

# *The Synergy of Scripture and Addiction Science*

What we **think** and what we **feel**, are distinct drivers of our behavior. [Epictetus](#) noted some 2000 years ago that “it isn’t our circumstances, but our view of them, which creates our miseries.

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CHANGE YOUR THINKING AND LET GOD CHANGE YOUR  
LIFE



Most addiction experts perceive that Behavior Science and Scripture are antithetical; that faith and reason are mutually exclusive; this is a misconception. Both recognize that values and purpose are the main navigational tools in life. Both emphasize personal values and how to manage those values; both acknowledge, motivation, life skills and community are human ingredients, necessary to change. Both want us to manage our emotions, examine our thinking and change our corrupt behavior; to be transformed by the renewing of our minds.

Lance Dodes Principle: Addiction is a displaced behavior used to regain control over an emotional state (helpless, trapped, powerless). Regain control with a direct healthy behavior that will empower you and there is no addiction!

Jesus Christ Principle of Intelligent Delegation and Reciprocal Innervation: Delegate (surrender) control to God (2 Cor. 12: 9-10) and GOD will reciprocate by empowering you with the Holy Spirit (John 14:16), that will enable you to regain control with direct empowering healthy behavior, with new transformed thinking (Romans 12:2), motivation, purpose and fruits of the Holy Spirit or values (Galatians 5:22-23). (Note self-control is one of those fruits or values!).

*When circumstances in life leave you feeling emotionally overwhelmed, helpless, trapped, powerless and out of control, transform your thinking, surrender control to Christ and he will send you a Helper that will empower you to regain control with new values and you will be a new person.*

Addictions always serve an emotional purpose. Reasons for drinking or any hurt habit or hangup are driven by emotional factors, usually feeling of helplessness about whatever in life makes one feel overwhelmingly trapped. Addictive behavior is always preceded by feelings of helplessness, feeling trapped, feeling powerless, feeling out of control.

Circumstances in which we feel overwhelmed, frustrated, helpless, trapped, powerless  
lack of control



Direct  
Displaced



Regain Control and escape  
the Trap

God's behavioral imperative is that we are to be Christ like in character but not in being. **Romans 8:29**

Proverbs 29:11: “A fool vents all their feelings but a wise person holds them in control.”

- ▶ Don't let your emotions control your behavior.
- ▶ Behavior science demonstrates that *virtually every compulsive act is preceded and precipitated by a feeling of overwhelming, intolerable helplessness or powerlessness. The function and purpose of addiction is to reverse this sense of overwhelming helplessness. **Addiction is simply a displaced behavior used to regain control over an emotional state.***

Matthew 11:28 Come to Me, all you who labor and are heavy laden, and I will give you rest.

Life is full of adversity, circumstances that render us overwhelmed, helpless, powerless, trapped and feeling out of control.

We can't control our circumstances but we can control how we think about our circumstances and how we respond.

Christ wants us to come to Him for rest where He will teach us direct healthy behaviors based on scriptural tenets, the character of God.

God's will for all us is to be Christ like in character, but not in being.

# Romans 12:2 “Don’t be conformed to this word, but be transformed with new thinking.”

- ▶ What we **think** and what we **feel**, are distinct drivers of our behavior. Rick Warren says, “Anytime you see people messing up their lives, you can be sure that it did not start with their actions: it started with their thoughts. The way you think determines **how you feel** and affects how you act. If you want to change something in your life or break a bad habit, then figure out **what caused you** do the thing you want to change.”
- ▶ You can’t get addicted to a substance or behavior, if you don’t learn it does something for you.
- ▶ Change your thinking and change your life. Don’t conform, transform!

2 Corinthians 12: 9-10 “My Grace is sufficient for you for there is power in weakness.”

## (Intelligent Delegation)

- ▶ **Blessed are the meek for they shall inherit the earth.**
- ▶ Intelligently Delegate control to God for power over your weakness. Is it a weakness to delegate control of your taxes to a tax accountant or hire a Chief Financial Officer? Of course not.
- ▶ *What humans really seek is a sense of control. What we really seek is not a drink, a drug, porn or a bet, but a sense of empowerment, in the face of feeling helpless.*
- ▶ We always have a binary choice. We can regain control of helpless feelings with displaced substitute behaviors (quick fixes or mood changers of drugs or other behaviors), or direct healthy behaviors that empower us **by honoring God.**

# John 14:16 “I will give you a Helper and He will be with you always.” (**Reciprocal Innervation**)

- ▶ While there are many approaches to resolving addictive behavior, the ultimate, empowering and truly unique solution, only comes from God, with an indwelling and seminal psychotherapist (Paraclete/Mentor) and He’s freely provided it to every one of His children.
- ▶ God will return that control to you with the empowering Holy Spirit.
- ▶ In being a Believer we receive the HS, but when we Surrender and choose to love God with all our heart, mind soul and strength that is when the HS comes to fruition and we become **Empowered** with Christ like thinking, character and behavior.
- ▶ The HS will transform our character into the image of Christ and empower us with Christ Driven Behavior.

Galatians 5:22-23 “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness, self-control. Against such there is no law.”

- ▶ **The fruits of the Spirit are values!** When we Intelligently Delegate control to God, He reciprocates with a Helper, the Holy Spirit. SELF CONTROL is one of the values or fruits of the Holy Spirit. This is the concept of Intelligent Delegation and Reciprocal Innervation, that leads to Godly values and Christ Driven Behavior that honors God.
- ▶ When your values trump your addiction, there is no addiction.
- ▶ Character is developed as virtues become habits. Character is making the virtues/values of Christ a habit!

2 Corinthians 5:17 “If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

- ▶ Old behaviors are REPLACED with new empowering direct Christ Driven Behaviors that honor God. New creations have new values. When your values trump your addictions, there is no addiction.
- ▶ When you value your new personal relationship with Christ, more than your hurt, habit or hangup, there is no displaced behavior and hence no addiction. Think and always ask yourself: Will my behavior honor God?
- ▶ When your actions are Christ like in character, you have regained control. There is no addiction, there is inner peace, and you have regained control with *direct Christ Driven Behavior*.

# The Victory Prayer:

- ▶ Lord, I invite you into my life today. Guide my footsteps and help me make wise decisions in order to manage my feelings, my emotions. Help me to regain control over emotional circumstances in life, that make me feel **helpless**, trapped, powerless and lacking control. I accept that I cannot control everything and I delegate that control to you, so that you will transform my thinking and empower me, through the Holy Spirit. **Empower me** to regain control over adversity with (**Direct**), assertive, Christ Driven values and behavior and not with (**Displaced** substitute behaviors), the quick fixes or mood changers of chemicals and other errant behaviors. Always allow me to be sensitive to Your Will, especially if You desire to change my thinking, plans and behavior.