

Pain of Addiction

This workbook explores behavior patterns associated with addiction. Advances in psychology and social science have given us a deeper understanding of human behavior. It is widely recognized in psychological circles that the subconscious governs 95% of our behavior. This includes actions, thoughts, and feelings that occur without conscious awareness or intention, like our brain operating on autopilot. The concept of "herd mentality" has also been researched in psychology. It only takes 5% of informed individuals to influence the direction of a crowd.

This workbook will examine a biblical perspective concerning warfare, which influences our behavior. We will explore how secular information is embedded in scripture. The principles found in scripture offer insights into how human nature shapes the cultures of the world and the forces that drive it. We will integrate scientific and scriptural perspectives to present both the secular and biblical worldviews on human behavior. Finally, we will resolve how to recognize and change those detrimental behavior patterns.

Science shows that various forces drive human behavior, while scriptures suggest that both our natural and spiritual natures influence it. It is commonly understood that approximately 95% of our behavior is dictated by our subconscious mind. *Our childhood experiences and upbringing play a crucial role in shaping these subconscious patterns.* Additionally, cultural and societal norms have a lasting impact on our subconscious. In today's world, media and advertising act as modern-day manipulators, shaping our desires, beliefs, and behaviors in ways we often do not recognize. Our personal beliefs and values are formed through these influences. The scripture states, "Train up a child in the way he should go: and when he is old, he will not depart from it" (Proverbs 22:6). *This means that the foundation of a person's behavior is established by the values and beliefs instilled in them during their formative years.* The brain's automatic responses will align with these initial values as well as with other values introduced later in life. When this alignment exists, the path ahead will be clear; however, if misalignment occurs, struggles are likely to arise.

Emotions are significant drivers of behavior, generating impulses that help us cope with various circumstances. *A wide range of emotions—such as fear, anxiety, love, and jealousy—dictates our behavior.* One of the earliest examples of emotions influencing behavior in scripture is the murder of **Abel in Genesis 4:4-16**. Consumed by jealousy, Abel's brother Cain committed premeditated murder against him. A more personal example is Dr. Martin Luther King Jr.'s "I

Have a Dream" speech, which continues to motivate many people, including myself, to take action in loving others. (This underscores the idea that our subconscious values and beliefs are crucial in shaping our behavior.) While this discussion merely scratches the surface of a complex topic, it provides a solid foundation for further exploration of how we can change detrimental behaviors. Understanding these influences is essential for functioning effectively as members of society and as citizens of the Kingdom of God. Now, let's explore the *driving forces behind human nature*.

Driving forces in this new scientific revolution are media and advertising, which have become modern-day puppet masters, tugging at the strings of our subconscious. In 1999, **Prince the Artist** took home the award for Best Internet Only Single. During his speech, Prince expressed excitement for the possibilities for music on the Internet, but also issued this warning: "It's cool to use the computer, don't let the computer use you." He also said there is a war going on. The battlefield is in the mind, and the prize is the soul. So, let's be careful, let's be very careful. How prophetic. Today, the media has inundated our youth with an overwhelming input of information.

A common scientific understanding suggests that hidden forces significantly influence our behavior and decision-making through our subconscious. Our subconscious is shaped by various factors, including stored biases, childhood experiences, stereotypes, emotional reactions, and environmental influences. All of these elements contribute to how we decide to make decisions about our choices. Both science and scripture emphasize the importance of early childhood in shaping the mind. As the wisdom of scripture tells us, "Train up a child in the way he should go; and when he is old, he will not depart from it" (Proverbs 22:6). *Shaping the mind early in life can lead to the development of a healthy-minded adult*. Such as habits: hygiene, reading, language development, diet, or food choices.

Following a scientific approach, the goal is to foster a healthy-minded individual. This can be achieved by reprogramming our subconscious from detrimental behaviors to those of a healthy-minded person. This reprogramming may involve addressing struggles like drug or alcohol addiction, gambling addiction, marital issues, anger management, or even unsociable tendencies. According to science, it is conscious repetition that changes behavior from a program of the subconscious. *This scripture (Romans 12:1-2) and science can be agreed upon*.

What drives human behavior? Science reveals that hidden forces significantly influence human behavior. These forces include social, emotional, environmental, and biological factors. Research in this field has advanced our understanding of why we sometimes act rationally and irrationally. Those who believe in the truth of scripture should remember that pure science is of God, the Creator of all things. Proverbs 22:6 emphasizes the importance of early childhood training in shaping healthy-minded adults. However, what does it mean to be a healthy-minded individual? While science has not yet arrived at a definitive definition, in this discussion, we will define it as adaptive behavior to social norms. This means that behavior can vary slightly across different cultures, but we can still analyze human behavior within this framework.

The verse from Proverbs 22 was directed at the Jewish nations, but it offers wisdom relevant to everyone. The God of Israel intended for the culture He established to be passed down through generations. The actions, thoughts, and goals of parents should serve as a model for raising healthy-minded individuals, although they often fall short. This principle applies to any parent within their own culture as they strive to raise well-adjusted adults who can successfully integrate into society. However, just like the Israelites, parents can struggle, and various influences may lead their children away from the teachings they received. This brings us to an important aspect of human nature: the influences or vices that can shift individuals from rational behavior to irrational behavior. Scripture provides insight into these influences. While science refers to them as hidden forces, it often lacks a complete understanding.

