

**LIVING FREE – PART 4**  
**BREAKING THE CHAINS THAT BIND US**

**Romans 6:1-7**

# WHAT IS A “CHAIN”?

- *An action or feeling that overcomes me and steals the freedom that Christ promises me.*
  - 2 Peter 2:19, ... for whatever overcomes a person, to that he is enslaved.
- Resources:
  - Joyce Myer – The Battlefield of the Mind
  - Steve McVey – Helping Others Overcome Addictions
  - Beth Moore – Praying God’s Word
  - Mastering the Addicted Brain – Walter Ling, MD (from scientific perspective)

# HEROIN/OPIOIDS

- Heroin is an opioid drug made from morphine, a natural substance taken from the seed pod of the various opium poppy plants. ... People inject, sniff, snort, or smoke heroin.
- Prescription opioids are prescribed to treat pain; include drugs like oxycodone, hydrocodone (Vicodin®), codeine, morphine, and many others.

<https://www.drugabuse.gov/publications/drugfacts/heroin>

# MARIJUANA

- Marijuana is a mixture of dried, shredded flowers of the cannabis plant, ... Marijuana can be smoked, used to brew tea, and mixed in foods (edibles).
- <https://www.drugabuse.gov/publications/marijuana-facts-teens/want-to-know-more-some-faqs-about-marijuana>

# MARIJUANA

- Used before age 18, 4 – 7x more likely to develop drug problem as an adults.
- Dr. Mark Donovan, “In 25 years of practicing addiction counseling, I have never treated someone addicted to drugs who did not begin with marijuana.”



