

Freedom Steps: A Starter Kit for Those Struggling with Addiction

1. What “Letting Go” Means in Christ

Addiction thrives on control — trying to numb pain, manage feelings, or hold life together in

our own strength. But Jesus offers a better way: *letting go doesn't mean giving up, it means*

giving it over.

- Letting go means admitting: *“I can't fix this on my own.”*
- It means trusting Jesus to carry the weight you can't.
- It's not abandoning responsibility — it's surrendering the fight you were never meant to win alone.

Think of a drowning swimmer: the harder they fight the water, the more they sink. But when they stop fighting, they float. Letting go in Christ means trusting Him to hold you up when

you can't hold yourself.

Scripture: *“Cast all your anxiety on Him because He cares for you.”* (1 Peter 5:7)

2. Steps to Help You “Give It to God”

Here are some simple, practical steps:

1. Name it honestly.

Whisper it to God: *“Lord, this is my struggle. I can't carry it anymore.”*

2. Place it in His hands.

Imagine physically setting the bottle, the pill, the fear, or the shame at the feet of

Jesus.

3. Ask for His exchange.

“Jesus, take my weakness. Give me Your strength.”

4. Take one small step forward.

Whether it’s eating a meal, making a call, or going for a walk, do it as an act of trust:

“This step belongs to You, Lord.”

5. Repeat daily.

Surrender isn’t a one-time act. It’s a daily rhythm: release, trust, walk.

3. Sample Letters of Empathy to Family/Friends

Addiction doesn’t just wound you — it wounds those you love. A letter can be a first

bridge to healing.

Letter Example:

Dear [Name],

I know my choices have caused you pain. I can only imagine the hurt, fear, or anger you’ve

carried because of my addiction. I want you to know I see it now, and I am sorry. This journey of recovery will take time, but I want you to hear this truth today: I value you. I am

grateful for you. And I want to rebuild what has been broken, with God’s help. Thank you for

standing by me in ways I may not have noticed or appreciated before. I love you.

(Sign with your first name only, if needed for safety/confidentiality.)

4. Declarations of Identity in Christ

When lies scream louder than truth, speak these words aloud:

- I am not my addiction. I am a child of God. (1 John 3:1)
- I am forgiven and made new. (2 Corinthians 5:17)
- I am not alone. God will never leave me. (Hebrews 13:5)
- I can do all things through Christ who gives me strength. (Philippians 4:13)
- The Son has set me free, and I am free indeed. (John 8:36)

5. **First Steps in Prayer**

Prayer doesn't have to be fancy. Start small, honest, and real:

- **One-Line Prayers:**

- o "Jesus, help me right now."
- o "Lord, I give this craving to You."
- o "Father, hold me when I feel weak."

- **A Simple Prayer to Begin Each Day:**

Jesus, I cannot do this without You. Today I give You my fears, my cravings, and my pain. Fill me with Your Spirit. Help me take one step at a time. Remind me I am loved and never alone. Amen.

Note: This package is not about perfection. It's about beginning. Freedom comes one surrendered step at a time — and Jesus walks every step with you.