Hidden forces can manifest as cultural, political, or religious influences or even peer pressure. These forces may also include feelings of hatred, anxiety, and low self-esteem, among others. In Scripture, these elements are referred to as "rudiments" or "strongholds." The Apostle Paul writes in Galatians 4:9: "But now, after that you have known God, or rather are known by God, how is it that you turn again to the weak and beggarly elements, to which you desire again to be in bondage?" This raises the question: Why are you choosing these forces that keep you from knowing God? First, we observe that certain forces can prevent individuals from achieving their true calling. Something is standing in their way. Prince understood there is battle, and this is what we are going to explore. *Science suggests that if the subconscious mind's programming is detrimental to reaching a desired goal, individuals will struggle to succeed.*

Scripture provides additional insight, indicating that the depraved nature of humanity and the reality of spiritual warfare drive human behavior.

The spiritual warfare began with the sin of Lucifer (Satan). This is the “I” sin in Isaiah 14:13-14 “For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High.

The sin of “I” manifested in humans through their disobedience. God tested them with a clear command: “But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die” (Genesis 2:17). In a single moment, tempted by the serpent's lie, they ate the fruit, and their nature changed. They became mortal beings rather than immortal sons of God. As a result, they and their offspring became children of Satan. The choice to disobey God and seek autonomy from Him led to both spiritual and physical death.

In summary, science and scripture indicate that our decisions are influenced by both natural factors and the nurturing experiences we encounter throughout life.

One common theme in both science and scripture is the idea that both agree on how to change harmful behavior by renewing the mind. The subconscious plays a significant role in determining our actions. The Apostle Paul highlights this perspective in Romans chapter 7, stating, "I do not understand what I do. For what I want to do, I do not do, but what I hate, I do."

As a former addict, I can relate to this struggle. I often found myself perplexed by the urge to use drugs; despite my desire to stop, I continued to engage in behavior that I knew was harmful. I want to quit using drugs, but I find myself unable to do so. The struggle is very real. Even though I despise drugs, I still manage to rationalize their use, convincing myself that they provide some kind of benefit that makes me feel good. So, in our mind, we justify this behavior. The justification of this behavior is detrimental not only to us but also to our loved ones and society in general.

The goal of each is different. The goal of science is to help one gain an understanding to be a functioning member of society. The goal of the scripture is to give a better understanding of

human nature and the influences of this world and how to live in this world but maintain the values of God's Kingdom. The illustrations in the following pages will demonstrate the biblical view of the hidden force. This will be useful to non-believers as well.

The Realm of Hidden Forces

1. Warfare- what to expect.
2. Programing the World
3. Programming system
4. God's Kingdom- Foundation of Faith
5. God's Kingdom- the call of his children.
6. God's call How does God Call.
7. Warfare against the Children of God
8. Stronghold beggarly elements gate keepers
9. Deceit of Gatekeepers
10. Realm of Satan – Believer caught in strongholds
11. Satan World
12. Kingdom ministry Reconciliation

Overview

In the first slide, we explore the hidden forces of science, describing human nature and the world's system, which is ultimately governed by Satan.

The second and third slides provide an understanding of how these world systems operate. Values and beliefs emerge from this system, and because of Adam's sin, they fall short of God's standards.

In the fourth slide, we discuss "God's calling of His people." This call comes solely from God, represented by a smiley blue face that symbolizes those He has chosen.

The fifth slide highlights our access to God through Jesus Christ. Through Him, we can overcome barriers and approach the throne of grace.

The sixth slide further supports the idea of salvation through God alone. Only those called by God can truly hear His voice.

In the seventh slide, we acknowledge that even those who are called have room for growth and may be drawn back to old ways.

The eighth and ninth slides illustrate the presence of gatekeepers that keep individuals in bondage by promoting false hope, even among God's called people.

The tenth slide addresses the false hope found in various elements of the world. While these elements may not be inherently evil and can hold value, they should never be placed above God but rather used under His authority for His glory.

The eleventh slide emphasizes that even though the world is not aligned with God, it still has the capacity to influence lives.

Finally, the twelfth slide showcases the Kingdom people engaged in the ministry of God. What does this look like in practice?

Lucifer (Satan) rebelled against God and so the spiritual battle began.

Satan cast out of heaven. (Ezek. 28:16)

The Realm of Satan

The realm of deception and untruth

In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them. 2 Cor.4:4

As it is written, There is none righteous, no, not one: There is none that understandeth, there is none that seeketh after God. Romans 3:10 -11

Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience: Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others. Ephesian 2:2-3

But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned. 1Cor 2:14

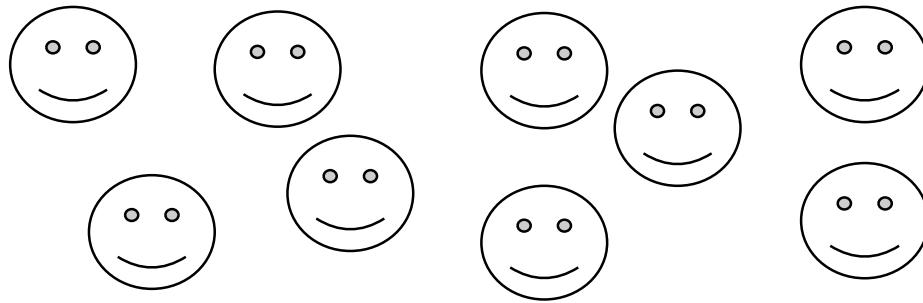
Questions and Notes:

Programing the World

The deception created by Satan establishes a system of false hope, masked by sin. This sin acts as a barrier, ensnaring those who follow Satan's will. Such enslavement brings a misleading sense of purpose and values.

Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience: Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others. Ephesians 2:2 -3

The Realm of Satan



As it is written, There is none righteous, no, not one: There is none that understandeth, there is none that seeketh after God. Romans 3:10 -11

Questions and Notes:

System's Program

The programming of Satan's systems of deceit creates a barrier that enslaves individuals to his will, filled with a false sense of purpose and values.

The Realm of Satan

Family

Government

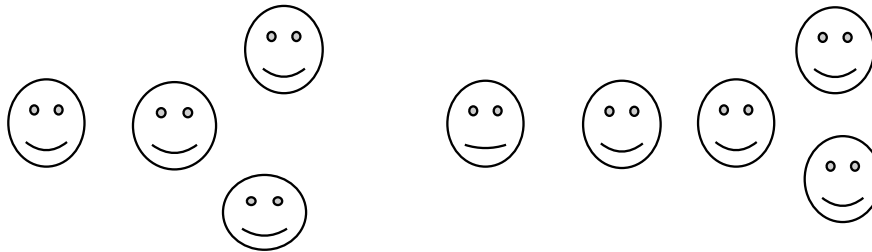
Culture

Entertainment

Religion

Education

Value = Beliefs = Identity



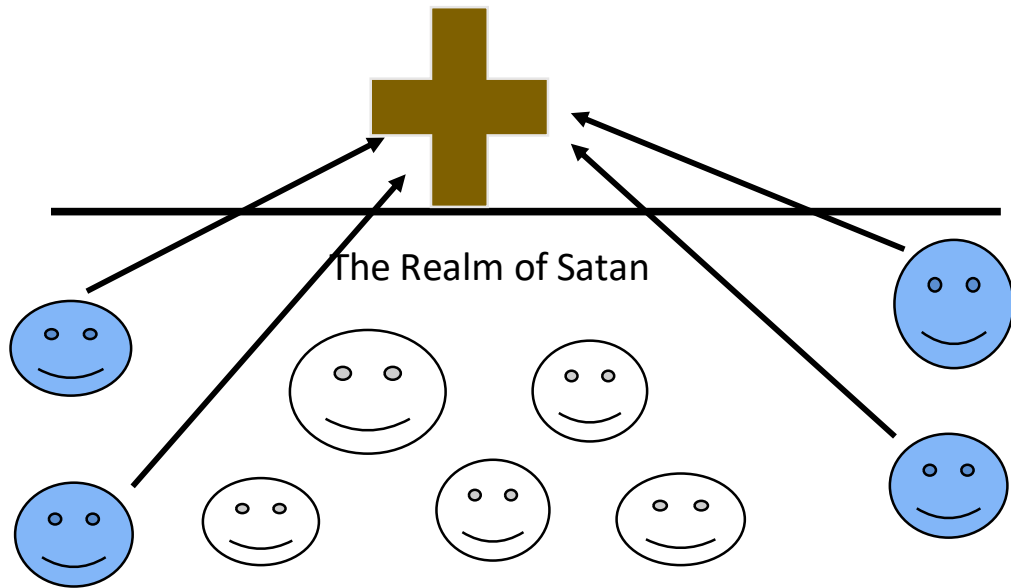
Adam's sin (the free will choice to be autonomous from God) caused all humans born of Adam to have the nature of fallen Adam (Gen. 5:1-3). That is, experience spiritual and physical death. This nature could do nothing but sin.

Questions and Notes:

GOD'S KINGDOM

Foundation of faith

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God.
Romans 5:12

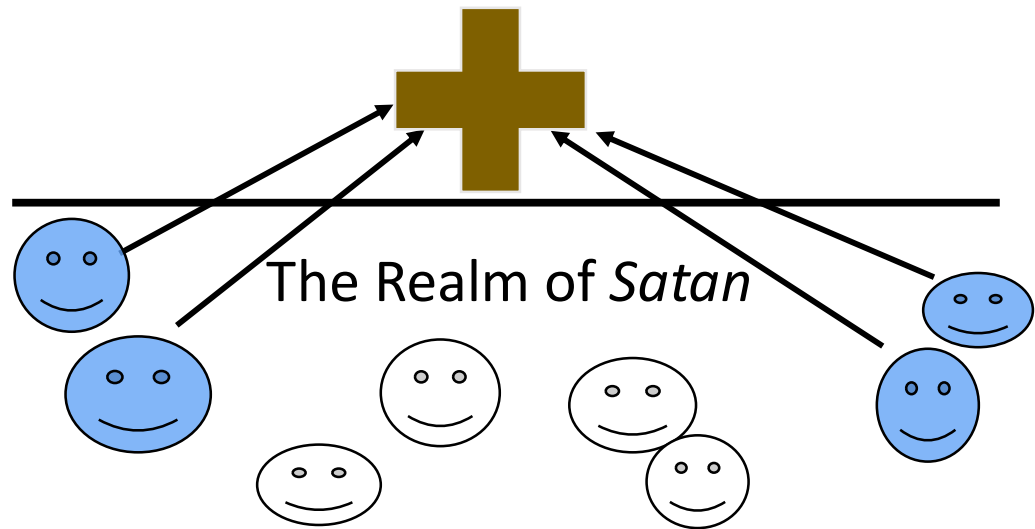


Questions and Notes:

GOD'S KINGDOM

God call his children to the Kingdom

My sheep hear my voice, and I know them, and they follow me: And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand. My Father, which gave them me, is greater than all; and no man is able to pluck them out of my Father's hand. John 10:27 -29



Questions and Notes:

GOD'S KINGDOM

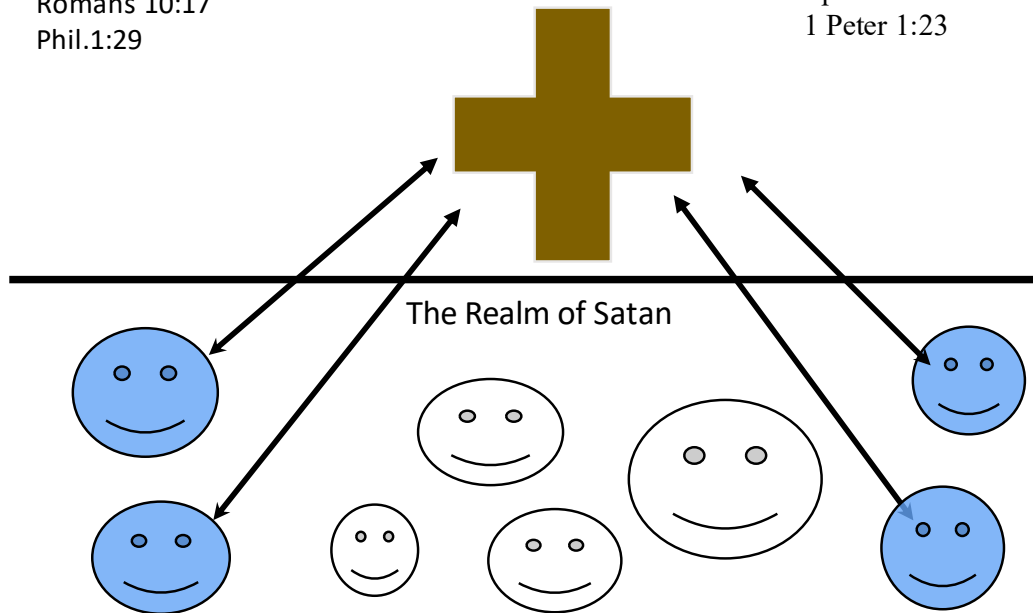
How does God call?

My sheep hear my voice, and I know them, and they follow me: And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand. My Father, which gave them me, is greater than all; and no man is able to pluck them out of my Father's hand.

John 10:27-29

Romans 10:17
Phil.1:29

Ephesian 2:8-9
1 Peter 1:23

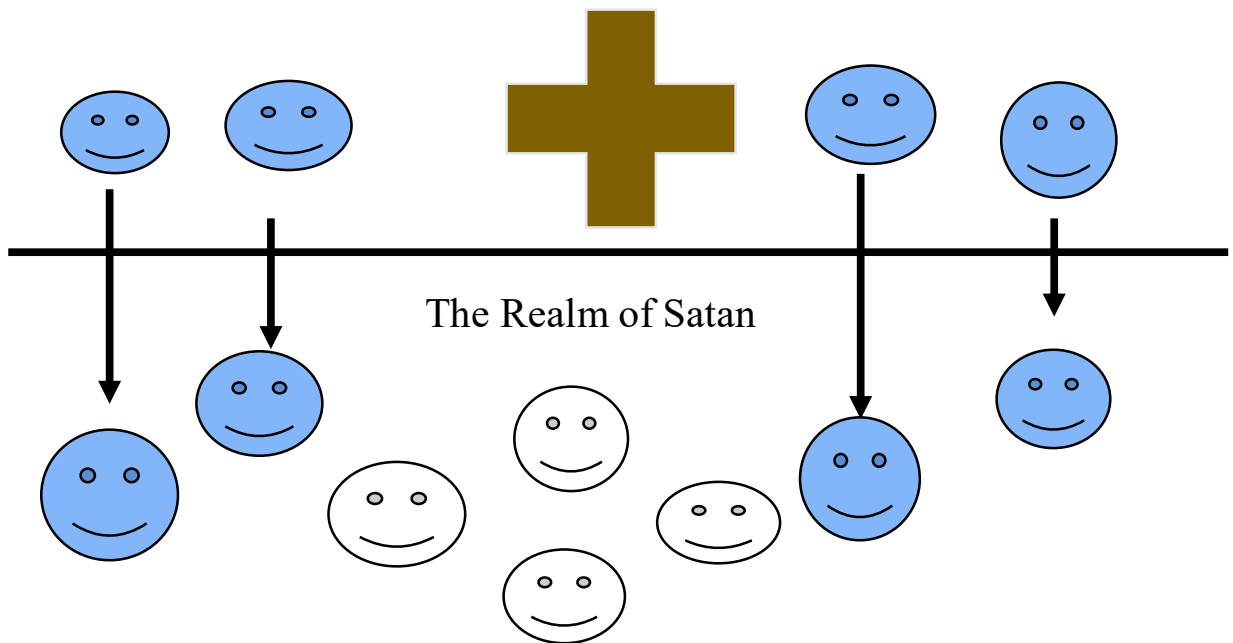


Questions and Notes:

GOD'S KINGDOM

Strongholds, beggarly elements

But now, after that ye have known God, or rather are known of God, how turn ye again to the weak and beggarly elements, whereunto ye desire again to be in bondage? Galatians 4:9

