

I Just Need My Fix. God's Manual For Addictions. PDF

Free From Bondage Ministry



More Free Books on Bookey



About the book

Title: Finding Freedom from Addiction Through God's Guidance

Introduction:

Addiction can feel like an unbreakable chain, but the divine wisdom offered in God's teachings serves as a guiding light toward healing.

Core Message:

- God loves you deeply and desires for you to live a life free of suffering.
- It is crucial to immerse yourself in His Word for understanding and strength.
- Many of God's followers find themselves trapped in various forms of bondage due to a lack of knowledge.

Conclusion:

By gaining insight through spiritual teachings, you can liberate yourself from the chains of addiction and embrace the freedom and love that God offers.

[More Free Books on Bookey](#)



Why using the Bookey app is better than reading PDF?



Free Trial with Bookey



Ad



Try Bookey App to read 1000+ summary of world best books

Unlock 1000+ Titles, 80+ Topics

New titles added every week

- Brand
- Leadership & Collaboration
- Time Management
- Relationship & Communication
- Business Strategy
- Creativity
- Public
- Money & Investing
- Know Yourself
- Positive Psychology
- Entrepreneurship
- World History
- Parent-Child Communication
- Self-care
- Mind & Spirituality

Insights of world best books



Free Trial with Bookey



Why Bookey is must have App for Book Lovers



30min Content

The deeper and clearer interpretation we provide, the better grasp of each title you have.



Text and Audio format

Absorb knowledge even in fragmented time.



Quiz

Check whether you have mastered what you just learned.



And more

Multiple Voices & fonts, Mind Map, Quotes, IdeaClips...

Free Trial with Bookey





World' best ideas unlock your potential

Free Trial with Bookey



Scan to Download



I Just Need My Fix. God's Manual For Addictions.

Summary

Written by Books1

More Free Books on Bookey



Who should read this book I Just Need My Fix. God's Manual For Addictions.

"I Just Need My Fix. God's Manual For Addictions" by Free From Bondage Ministry is essential reading for individuals struggling with various forms of addiction, including substance abuse, behavioral dependencies, or compulsive habits. Additionally, it serves as a valuable resource for friends, family members, and loved ones who are seeking to understand and support someone battling addiction. Pastors, counselors, and recovery group leaders will also find the insights in this book useful for guiding others towards healing and spiritual restoration. Ultimately, anyone interested in a faith-based approach to overcoming addiction can benefit from the transformative messages contained within.

More Free Books on Bookey



Key insights of I Just Need My Fix. God's Manual For Addictions. in table format

Chapter/Section	Summary
Introduction	The book introduces the issue of addiction from a spiritual perspective, emphasizing the need for divine intervention and support.
Chapter 1: Understanding Addiction	Explains the nature of addiction, its psychological and physiological effects, and the factors contributing to addictive behaviors.
Chapter 2: The Spiritual Component	Discusses how addiction affects the spirit and soul, highlighting the importance of spirituality in the recovery process.
Chapter 3: God's Grace and Healing	Describes the role of God's grace in overcoming addictions and provides scriptural references to support healing.
Chapter 4: Practical Steps to Recovery	Offers practical advice and steps for recovering from addiction, including establishing a support network and setting personal goals.
Chapter 5: The Power of Prayer	Stresses the importance of prayer in seeking strength and guidance, providing specific prayers for those struggling with addiction.
Chapter 6: Breaking Strongholds	Explains how to identify and break the strongholds of addiction through faith and spiritual warfare.

[More Free Books on Booke](#)



Chapter/Section	Summary
Chapter 7: Building a New Life	Focuses on creating a fulfilling life post-addiction, including maintaining relationships and developing healthy habits.
Conclusion	Encourages readers to rely on God's love and strength to overcome addiction, emphasizing that recovery is a journey towards freedom.

