

Chapter 1: Introduction

I am very happy to write another book under this interesting book series, the YOU CAN series. I get excited when it is time to write one of these series. I believe the simple reason for my excitement is because of what the series is meant to do – to solve practical problems. I love solving problems, yes, I love solving problems using the truth from the Word of God. I strongly believe there is a solution to any problem in God's word as we have it in the Bible.

'You Can Stop Masturbation. And Any Addiction' will open your eyes to the reasons why you have allowed yourself to get unnecessarily and dangerously attached to a habit or a dangerous substance. This book did not just provide the spiritual and physical therapies necessary to stop an addiction problem; it goes ahead to explain the reasons why people engage in dangerous addiction activities and also explains the causative roots of any addiction issue. I believe the first step in solving any problem is to look at the root cause of the problem. Therefore, why men and women, made in God's image get involved in dangerous addiction activities is extensively discussed in this book. This will open your eyes and mind to see clearly and embrace the other addiction - stoppage tips that I have also provided in this book.

The response from readers of my various short Christian reports on how to stop masturbation and other stop-addiction reports over the years showed me why a Bible-based, Christian solution of this type is needed for the problem of addiction. I also shared some personal victories I had over two forms of addiction problems and also some useful and relevant interactions I have had with others over addiction issues.

You can get addicted to different things like dangerous drugs, alcohol, food, social networking sites and so on, but experts believe the most common ones are cases where people get addicted to dangerous substances or dangerous activities. Let me also point out here that anything you get addicted to which is robbing you of joy, fulfillment and a healthy relationship with God on a daily basis is bad for you. Our Book text for this book, Romans 1:28 shows the source of the problem of the people described in the book of Romans chapter 1 – they took God out of their memories and they automatically became unprofitable in their thinking and actions. Jesus says in John 15:5b that, without Him no one can succeed at anything so it is very important for you to embrace the habit of carrying out a regular check on yourself to find out a habit that you have unconsciously or consciously embraced that is taken you away from God, your creator on a daily basis. I believe this is a wise activity anyone can choose to get involved in on a regular basis.

You Will Work!

Let me inform you that this book is not promising you a no-effort, no-work solution on your part to this problem. No, I am not giving you such an irresponsible guarantee. You will put in lots of efforts and do lots of work using the principles taught in this book. From experience and interactions with people who have addiction problems over the years, I observed that one of the major reasons why people get unnecessarily and dangerously addicted to a habit or a substance is because there are 'forces stronger than them that are working really hard to see them continue in that state so that they will not be able to use their God-given gifts to help themselves, their societies and also to be useful to the kingdom of God! They (these forces) are working hard so you must also be ready to work hard. Their master – the devil moves about (working really hard) looking for whom to devour (1 Peter 5:8). Christianity is real work. Jesus did not promise us a

stroll-in-the-park journey on this earth. He said in His word, "...I send you out as lambs among wolves" (Luke 10:3).

However, your work is not going to be based on your strength; it is going to be based on God's strength (His grace that is sufficient for you and me (2 Corinthians 12:9). His grace makes the difference – the devil and his cohorts can't match this. You will learn how you can practically tap into His grace to take you out of this problem or any other problem.

How to Use This Book

There are four parts in this book. Part 1 consists of the Background Notes to the Problem of Addiction. This will prepare you for what lies ahead in this book. Under this part, there is the Chapter on Plan Your Way Out. It is the first chapter; it is a useful one for you. You will learn how to put up an addiction-stoppage plan which you will complete as you go through this book. I don't want you to read this book once and forget about it. No. I want you to come out of it with a solid plan that you will follow to put a stop to the addiction problem.

From my interactions with those who have addiction problems and who confessed they want to stop but had found it difficult stopping it, I noticed they don't have a solid, written plan which they can follow to stop it. You will need to give good attention to this 'plan chapter' of this book. God's Word shows us that "There are many plans in a man's heart, Nevertheless the LORD's counsel—that will stand." (Proverbs 19:21). Your own duty is to plan and follow up your plan; God's duty is to help you achieve success. However if you don't have a plan you are following, how can God help you?

Part 2 has Notes on Common Addiction Problems. It will enlighten, encourage and strengthen you to go ahead and effectively use the various addiction-breaking tips that I have provided in Part 4 of this book. It gives some information on some common addiction problems and establishes a valid Godly argument that is meant to convince you to go the extra mile to put a stop to any addiction problem. This part also includes tips on how parents can handle teenage addictions. Every parent will love this.