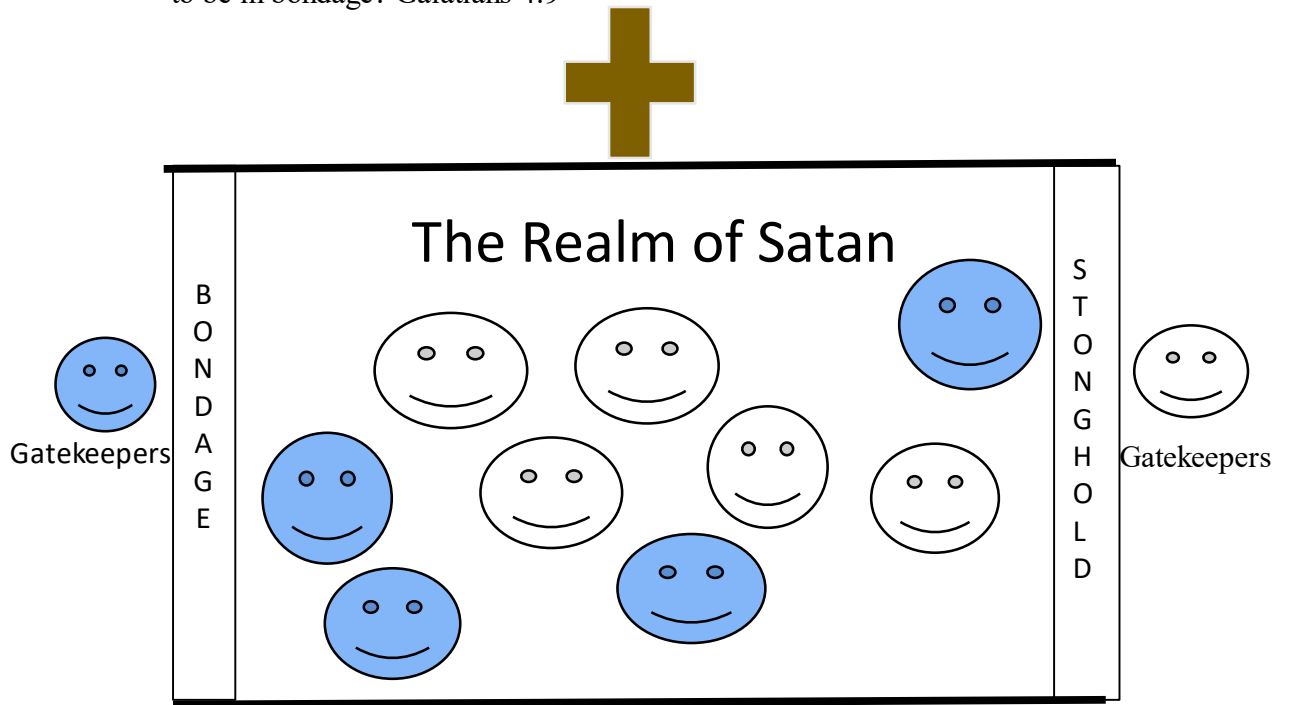


Questions and Notes:

GOD'S KINGDOM

Strongholds, beggarly elements

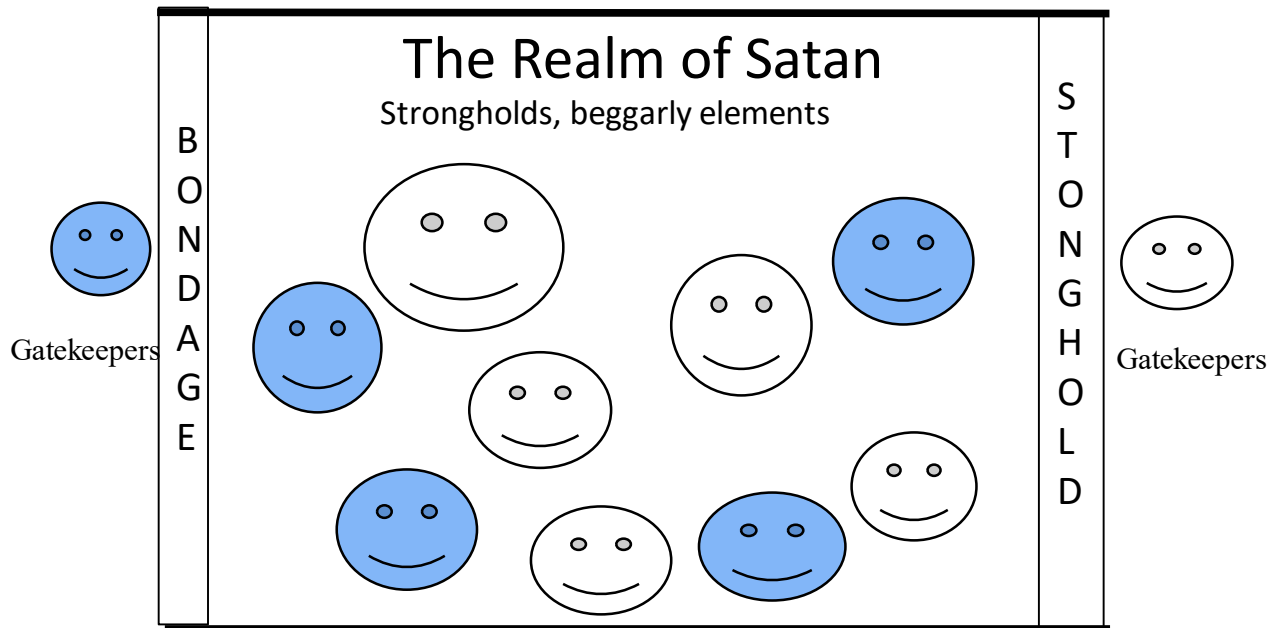
But now, after that ye have known God, or rather are known of God, how turn ye again to the weak and beggarly elements, whereunto ye desire again to be in bondage? Galatians 4:9