[More Free Books on Books](#)



I Just Need My Fix. God's Manual For Addictions. Summary Chapter List

1. Understanding Addiction and Its Consequences in Our Lives
2. The Role of Faith in Overcoming Dependency
3. Practical Steps to Break Free from Addictive Behaviors
4. Healing Through Community Support and Guidance
5. Embracing God's Promises for Lasting Freedom
6. Living a Life of Purpose Beyond Addiction

More Free Books on Bookey



1. Understanding Addiction and Its Consequences in Our Lives

Addiction is a condition that grips individuals, trapping them in a cycle of compulsive behavior that often outweighs their ability to exercise choice. It stems from a complex interplay of biological, psychological, and environmental factors that converge to create an overwhelming need for substances or behaviors that provide temporary relief or pleasure.

Understanding the roots of addiction is pivotal, as it allows us to grasp how deeply it can affect not only the individual struggling with it but also their families, friends, and communities.

At its core, addiction can stem from various sources. For some, it may develop as a means to cope with stress, trauma, or other underlying mental health issues. The brain's reward system becomes wired to seek out the very substances or actions that provide momentary gratification. Over time, this can lead to changes in brain chemistry that perpetuate the addiction cycle, resulting in increased tolerance and withdrawal symptoms that further entrap the individual.

The consequences of addiction are far-reaching and multifaceted. Relationships often suffer due to the prioritization of the addiction over family and friends, leading to feelings of betrayal and hopelessness among loved ones. Financial strain can also become a significant issue as the person

[More Free Books on Bookey](#)



struggling with addiction may allocate funds towards their substance or behavior of choice, often resulting in debt, loss of employment, or even legal troubles. Not to mention, the physical health repercussions can be devastating, ranging from chronic illnesses to severe psychological disorders, and in extreme cases, even death.

Moreover, addiction fosters an environment of isolation. As individuals retreat into their addiction, they may alienate themselves from supportive networks that could assist them in recovery. This isolation not only exacerbates their struggles but also intensifies the psychological toll of addiction, leading to a vicious cycle that perpetuates their plight.


The journey to understanding addiction requires both self-reflection and education. Recognizing addiction's impact is a critical step in moving toward recovery. It compels us to acknowledge the need for help—not just for the addicted individual but for everyone affected by the addiction. The realization that one is not alone in this struggle opens the door to healing and the possibility of regaining control over one's life.

In conclusion, the understanding of addiction and its consequences reveals the profound complexity of this condition while highlighting the urgent need for compassion, education, and support. As individuals confront these powerful forces, they embark on a journey not only towards personal healing

More Free Books on Bookey



but also towards fostering understanding within their communities, ultimately paving the way for a path of recovery that is grounded in hope and resilience.

[More Free Books on Bookey](#) 

2. The Role of Faith in Overcoming Dependency

Faith serves as a foundational pillar in the journey to overcoming dependency and addiction. It provides individuals with a sense of hope and purpose that is crucial during the difficult moments of recovery. The belief in a higher power can empower individuals to confront their struggles, equipping them with the strength and resilience needed to navigate the complexities of addiction.

At its core, faith promotes a sense of connection and belonging. It encourages individuals to reach beyond their immediate challenges and to envision a renewed life free from the chains of dependency. This relationship with God fosters a supportive environment where individuals can find solace in prayer, meditation, and reflection. These practices can help them to surrender their burdens, recognizing that they are not alone in their fight against addiction.

Furthermore, faith encourages a shift in mindset. When individuals believe that they are deserving of healing and that recovery is possible through God's grace, they are more likely to take proactive steps towards change. This transformation often includes embracing forgiveness—not only from others but also from oneself. Many individuals struggling with addiction carry feelings of guilt and shame. Faith teaches that these feelings do not define one's identity and that redemption is possible. The understanding that

[More Free Books on Bookey](#)



God's love is unconditional and that He welcomes all sinners can inspire individuals to reclaim their self-worth and to make positive changes in their lives.

Moreover, faith can instill a moral framework that helps individuals resist the temptations and triggers associated with their addictive behaviors. Many religious teachings promote values such as discipline, accountability, and self-control, which can serve as guiding principles during recovery. By anchoring their actions in these values, individuals can create a more disciplined lifestyle free from addiction's grasp.