Part 3 shares interesting stories and used lots of simple charts to explain the major reasons or the causative roots of the problem of addiction.

Part 4 consist of the various Addiction-Breaking Therapies. The truth is that before you get to this part of the book, you would have been thoroughly educated on how you can put a stop to the addiction problem. This is the reason why you should devote good attention to the first three parts of this book. The fourth part is just to crown your education with some short and simple spiritual and physical addiction-stoppage therapies.

Take Your Time

You don't have to rush over this book. You need to help yourself to internalize the messages of each chapter before you go to the next chapter. Let me also point out at this stage that you will need the act of meditation for this exercise. Meditation helps you to grind what you have studied into the core of your being so that it will become your default reaction to the topic you meditated upon. You can go online and search for "helpful Christian meditation tips" to learn more about this important Christian activity. It is so important that God recommended it to Joshua when he wanted to step into the big shoes left behind by Moses (Joshua 1:8): " This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to

do according to all that is written in it. For then you will make your way prosperous, and then you will have good success"

Finally, this book will tell you the only time addiction is good! Yes, addiction can be good or bad - I have however discovered the only time addiction is good. You will read more about this in the last chapter of this book. I am wishing you a resounding victory over any addiction problem you are having in Jesus name. I want to give God's Spirit all the credit for this work.

Sesan Oguntade

Part 1: Background: Notes to the Problem of Addiction

Chapter 2: Have a Plan Before You Go Ahead

You should not go to the next chapter until you have acted on the instruction in this chapter. This is the reason why this chapter is appearing early in this book just after the Introduction. Just like health care professionals design addiction treatment plans tailored to an individual's needs after a comprehensive assessment of the patient, you also need to do a comprehensive assessment of yourself and the addiction problem you are having and then map out a useful plan to stop the addiction. I believe you should be able to do this. You reached out to buy this book because you realized you have a problem which needed urgent attention and solution.

I want you to be sincere enough to carry out an assessment on your condition and map out a plan of action as you begin to use this Do-It-Yourself book. Get a fresh note book (call it 'My Addiction-Victory Plan Book') and open to a fresh page and fill out complete answers to any question under the various categories in this plan guide. I want you to use this simple guide to map out your plan.

1. Comprehensive Assessment: (Answer some simple questions).

- What type of addiction problem are you having?
- What is the stage of the addiction?
- Is there any medical conditions that have arisen as a result of this addiction problem?
- What are the complications you have observed anytime you try to withdraw or stop the use of the addictive substance?
- Have you allowed this problem to rob you of a relationship with God and fellow human beings?
- Has this problem consistently stopped your various success moves?

2. Preliminary Plans: (Write these down in your plan book and read it to yourself severally before you begin to use other chapters of this book. You will need to do this consistently even after you have read the whole of this book).

- I promise to believe and use every Godly information in this book. I promise to fill up the spaces under the secondary plans of this plan guide.
- I believe God can use His Word and Godly content in this book to heal me because His Word tells me, "He sent forth his word and healed them; he rescued them from the grave" (Psalm 107:20).
- I believe with God's help and with the assistance of qualified medical professionals, counselors, Godly relatives and friends, I can overcome this problem.

- I promise to go the extra mile to put a stop to this addiction problem because I know that knowledge without deliberate and consistent actions on my part will not bring solutions.
- I promise to say any prayers suggested in the course of this book. (Say the following prayer immediately: "God, use your Word and the Godly content in this book to help me. Open my eyes to see relevant information needed for my healing in Jesus name.").

3. Secondary Plans: (Fill up the spaces with pencil during the use of the book. You can copy this part into your plan book and fill out the spaces as you read this book).

- Important Bible Texts:

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- Important Prayer Points:

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- Important Quotes:

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•Relevant and Highly Useful Tips: You should write down the chapter that discusses a tip that is highly useful to you. You can then go back to these chapter and read them over and over again:

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4. Tertiary Plans: (This is your Stop-Addiction Blueprint)

- Type and print out all the entries of categories 1 to 3, make copies and place in locations where you will always see and read the content to yourself.
- You should now begin to use this as a blueprint to continue your treatment.

Jesus says, "For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it lest, after he has laid the foundation, and is not able to finish, all who see it begin to mock him..." (Luke 14:26-28). Sit down and craft out a plan. You can plan your way out of the addiction problem. Just as I mentioned earlier, you should carry out the instruction in this chapter before you go to the next chapter of this book.

Note: Get the full book to learn more. Thank you.