship. It's in this position that the Holy Spirit begins to move in your life. In Genesis the Holy Spirit moved on the soil of the earth and created an warm environment for seeds to fall into the soil, germinate and then re-produce after their kind. Our heart is our soil. The seed is the Word. As we enter into worship, the Holy Spirit moves upon the soil of our heart to create a warm environment for the seed of the Word to fall into the soil of our heart, germinate and then reproduce after its kind.

Ephesians 3:20 "Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us..."

Now or because we have entered into a position of worship and allowed the Holy Spirit to hover over the seed of the Word in our soil; God is able to do all that we ask or think because of the power that is working in our heart. This is how we change.

#### WHAT CHANGE IS NECESSARY?

Colossians 3:3-4 "For ye are dead, and your life is hid with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with him in glory."

The change that's necessary is for us to receive the revelation that it's not our performance that makes us righteous, it's Jesus' performance. Change takes place in our heart when we realize our whole life is in Him. We are along for a successful ride as long as we are trusting in all Jesus did and not what we can do.

#### HUMILITY THEN HONOUR

Proverbs 18:12 "Before destruction the heart of man is haughty, and before honour is humility."

The position of worship produces humility and honour. It's here you realize the reason for the honour is because of Jesus' performance and not yours.

#### THE FATHER LOVES US PERFECTLY

I John 4:18-19 "There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. We love him because he first loved us."

It's knowing that the Father loves you perfectly regardless of your addictions that changes you.

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#### QUESTIONS

1. What does the Word meditate mean?
2. In worship, the Holy Spirit moves upon the soil of your heart. True or False
3. What verse in Ephesians chapter 3 causes verse 20 to become a reality?

#### ANSWERS

1. The word meditate means to ponder, muse and to speak out loud to yourself.
2. True
3. Verse 14 When we enter into a position of worship verse 20 becomes a reality.