Community plays a pivotal role in the faith-based approach to recovery. Engaging with a faith community allows individuals to share their struggles and successes with others who understand the journey. Support groups and fellowship provide a sense of belonging and connection that can be transformative. In these nurturing settings, individuals can find mentors and role models who have overcome similar challenges, instilling hope and practicality into their recovery process.

In conclusion, the role of faith in overcoming dependency is multifaceted. It offers hope, promotes a positive mindset, fosters moral integrity, and creates a supportive community. By embracing faith, individuals can cultivate the resilience needed to confront their addictions and can ultimately transform

More Free Books on Bookey



their lives, finding healing, freedom, and purpose beyond the dependency that once held them back.

[More Free Books on Bookey](#)



3. Practical Steps to Break Free from Addictive Behaviors

Breaking free from addictive behaviors requires intentionality and a multifaceted approach. The book 'I Just Need My Fix. God's Manual For Addictions' outlines several practical steps to help individuals overcome their dependencies and reclaim their lives.

First and foremost, self-awareness is critical. Recognizing the patterns and triggers that lead to addiction is essential in the recovery process. Individuals are encouraged to keep a journal detailing their thoughts, feelings, and situations that bring about cravings. This practice not only increases awareness but also allows one to understand the emotional underpinnings of their addiction.

Next, setting clear and realistic goals is vital. Instead of vague intentions like "I want to stop drinking," one should establish specific, measurable objectives such as "I will not drink on weekdays" or "I will reduce my consumption by one drink per week." These goals create a clearly defined path and make progress more quantifiable.

A crucial aspect of recovery is the establishment of healthy coping mechanisms. Engaging in activities that promote mental, physical, and spiritual well-being can serve as beneficial alternatives to addictive

[More Free Books on Bookey](#)



behaviors. This may include exercising, picking up a new hobby, practicing mindfulness or meditation, and spending time in nature. These activities can provide emotional relief and reduce the urge to engage in addictive behaviors.

Seeking accountability and support plays a significant role in combating addiction. It is essential to surround oneself with individuals who support a healthy lifestyle—be it friends, family, or a recovery group. Sharing one's struggles with others not only alleviates feelings of isolation but also reinforces commitment to the recovery process. Regular meetings with a support group can help maintain focus and provide motivation through collective experiences and encouragement.

Additionally, prayer and spiritual practices are emphasized as powerful tools in overcoming addiction. The book encourages readers to cultivate a deeper relationship with God through regular prayer and scripture study, fostering a sense of hope and strength. Engaging in these spiritual disciplines can reinforce an individual's resolve to break free from the chains of addiction.

Creating a structured daily routine can also significantly reduce opportunities for relapse. By designing a day filled with purposeful activities and responsibilities, individuals can minimize idle time that might lead to temptation. A structured routine can help to instill discipline, promote

More Free Books on Bookey



productivity, and ultimately contribute to the success of recovery efforts.

Finally, reflecting on and embracing forgiveness—both for oneself and others—can be transformative. Many individuals struggling with addiction may grapple with guilt and shame from past behaviors. Understanding that God's grace extends to everyone is essential in this healing journey.

Learning to forgive oneself can pave the way for moving forward and making healthier choices in life.

These practical steps offer a comprehensive framework for those seeking to break free from the grip of addiction. By embracing self-awareness, setting attainable goals, seeking community support, engaging in healthy coping strategies, nurturing a spiritual connection, establishing a daily routine, and fostering forgiveness, individuals are equipped with the necessary tools to walk the path of recovery and harness the strength found in faith.

More Free Books on Bookey



4. Healing Through Community Support and Guidance

Healing from addiction is rarely a solitary journey; instead, it necessitates a robust support network that encompasses family, friends, and community resources. In "I Just Need My Fix. God's Manual For Addictions," the significance of communal support is emphasized as a vital aspect of recovery. This section delves into how connecting with others who share similar struggles can foster an environment of understanding and empowerment.

Community support provides several avenues for healing. First and foremost, it allows individuals to realize they are not alone in their battles. Many addicts experience feelings of isolation and shame, which can exacerbate their dependencies. By participating in support groups, whether through local churches, recovery centers, or online communities, individuals can share their stories and hear others' narratives, creating a sense of belonging and reduced stigma around their struggles.

