

WHAT IS THE CURE FOR ADDICTIONS, STRONGHOLDS & BAD HABITS?

By Fountain Hendricks

Mathew 17:14-21

Addictions are compulsive habits that control your behavior and frame your thinking. You can be addicted to anything. Sex, street drugs, alcohol, prescription drugs, stimulants, etc.

Many people do not realize that the **CURE** for overcoming an addiction is mentioned in the Bible. Very rarely do you hear about biblical oriented solutions when it comes to getting over an addiction.

We hear about rehab centers, detox programs and medical treatment programs. There is nothing wrong with these programs. They are extremely helpful.

However, the idea of these programs originated from the principle of **FASTING**.

Fasting is replacing your food intake with the Word of God. The goal of fasting is to be **SPIRITUALLY EMPOWERED** with the power of God and to hear the Lord clearly and distinctly.

This spiritual empowerment is the **ABILITY** to break addictions, strongholds and bad habits. King Jesus explains that there are some demons that will only come out through **FASTING** and **PRAYER**.

Mathew 17:14-21 says, "Jesus answered, "You people have no faith, and your lives are all wrong. How long must I put up with you? How long must I continue to be patient with you? Bring the boy here."

Jesus commanded the demon inside the boy. Then the demon came out, and the boy was healed from that time on. The followers came to Jesus when he was alone and asked, "Why couldn't we force the demon out?"

*Jesus answered, "Because your faith is too small. I tell you the truth, if your faith is as big as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. All things will be possible for you. [That kind of spirit comes out **only** if you use prayer and fasting.]"*

CAN YOU WITHDRAW FROM WHAT'S HURTING YOU?

The focal point of fasting is **WITHDRAWAL**. While being the focal point it is also the hardest part in fasting. People stay bound to addictions, strongholds and bad habits because they are unwilling to endure the process of going through withdrawal.

**WITHDRAWAL STARVES THE DESIRE OF THE
ADDICTION, STRONGHOLD OR BAD HABIT THAT
HAS YOU BOUND.**

Withdrawal creates anxiety. It invites temptation. It brings anxiousness and builds upon uneasiness. With all this being said, it also **BREAKS** the attachment of demonic forces and ties off of your life. The immediate effects of withdrawal creates suffering. However, the **END** result produces freedom and power.

If you are bound with an addiction, stronghold or bad habit are you willing to endure the hardship of withdrawal to receive the blessing of freedom?

THE DIFFERENCE

An **ADDICTION** is something **YOU KEEP** going back to. It is a relapsing disorder. **A STRONGHOLD** is when something has **CONTROL OVER YOU**. **A BAD HABIT** is a negative **REPEATED** behavior that becomes second nature to you.

To determine if you are dealing with an addiction, stronghold or bad habit **FOCUS** on what is **TRIGGERING** your behavior. Three examples are listed below.

- **HELPLESSNESS** is an indicator of a **STRONGHOLD**.
- **RELAPSING** is an indicator of an **ADDICTION**.
- **NEGATIVE BEHAVIOR PATTERNS** and **PRACTICES** are indicators of **BAD HABITS**.

Whether you are battling an addiction, stronghold or bad habit, **FASTING** can cure it. Deliverance is available if you are willing to put in the work.

**GOD CREATED FASTING SO YOU OVERCOME
WHAT HAS A DESIRE TO OVERPOWER YOU.**

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