

## ROAD TO RECOVERY

### Day 2 – The Power Behind the Pull

#### Scripture:

*“For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” – Ephesians 6:12 (NIV)*

When we think of addiction, we often picture a battle of willpower — a fight between what we know is right and what we keep running back to. We tell ourselves, *“I’ll do better next time.”* But then next time comes, and we fall again. The shame grows heavier, and the cycle tightens. What we must realize is that addiction is not only physical or emotional — it’s also **spiritual**.

The pull of addiction is more than just habit or temptation; it’s a battle for your soul. The enemy uses addiction to trap you in guilt, fear, and hopelessness. He wants you to believe that freedom is impossible — that you’ll always be defined by your weakness. He knows that if he can keep you bound, he can keep you from walking in your God-given purpose.

Addiction often begins as a desire for relief. Maybe it’s the drink that dulls your pain, the pill that calms your mind, the toxic person who gives you attention, or the scrolling that numbs your loneliness. But over time, that temporary comfort becomes control. The addiction

starts whispering louder than your conscience. It promises peace, but it only delivers chains.

That's because the root of addiction is **spiritual warfare**. The devil doesn't fight fair — he fights strategic. He studies your weaknesses, your pain, your patterns. He knows exactly where to aim his arrows. And his goal isn't just to tempt you — it's to make you forget who you are in Christ.

But here's the truth that breaks his power: when Jesus died on the cross and rose again, He defeated sin, death, and every spiritual force that tries to control you. The same power that raised Jesus from the grave lives inside of you. That means you're not fighting *for* victory — you're fighting *from* victory. You already belong to the One who has overcome.

When the pull feels too strong, remind yourself that you're not powerless. You have access to divine strength through the Holy Spirit. God doesn't just want to help you resist the addiction; He wants to transform your desires. Where the enemy tries to fill you with craving, God fills you with contentment. Where the addiction offers escape, God offers peace. Where shame whispers, "*You'll never change,*" God declares, "*You are mine.*"

Freedom doesn't come by fighting harder — it comes by surrendering deeper. You can't win a spiritual war with human effort. But when you invite the Holy Spirit into the struggle, chains start to loosen. Your strength may run out, but His never will.

**Reflection Questions:**

- What lies has the enemy been whispering to me about my addiction or my identity?
- Do I rely more on my own willpower or on God's Spirit when temptation comes?
- What would it look like to fight this battle spiritually — through prayer, worship, and truth — instead of just physically?

**Prayer:**

Heavenly Father, I recognize that this battle isn't just about habits or choices — it's a spiritual war for my heart. I confess that I've tried to fight in my own strength and fallen short. Today, I invite Your power into my weakness. Fill me with Your Spirit and silence every lie that tells me I can't be free. Cover me in Your armor and remind me that victory is already mine through Jesus Christ. In Jesus' name we pray, Amen.