Questions and Notes:

GOD'S KINGDOM

Thus saith the LORD of hosts, Hearken not unto the words of the prophets that prophesy unto you: they make you vain: they speak a vision of their own heart, and not out of the mouth of the LORD. Jeremiah 23:16

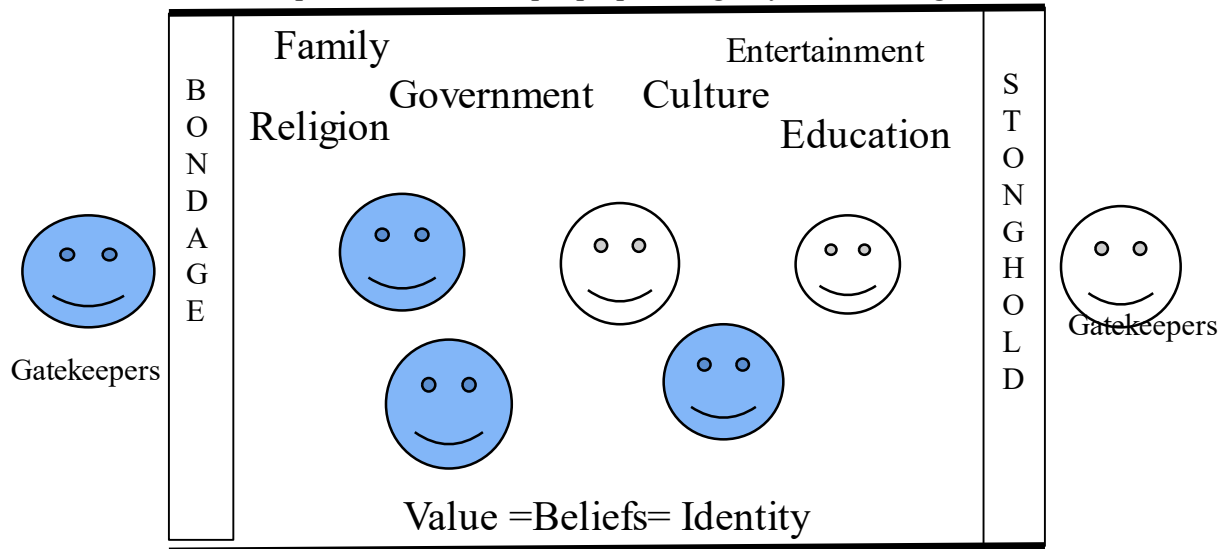


Questions and Notes:

The Realm of Satan without God

Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience. Ephesian 5:6

Gatekeepers create false hope, perpetuating a cycle of bondage.

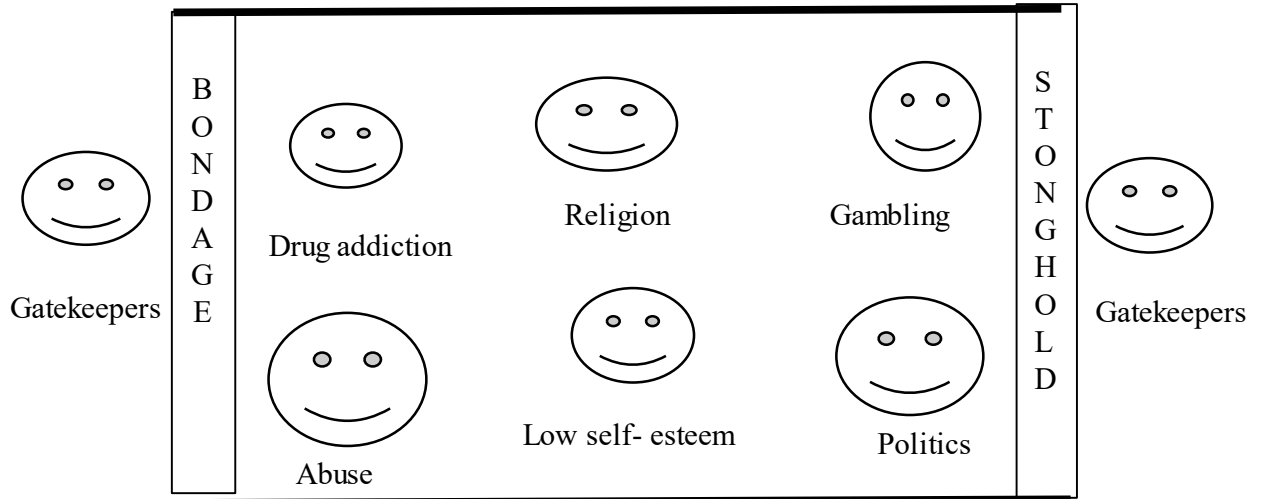


Even though those called by God may feel trapped by Satan's schemes, they still possess eternal life. To escape this bondage, they must understand God's Word. Their values and beliefs should be evaluated according to Scripture. Romans 12:1 -2 and Joshua 1:8.

