

## OVERCOMING DRUGS AND ALCOHOL

### **1. Acknowledge the Struggle**

Recognize and admit the challenges you face with drugs or alcohol as the first step toward change.

### **2. Seek God's Help**

Rely on prayer and God's strength to overcome addiction, asking Him for the courage and perseverance to break free.

### **3. Study Scripture**

Meditate on Bible verses that encourage self-control and healing, such as 1 Corinthians 10:13 or Philippians 4:13.

### **4. Surround Yourself with Positive Influences**

Avoid environments or friends that encourage substance use and build relationships with people who inspire positive change.

### **5. Join a Support Group**

Participate in Christian recovery groups or mentorship programs for accountability and encouragement.

### **6. Find a Mentor**

Work with a spiritual mentor who can guide and support you through prayer, advice, and encouragement.

### **7. Replace Negative Habits with Positive Ones**

Engage in activities like exercise, volunteering, or hobbies that help you stay focused and productive.

### **8. Reflect on Your Purpose**

Focus on God's plan for your life, understanding that drugs and alcohol can hinder your spiritual and personal growth.

### **9. Rely on the Holy Spirit**

Allow the Holy Spirit to guide you toward self-control and freedom from destructive behaviors.

### **10. Celebrate Progress**

Recognize and thank God for every victory, no matter how small, as you move toward a healthier, addiction-free life.