

I Shouldn't be Imprisoned

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INTRODUCTION



Yes! It is really possible to change from all the destructive behaviours and addictions that have imprisoned your precious life. You have heard me right! Authentic life change is possible. There is a power out there available to anybody who wants to change. You don't have to be special, just be yourself! Willpower can not change you, God can. But here is the deal, you provide the will to change, God will provide the power to change. God can empower your willpower to change for a change.

The question is not whether God can empower you to change from whatever destructive addiction you are in right now, but the question is, are you really willing to change? Let me tell you right off the back, change requires a lot of sacrifice and absolute commitment. Are you willing to work with God, as He is empowering you to work with him through the process of change?

Change is a process, not an event. We will look at things like addictions to sex, especially pornography, drugs, anger, bitterness, even depression, etc, and what principles to embrace for change. You have possibly known people who wanted to change or you have possibly tried to change yourself, but could not. And it is your experience that people who have tried to change, regardless of how hard they tried, could not change after all. Therefore, you are skeptical about any possibility to change.

Well, your concerns are well-founded. Though, you need to remember a coin has two sides. Yes, there are people out there who have tried to change and failed. And at the same

time, there are still people out there who have tried to change and changed for real. And the good news is, that can be your story. There are significant points to consider when you want to think about change. I don't want to give you the idea that there are two types of people, those who can change and those who cannot. The truth of the matter is, anybody can change. It doesn't matter how low one falls in a destructive behaviour, God can get you out of it. Sometimes people need to hit rock bottom before they realize they need to change before it's too late.

It's my prayer that you are one of those people. Not necessarily that you have to hit rock bottom, but that you really want to change, rock bottom or not. First of all, let me congratulate you for deciding to change. And I praise God for this in you. Let me tell you, it might be impossible with man to change you, but all things are possible with God. In God we are not facing a hopeless end but we are facing an endless hope. You have a chance to change because God does not change. He is who He was, He will be who He is, and He will forever be who he has always been i.e. the same yesterday, today and forever. He created you with great potential in life, wanting only the best for you and out of you to His glory. Simply because you are in a valley right now it doesn't mean the plans of God about you and for you have changed. God does not want you to self-destruct, He wants you to make a difference in this life according to his good purposes. And when you change you will realize that God did not change. He still has big plans for you.

The different pieces of information in this book are intended to address those specific situations that have one common thread passing through all of them, "The power to change is available." Without a doubt, this book will be a source of inspiration and strength to you. I know this book will inspire you to change. Dr John Tibane, in his book, *Be inspired or get expired* said, "We

bring you inspiration that conquers all your desperations.” Some of you right now are desperate to change. That’s a good thing. Because right now I have good news for you. You are holding a book that is going to point you in the right direction for you to change. Your desperation is about to become your reality. God wants you to be liberated from your addiction that has caged you in for so long, so that you can experience the beauty of the world around you and for you to appreciate the beauty of the world within you. So I am inviting you and your friends. Let us together explore the possibility that authentic and profound life change is available in Jesus Christ.

Now, the verses quoted in this book are coming from different Bible translations. Therefore, you do not need to worry if you do not have all of the translations I have used. The verses are quoted directly from their respective translations as they are. I have used no less than five different translations. And here are the main ones: NLT- New Living Translation, NCB- New Century Bible, NEB – New English Bible, CJB – Complete Jewish Bible, NIV – New International Version, ASV – American Standard Version, The Message, etc.

May all the glory and honour be to God.

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WHY YOU NEED TO CHANGE

You were created in the image of a perfect God. Therefore, striving for perfection is your calling. You may never be perfect, in fact, no one is. You need to know you are a person with the inherent potential to be great. You may not be different but you are destined to make a difference. Your Heavenly Father does not put any label on you. You are a person with a problem, you are not a problem. So stand up and fight. You can win this battle.

It will not be easy but it is possible. Ok! It is possible. Let me inspire you with four reasons why you need to change.

- 1) Every addiction is costly. Financially, Socially, Healthwise and even Spiritually. To maintain an addiction like alcoholism demands a constant spending of your precious money. Money which could have been used constructively to work for you, not against you. Not only do you waste your money but you are paying your money to destroy your health. There has been study after study, documenting all the health risks originating from alcohol, not to mention brain damage. Alcoholism, like many other addictions, destroy many relationships like never before. Families suffer and even dismantle at the wrath of these addictions. Obviously living like this is a spiritual downhill. But the good news is, you can change it. Be ready for a change.
- 2) Time is a precious commodity that can not be stored in refrigerator. Research shows that all addicts spend no less than 75% of their time in a day on their addictions. They spend less and less time with their spouses, children,

on social activities, etc. With this behaviour, I guarantee you, work output suffers because the person does not concentrate on his work but invests his time in nursing his addiction. Time lost is never regained. Be a good steward of your time, so that you do not wake up one day and realize that time has passed you by, only to find out that your families, friends, and everything you love, has gone ahead without you. But the good news is, you can change it. Be ready for a change.

- 3) You are a man with a purpose. Therefore, do not just purpose to live but live on purpose. Your purpose is to contribute positively and constructively to change in the world. Your contribution will remain undone if you allow your addiction to make you absent. Your talent, ability, skill, and intellect are unmatched. No one is a replica of you. It's only you who can do exactly what you are able to do. Because you are unique. No one can fill your position in your family and in the community, because you are uniquely designed by God to do what only you can do. There is only one you in the world. Do not waste your abilities and talents on addictions but work out your abilities to the betterment of humanity. Not only will that empower you and your family, but it will change the world. The good news is, you can do it. Be ready for a change.
- 4) There is more to a person than just his physical body. You have a soul and a spirit. A human being is a tripartite being, meaning a person is a body, soul and spirit. The Bible in 1st Thessalonians 5:23 speaks of our spirit, soul and body to be blameless at the coming of the Christ, because of the sanctifying power of God. In other words, God wants to sanctify you so that you can live a righteous life for him in Christ Jesus. You were created for righteousness. Jesus

died to impart that righteousness to you, and he is coming back for you. Therefore, live for what Jesus died, your holiness, without which no man will ever see God. Your spirit yearns for an intimate relationship with your Maker, God. But your sin is separating you from your God, and it will eternally destroy you in hell. But the good news is, you can change it. Be ready for a change.

But, is authentic life change really possible? Can I really be free from my addiction at last? Did somebody come to set the captives free? Is Jesus the answer to my addiction? Am I safe to believe that I can be free at last? From my imprisonment of drugs, alcohol, bitterness, depression, etc? Am I facing a hopeless end in Jesus, or I am facing an endless hope? Can I be completely delivered from my addiction? Read on!