Questions and Notes:

The Realm of Satan

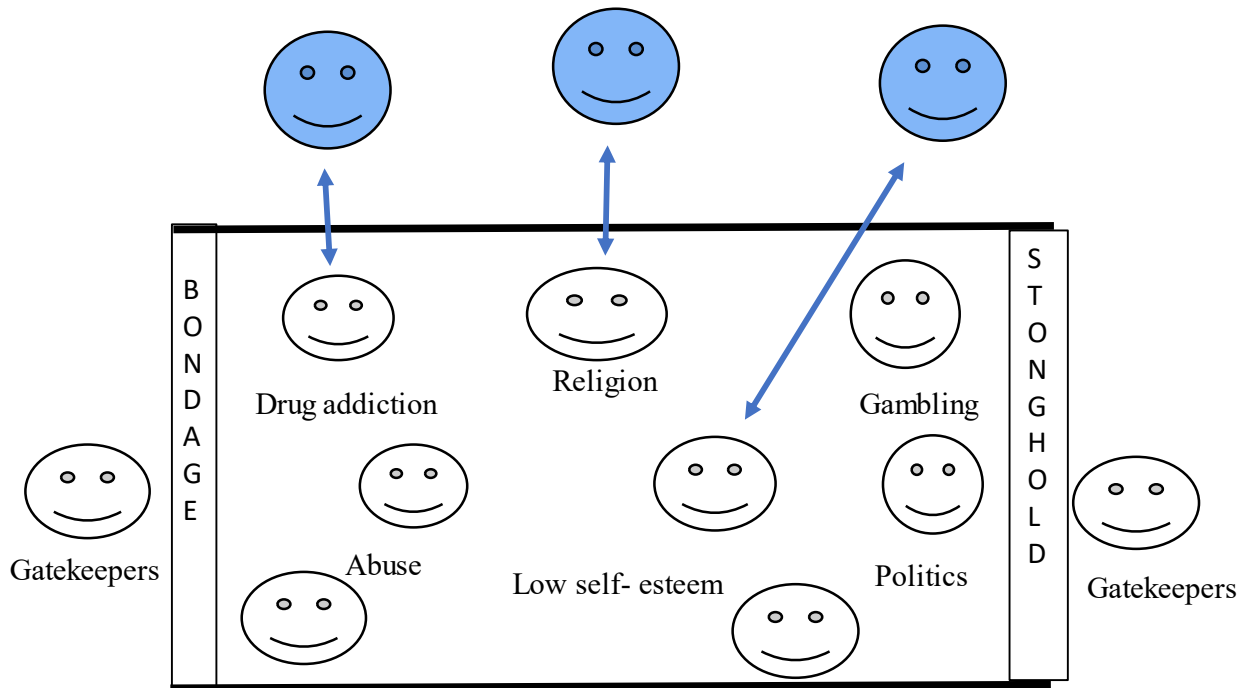
Although the non -elect are in bondage of sin, life continues. The world has a structure that allows for a perceived good life. However, some strongholds can take hold and disrupt this life.



Questions and Notes:

Kingdom Ministry Reconciliation

And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation; 2 Corinthians 5:18



For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them. Ephesian 2:10

Questions and Notes:

Conclusion

Both scripture and science agree that changing behavior requires renewing the mind. For God's people, this means reshaping the mind with a Godly perspective found in scripture. Surrendering the self to be under the will of God thru obedience, in prayer and understanding the scriptures. The principle of renewing the mind is essential for transforming behavior and helping those in bondage, whether they are believers or not. As individuals continually renew their minds, they experience personal growth. This growth enables them to live in the world as valuable members of society or as obedient citizens of the Kingdom.

Pain of Addiction (continued)

We will now explore the concept of herd mentality and the factors that influence it. While we have examined the various forces that drive individual behaviors, we will focus on how these forces affect group behavior. I will provide a few examples of herd mentality and then discuss these phenomena.

Based on our earlier study, we found that 95% of our behavior is influenced by our subconscious mind, including our moral behavior. Our moral actions originate from this subconscious, which reflects our values and beliefs. In moral situations, our conscience guides our behavior according to these values and beliefs, and fear plays a significant role in this process.

One of the most famous examples of herd mentality is the 1938 radio broadcast of “War of the Worlds,” during which many people believed that aliens were invading Earth, causing mass hysteria. I also remember being part of the Y2K panic, where a computer bug was thought to potentially disrupt banks, electrical grids, nuclear power stations, and anything else reliant on computers. In preparation, I stored many gallons of water to ensure I would not go without. Fear played a big role in this.

In scripture, we see a similar phenomenon: the very crowd that hailed Jesus as a king on Palm Sunday later shouted for His crucifixion (Mark 15:14). This shift was incited by the chief priests, who manipulated the people's emotions, urging them to demand the release of Barabbas instead Jesus (Mark 15:11). This raises the question: how do such phenomena occur?

In this mentality, people are more likely to conform to the group's opinion, even when they know it is incorrect. If others do it, it must be right. If it's popular, it must be worth the attention. The reasoning process can be compromised. Decision-making is vulnerable to misleading influences, which, while not always harmful, are often emphasized beyond their actual significance. This emphasis reflects the interests of those promoting these influences.

Our decisions are fundamentally based on the information we obtain from our experiences. Emotions play a significant role in our decision-making. The information we gather is filtered through our biases, which stem from our past experiences. For example, I don't like clowns, so when a friend invited me to the circus, I politely declined due to my bias against them. Similarly,

if I am invited to a rally protesting a political issue and I already have biases regarding that issue, I am likely to decide to attend.

Our values and beliefs shape our decisions, developed through the experiences we encounter throughout our lives. If renewing our minds is essential for changing behavior—especially harmful behaviors—then how should we resist these forms of deception? Where do we begin?

Conscience is a trait that is recognized by both science and scripture as unique to humans. The source of how conscience guides our decision-making differs between the two perspectives.