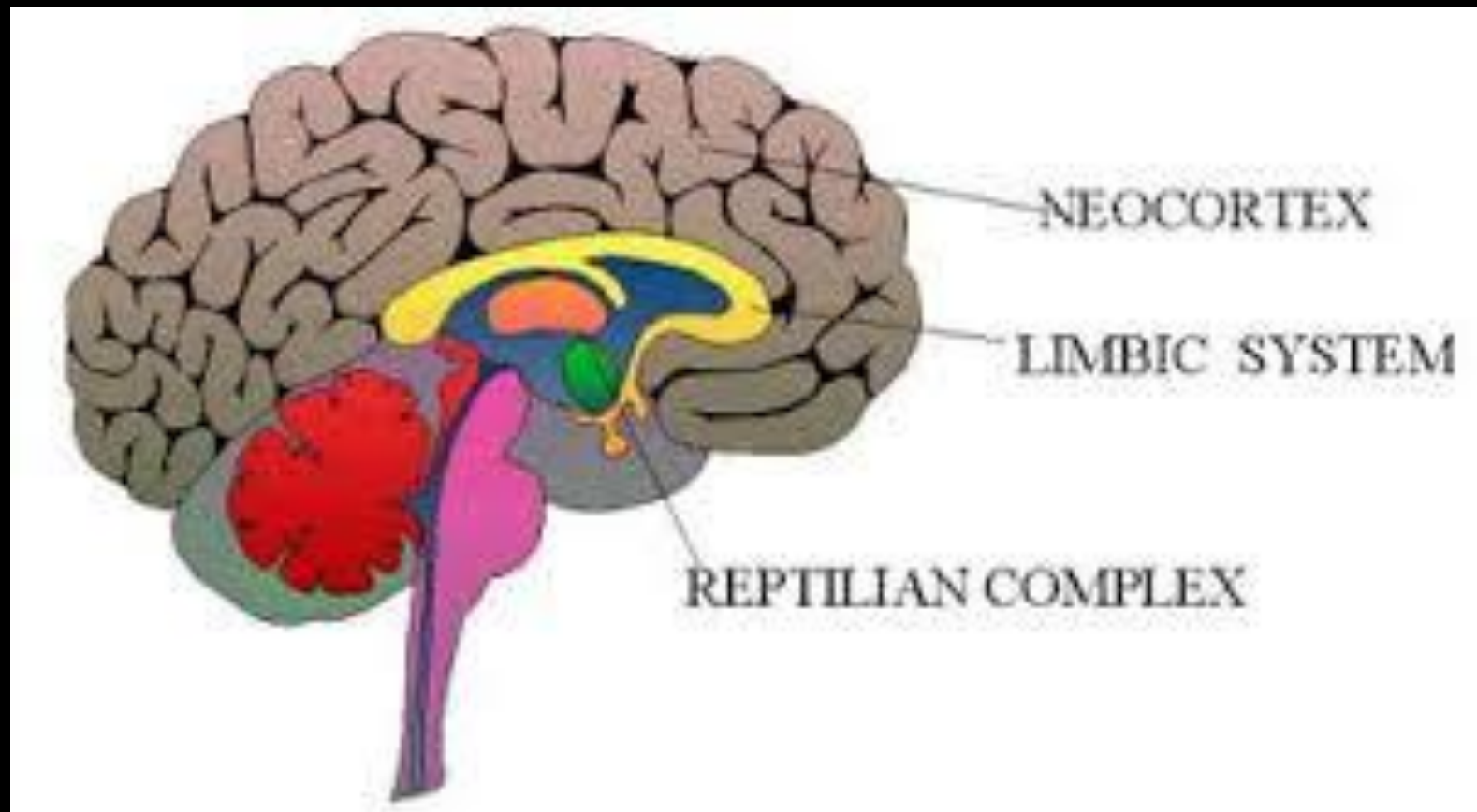
# VAPING

Liquid nicotine  
Liquid marijuana  
Liquid narcotics



# MARIJUANA SIDE AFFECTS – SHORT TERM

- Dulls attention, memory, learning skills.
- Impairs timing, movement, and coordination which can harm athletic performance.
- 1 in 3 twelfth graders report use, including vaping. (2017 survey “Monitoring the Future”)







# HOW CAN MY CHAINS BE BROKEN?

1. I must **come to Jesus**.

- Rom 6:3, John 8:36
- “The church is the only voice that can provide the answer that is off-limits to the secular world – Jesus.
- Address is as “my old life”; sin.

# HOW CAN MY CHAINS BE BROKEN?

2. I must **claim my new identity in Christ.**

- Before Christ, after Christ. Col 3:9, Eph 4:22

- Rom 6:4, 5, 11, 13, (newness of life); Col 3:10, Eph 4:22. 2 Cor 5:17

# HOW CAN MY CHAINS BE BROKEN?

3. My “drug of choice” **must be brought to nothing. I must deny myself of what I crave.**
  - Two possibilities for the chain to be broken.
    1. You break it through detoxification.
    2. Christ breaks it through healing.

### 3. MY DRUGS MUST COME TO NOTHING – I MUST BE “CRUCIFIED WITH CHRIST.”

#### A. Detoxification process:

A. Body must be rid of toxins – cut off the source of those toxins.

1. Christian based rehab center.

B. Brain has to be healed from the chemical damage induced by opioids (heroin or prescription painkillers), cocaine, alcohol, marijuana, or nicotine.

4. I MUST PROTECT MYSELF FROM RELAPSE.  
I MUST LIVE MY LIFE WITH CHRIST IN  
CONTROL.

- Relapse prevention required:
  - Rom 6:4, "...we too might walk in newness of life."
  - Rom 6:5, "...we shall certainly be united with him in a resurrection like his."
  - Rom 6:8, 6:11.

# NEXT STEPS

1. Ask your doctor questions about pain meds he is prescribing. (**Know the Facts**)
2. Parents – become informed about how your youth might be hiding drug paraphernalia.  
<http://hopehousemd.org/>
3. Set up a code word/phrase to use in the event your youth is in a problem circumstance they need to get away from; And you pick them up.

## NEXT STEPS

4. Get rid of your leftover pain meds. Obtain a free lockbox for meds from HC Drug Free.
5. Decide today to put your chains behind you.
  - Opioid addictions can be brought to nothing in Jesus.