

Addiction – Believing the lie - Void

Every human being has a need that is as essential as food, water, shelter, and clothing: the need to be loved. This need was placed in us at creation, but the enemy has worked tirelessly to separate us from it. When we are disconnected from God, ourselves, and others, we cannot fully experience love—and this creates a void.

This void is where addictions take root. Addictions are the natural consequence of a life where God's love is absent and where fear, shame, and self-rejection dominate. The root of all addictions—whether alcohol, drugs, food, or sexual behavior—is this unmet need to be loved.

Understanding the Void

The void is more than an emotional gap—it is a spiritual emptiness. Many people, especially those from families or generations with patterns of neglect or dysfunction, never learn to experience healthy love. Without guidance, they may be ill-equipped to handle life's challenges and turn to substances or behaviors that provide temporary relief.

The void is often reinforced by an unloving spirit—assigned or inherited—that actively works to convince a person of their unworthiness, hopelessness, and inability to receive or give love. This spirit seeks to destroy self-esteem, making a person more vulnerable to addictive behaviors.

When a person seeks an addiction, they are attempting to fill the void artificially. Substances or behaviors trigger a temporary release of “feel-good” chemicals like dopamine and serotonin, simulating the experience of love and peace. But these feelings are fleeting and leave the underlying emptiness untouched. The addiction becomes a master, replacing God and taking control over thoughts, emotions, and behaviors.

The Consequences

Addictions do not only affect the individual. They spread fear, guilt, shame, and self-hatred, often leading to abuse or conflict in relationships. Fear is the natural product of the void:

“There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.” – 1 John 4:18

In homes without God, fear and unloving spirits prevail. The enemy may counterfeit love, twisting it into unhealthy or self-gratifying forms, further deepening the void. Rebellion, hardness of heart, and an unteachable spirit can also accompany addictive tendencies, creating a spiritual battlefield.

First Step:

Steps to Overcome Addiction

1. **Acknowledge the Void** – Recognize the emptiness in your heart and admit that addictions are an attempt to fill it.
2. **Identify Spiritual Roots** – Understand that addiction often stems from unresolved emotional wounds, generational patterns, or an inability to give and receive love.
3. **Seek God’s Love** – Turn to God as the ultimate source of love and safety. Believe in His love for you and trust in His protection.
4. **Break Unloving Patterns** – Confront unloving spirits, fear, and inherited generational behaviors. This may require prayer, counseling, or deliverance practices.
5. **Develop Healthy Self-Love** – Learn to value yourself as God does. Accept who you are in Him, forgive yourself, and begin to establish boundaries of emotional safety.
6. **Heal Relationships** – Come into peace with others. Repair relationships where possible and release anger, blame, and resentment.
7. **Find Purpose and Hope** – Discover your identity in God: “Who am I? Why am I here? Why does it matter?” Purpose and hope counteract the emptiness of the void.
8. **Reprogram Your Mind** – Create new long-term thought patterns based on God’s Word. Consistent practice, meditation on Scripture, and prayer help establish a new “data bank” of truth.
9. **Depend Fully on God** – Overcoming addiction requires surrender and reliance on God’s guidance. Allow the Holy Spirit to lead, strengthen, and transform you into the person He created you to be.
10. **Persist with Diligence** – There is no quick fix. Healing takes time, especially when patterns have been ingrained for years. Be patient, disciplined, and steadfast.

“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength.” – Isaiah 26:3-4

Understanding the Circle of Addiction (Cycle Diagram) – Satan Uses – Become Equipped to put out the fiery darts

Center concept: *Addiction Cycle / Trap of Guilt and Accusation*

1. **Guilt / Not feeling good about self**
 - Label: “Guilt / Low self-esteem”
 - Description: The cycle starts with shame, regret, or feeling inadequate.
2. **Serotonin drops → Depression / Anxiety**
 - Arrow from Step 1 to Step 2
 - Label: “Low serotonin → depression & sadness”
3. **Reach for addiction / coping mechanism**
 - Arrow from Step 2 to Step 3
 - Label: “Seek pleasure / escape → dopamine rises temporarily”
4. **Temporary relief / pleasure**
 - Part of Step 3: the dopamine boost creates a brief sense of happiness
5. **Enemy accuses / guilt returns**
 - Arrow from Step 3 back to Step 1
 - Label: “Accusation & shame returns → guilt comes back”

Cycle repeats endlessly until intervention occurs.