In addition to emotional support, these communal settings often offer guidance based on shared experiences. Members can share coping strategies, practical advice, and inspirational accounts of recovery, which can serve as motivation for those still wrestling with their addictions. The collective wisdom found within a community can illuminate paths to recovery that one

[More Free Books on Bookey](#)



might not discover alone.

Moreover, the relational aspect of community brings accountability, a crucial element in the recovery process. By fostering relationships with those who care about their journey, individuals are encouraged to set goals, attend meetings, and maintain their commitments to sobriety. This support structure can often lead to healthier habits and decisions, reinforcing the idea that recovery does not happen in isolation but as part of a collective effort.

Another essential aspect highlighted in this section is the role of mentorship and guidance within communities. More experienced members often act as mentors, providing insight, encouragement, and scripture-based advice that align with the idea of faith-based recovery. These relationships nurture spiritual growth and open doors to a deeper understanding of God's promises and the transformational power of faith.

Furthermore, in times of relapse or challenge, community members provide the necessary support and reassurance to help individuals navigate difficult emotions without resorting to addictive behaviors. Sharing both triumphs and setbacks fosters a culture of empathy, allowing individuals to process their experiences in a safe environment. This acceptance aids in the healing process, reinforcing that recovery is a journey filled with ups and downs and that setbacks are not failures but opportunities for growth.

More Free Books on Bookey



Lastly, communities can initiate collective prayers and support activities that invite a higher power into the healing process. Through faith, individuals find strength to push through their struggles, lending a spiritual dimension to communal support. Engaging in worship, prayer groups, and Bible study can bolster individuals' resilience against temptation and encourage them to lean on their faith for strength.

In conclusion, the journey to healing from addiction is amplified through the support and guidance offered by a compassionate community. The intertwining of personal determination, faith, and collective encouragement creates a profound alliance against the bonds of addiction, illustrating that through community, we indeed find the strength to heal.

More Free Books on Bookey



5. Embracing God's Promises for Lasting Freedom

Embracing God's promises is a foundational pillar in the journey toward lasting freedom from addiction. The belief that God offers hope, healing, and redemption is central to conquering the bondage of dependency.

Throughout the book, “I Just Need My Fix. God's Manual For Addictions,” the authors emphasize the importance of anchoring oneself in the divine assurances provided in the Scriptures. These promises serve not only as sources of comfort but also as powerful reminders of the potential transformation available to anyone willing to seek a relationship with God.

The essence of these promises is rooted in the idea that God desires wholeness for His children. Verses such as Jeremiah 29:11, which declares that God has plans for us, plans to prosper and not to harm us, are pivotal for those struggling with addiction. They instill a sense of purpose and hope, encouraging individuals to envision a future free from the shackles of their past. Recognizing that freedom is not just possible but promised helps those battling addiction to redefine their worth and capability.

Furthermore, embracing God's promises involves actively trusting His timing and guidance. It requires a conscious decision to surrender one's struggles to God, understanding that His power far exceeds any human weakness. Through prayer and meditation on God's Word, individuals can

[More Free Books on Bookey](#)



cultivate a deeper connection with Him, allowing His truth to penetrate their hearts and minds. This spiritual focus equips them with the strength needed to resist temptations and pursue a life aligned with God's will.

Additionally, faith provides a sense of identity that transcends addiction. Many who grapple with dependency often feel defined by their struggles, but scripture affirms that in Christ, they are new creations (2 Corinthians 5:17). This transformative perspective shifts the narrative from one of defeat to one of victory. By embracing God's perspective, individuals are invited to let go of their pasts and step into a new identity — freed, renewed, and equipped for service.

To further solidify this journey toward freedom, it's crucial to surround oneself with a supportive community. Engaging with others who share similar struggles can reinforce the understanding of God's promises in tangible ways. Fellowship, mentorship, and accountability within a faith community create an environment where individuals can experience collective encouragement, share victories, and pray for one another. This communal support is instrumental in battling feelings of isolation that often accompany addiction.