From a scientific standpoint, it is stated that "the conscience is a servant of the individual's value system. An immature or weak value system produces a weak conscience, while a well-informed value system leads to a strong sense of right and wrong." This perspective is discussed in the work of Nicholas A. Christakis on the [Neurobiology of Conscience](#).

On the other hand, scripture teaches that an individual's conscience is influenced by their morals and value system, which are ultimately based on God's standards.

For a person's conscience to become conditioned to accept harmful behavior, it must first decisively deviate from its original value system, whether that reflects worldly values or God's teachings. In doing so, individuals may construct their definitions of right and wrong, sometimes disregarding external and objective standards to reach their desired conclusions.

This is the challenge we face. The values and beliefs that define a healthy-minded person seem to be remnants of the past. Whether rooted in traditional standards or biblical principles, the current generation has established its own values. Media plays a significant role in this shift, while politics and religious perspectives have also used media to accelerate their messages. In this country, our values have strayed from those established by God and the Constitution. The evolution of technology, especially multimedia, has caused chaos. This chaos has disrupted the values and beliefs that many faithful citizens have upheld for centuries.

The chaos in our society has resulted in a generation of children who have developed a seared conscience. Without a solid framework to guide their thoughts, they feel adrift and are susceptible to being influenced by every new doctrine or idea. This uncertainty makes it challenging for them to cultivate a healthy mindset and make rational decisions.

The scriptures say that we have a way to combat this 2 Corinthians 10:-3-5

“For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

Deception knows no time limits. It manifests in many forms and is used by people to advance their agendas. Those who elevate themselves above the knowledge of God are enslaving themselves to strongholds.

What are some strongholds?

What are some of the gatekeepers that use deception?

1 John 2:16 What are the lusts spoken about in this verse?

Retraining the Brain

According to science, retraining your brain takes 66 days to a year. I'd like to share my personal experience. After staying clean for three years, I unfortunately fell back into my addiction.

However, since then, I have been sober for nearly forty years. It's possible to remain sober for a time, but the key is to renew your mind with lasting values and beliefs.

Discussion and comments:

What values do you hold that are not commonly upheld today?

Do you think the absence of these values contributes to societal problems?

Building a Godly foundation.

Before we can understand how to reconcile all things to God, let's reflect on what we once were.

Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience: Ephesians 2:2

Lie not one to another, seeing that ye have put off the old man with his deeds; And have put on the new man, which is renewed in knowledge after the image of him that created him: Colossians 3:9-10

We were once in the realm of Satan, but the Lord has saved us and made us His children. We are a gift to Jesus for the work He accomplished on the cross. While we are on this earth, we are meant to be transformed into His image. He chose us according to His good pleasure, and we can trust Him to develop the virtues in us that will help us conform to the image of Jesus. Any shortcomings will be ours, not His. He promises to love us unconditionally, even during times of correction.

By studying and meditating on His Word, we renew our minds and gain the mind of Christ. This process helps us understand His will for our lives. As we reconcile with Him, we are entrusted with the ministry of reconciliation. This ministry begins with the new perspective He grants us—a godly view of the world.

Psalms 37:4 states, "Delight yourself also in the Lord, and He shall give you the desires of your heart." When we take pleasure in the things of God, He instills His desires in our hearts. We can start with Psalm 119:11: "Thy word have I hid in mine heart, that I might not sin against thee."

Philippians 4:8 reminds us, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." James 1:22 adds, "But be ye doers of the word, and not hearers only, deceiving your own selves."

How do we become doers of the Word?

In this paper, we have explored the importance of renewing our minds through meditation on God's Word. This process provides us with a new perspective—a Godly view of His creation. It requires us to adopt a new set of values and beliefs that align with Scripture, effectively replacing the old with the new.

We have also learned that we live in a world governed by Satan's system, which infiltrates our minds with values and beliefs that elevate themselves above the knowledge of God. This system preys on our depraved nature, present in everyone until God calls us to become His children.

As 1 John 2:16 states, "For all that is in the world, the lust of the flesh, the lust of the eyes, and the pride of life, is not of the Father but is of the world."

This worldly system tempts us in three main categories. While it utilizes various methods, today, media is the primary driver. Both consciously and unconsciously, its messages become ingrained in our minds, shaping our values, beliefs, and identities. These influences appear in many forms. The media is filled with targeted ads and catchy jingles designed to capture our attention and persuade us to make purchases, often suggesting that if we don't buy, we might miss out on something important.

According to Philippians 4:8 how can we renew the mind?

According to James 1:22, how are we doers?

Assemble with others of like-mindedness

Considering the many diverse faith organizations, it is essential to foster a unity of faith to guard against groupthink. This unity will arise among those who study the scriptures independently of their established beliefs and who adopt a mindset similar to that of the Bereans. Those who adhere to scripture, like the Bereans, must also maintain a solid theological understanding. Ultimately, it is only through the intervention of the Holy Spirit that minds can be truly changed.

Since the Garden of Eden, Satan has sought to divert people from scripture. When Eve was deceived by his cunning, he employed tactics that have continued to be used by those with agendas to distort or misinterpret God's word. This pattern persisted from the time after the Apostles through the Dark Ages, perpetuated by those in power until the Reformation. The Reformation transformed how the word of God was understood. Figures like Martin Luther, along with many others, asserted that salvation is solely the work of God.

Since the time of the Reformation, the concept of unity among like-minded believers has eluded the people of God. The subtlety of Satan's deviation from the truth of God's reformation has led to a false narrative, dividing God's people into many denominations.

It is important to analyze the historical context of that time and identify individuals and groups who may be influenced by negative forces. What do you think?