Ultimately, embracing God's promises leads to a transformation that impacts every facet of life. The journey from addiction to freedom is not merely

More Free Books on Bookey



about cessation of substance use; it's about wholeheartedly stepping into the abundant life that God has prepared. By allowing the truth of God's Word to reshape their lives, individuals can redirect their energies into fulfilling and purposeful living, transforming their experiences of pain into testimonies of grace. As they rely on God's promises, they discover that lasting freedom is not just a goal; it is a divine gift, sustained through faith, commitment, and the uplifting power of community.

[More Free Books on Bookey](#)



6. Living a Life of Purpose Beyond Addiction

Living a life of purpose beyond addiction is fundamentally about redefining one's identity and direction after experiencing the tumultuous effects of dependency. The journey to recovery is not only about ceasing destructive behaviors but also about embracing a new vision for one's life that aligns with one's values and beliefs.

When individuals break free from the chains of addiction, they often find themselves at a crossroads: they have the opportunity to rebuild their lives on a foundation that is meaningful and fulfilling. This transformation begins by recognizing the inherent worth that resides within each person. Addiction can often rob individuals of their sense of self, creating feelings of shame and hopelessness. However, as one delves into the understanding of their identity as a beloved creation, it becomes evident that life can be filled with purpose far beyond past mistakes.

Cultivating a purpose-driven life involves seeking out what genuinely ignites passion and brings joy. It is essential to reflect on personal interests, skills, and experiences that can contribute positively to oneself and others. Engaging in activities that promote growth and well-being, such as volunteering, pursuing education, or developing new hobbies, can foster a sense of accomplishment and fulfillment that is often absent during addiction.


[More Free Books on Bookey](#)



Furthermore, living intentionally means developing goals that align with this newfound purpose. Setting realistic, attainable objectives gives individuals direction and motivation. These goals can range from improving health and wellness to nurturing relationships, cultivating financial stability, or even contributing to the community. Each achievement, no matter how small, reinforces the truth that they are capable of change and growth, creating a positive feedback loop that strengthens their resolve against relapse.

Spirituality plays a significant role in this journey as well. Embracing faith provides not only strength but also wisdom and guidance. Many individuals find that prayer, meditation, or connecting with a higher purpose helps center them, especially in times of challenge. By drawing on spiritual resources, they can foster resilience, knowing they are part of something greater and supported by divine love.

Additionally, the importance of sharing one's journey can never be underestimated. By narrating their experiences and lessons learned through addiction, individuals not only empower themselves but also inspire others who may be facing similar struggles. This act of sharing creates a ripple effect, fostering a supportive community where members uplift one another in their respective journeys. As people find solidarity with others who understand their challenges, a renewed sense of belonging and purpose

More Free Books on Bookey 

emerges.

Finally, sustaining a life of purpose means continually seeking growth and improvement. Recovery is an ongoing process; it is about evolving, learning, and adapting through life's various stages. Individuals are encouraged to regularly reassess their goals and purpose, making adjustments as necessary to reflect their evolving identity and life circumstances.

In essence, living a life of purpose beyond addiction involves not only overcoming past adversities but also actively engaging in the creation of a vibrant, meaningful future. It is about reclaiming autonomy and joy, transforming struggles into strength while fostering a life that reflects one's values and missions. With faith as their foundation, renewed identity, and supportive community, individuals can truly flourish, illuminating the path for others still seeking freedom from the shadows of addiction.

More Free Books on Bookey



5 Key Quotes of I Just Need My Fix. God's Manual For Addictions.

1. "Addiction is not just about substances, it's about the emptiness we try to fill with them."
2. "To find true freedom, we must first confront the chains of our past and seek a higher purpose."
3. "God's grace is more powerful than any addiction; it offers healing where we feel hopeless."
4. "Recovery is not an event, but a journey that requires faith, patience, and a willingness to change."
5. "In the struggle against addiction, community and support are essential; we are stronger together than we are apart."

[More Free Books on Bookey](#)





Scan to Download



Bookey APP

1000+ Book Summaries to empower your mind
1M+ Quotes to motivate your soul

