

Root Sins

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Chapter 1:

The Mystery of Sin and Evil

Understanding God's Plan is simple, yet very complex. If it were simply a matter of hearing and seeing this plan of God, then we would have established the Kingdom of God long before now. However, there is a mystery that needs uncovered. The mystery of Evil. Where does Evil come from? What is Evil? Why do we have Evil? How does it affect us? All these questions arise when we begin to try to walk out the plan of God because Evil gets in our way.

One of the first things we need to recognize is that this mystery of Evil is not a mystery to God. In fact, Evil is very much a part of God's plan. Yet somehow when it comes to Evil, we want to separate God from this force. To do so would say that God is not an all-powerful, all-knowing, omnipotent God; for God created all things. Let's look at some scriptures that reveal to us who is God is.

John 1:3	All things were created through Jesus.
Revelation 22:13	He (God) is the beginning and the end.
Hebrews 1:10	God is everything. He laid the foundations of the Earth.
Psalms 33:6	All things were created by God.
Colossians 1:16-17	All things were created for the glory of Jesus.
Revelation 4:1	Jesus is a doorway.

The traditional teaching is that man's sin in the Garden of Eden brought Evil into existence. By saying this, you dismiss what Scripture says about this event. Also, if man could bring Evil into existence, then man can take it out of existence. God's plan begins and ends with Jesus. Only Jesus can take away Evil and Sin. We (mankind), Adam and Eve, did sin and did bring Evil into the realm of our lives, but we did not create it. It was already created and existing. God created the Garden of Eden and placed Adam there. Out of Adam He created Eve. He created the Serpent, placing it in the Garden so that it would tempt Adam and Eve, which it did. The Serpent, the Tempter, Evil, was placed there so that Sin could take place, thus allowing God's plan of redemption through Jesus to be carried out. This then tells us beyond a shadow of a doubt that God did create Evil and makes us subject to it.

The following are some scriptures detailing this truth about Evil.

Isaiah 45:7	Created Evil
Amos 3:5	Made the city evil
Exodus 4:11	Who makes the deaf mute
1 Samuel 16:14	Give an evil spirit from God
1 Kings 22:21-24	Lying spirit
Matthew 5:45	Sun rises on evil and on good
Matthew 6:13	Leads us not into temptation or evil

The following are some scriptures revealing that God created Satan (Evil)

John 8:44	A murderer from the beginning
I John 3:8	A sinner from the beginning

Why do we have Evil?

It is a struggle to understand Evil, let alone grasp the idea that God created it, for our belief is that all things God created are good. To even think of Evil is to think of things that are bad, frightening, horrible, and tragic. However, over and over in Genesis, as God created each thing, He said, "It is good". Therefore, if we are to understand why we have Evil and that God created it, and more than that, it is good, then we must come to understand and see Evil from God's point of view.

If we look at Evil, we will see that the very character of Evil causes sin. The paradox we run into as we examine this is that everywhere in Scripture, we hear that God's plan through Jesus is to overcome Sin and Evil. So, it would appear that God's intent was for us to sin and then for Jesus to redeem us. Evil produces that opportunity for this redeeming to take place. If this were somehow not true, then we would have to make Evil more powerful than God. In Isaiah 55:8-9 we read, "God's ways and thoughts are higher than ours". In looking at this twist of irony, we must look at Evil through the eyes of God. From the Old Testament to the New Testament, God lays out His plan of redemption. Jesus is the key for all redemption. "For God so loved the world that He gave His only begotten Son" (John 3:16).

Whether we understand it or not, the primary reason Evil was created is to bring us to Jesus. God is love; there can be no other reason. We must see then that to associate God with Evil does not take away from His inherent goodness. In fact, when we understand Evil was created for our redemption, it tells us of God's goodness. There is one additional idea of why we have Evil and why God created it. Man's ability to grow spiritually and even to come to the knowledge of Jesus comes generally out of the recognition of Evil and it's effect on his life as well as the necessity of

overcoming it. It is a fact that it would be next to impossible to know Spiritual wholeness without knowing Evil. Evil and sin are like scales that can help us measure our wholeness. When the awareness of Sin and Evil comes to unsaved persons, they are convicted, calling them to come to God's saving grace through Jesus. When Sin and Evil are exposed in a saved person's life, it is cause for them to seek a deeper walk in Jesus and to mature.

Just in passing, let me share the fact that sin is not necessarily just being “bad”, but can be expressed as “good” too. Goodness is not an indication of the absence of sin. The Pharisees were Godly men, good men. But they were sinners because they did their good out of self, not God.

What are Evil and Sin?

To define what Evil and Sin are, it is very important to recognize and realize that they share two separate and individual things. If we fail to do this, we will never use to the fullest the power of Jesus' sacrifices nor the bridge He gives to us to cross over into God's Kingdom and His wholeness. (See my book “God's Three-fold Plan of Growth for more understanding on the bridge Jesus gives us.)

Adam and Eve were created in the image of God; thus, they were not evil. Then they ate of the Tree of the Knowledge of Good and Evil. They DID something against God. Thus, they sinned, taking one step on the road to BEING against God. From the moment they ate of the Tree of the Knowledge of Good and Evil, we (mankind) fell from God's grace and sin was placed within, causing us from that day forth to be born with sin within us; not the potential of sin, but the full capability to do sin. Scripture bears this out, for what we see taking place soon after this sin is the murder of Abel by Cain. So Evil is a spiritual force created to BE against God. Sin is what you and I DO against God.

Sin is to DO against God.

Evil is to BE against God.

If we can hear that Evil comes from outside us and Sin from inside us, then we can come to a deeper understanding of Scripture, seeing more clearly how to “fight the good fight” (1 Timothy 6:12); how we are to “bind on earth and loosen on earth” (Matthew 16:19). Plus, we will be able to come to a truer repentance, for true repentance can only come from the full awareness of our sins. Evil certainly is ready to come full force at us and to even come within us. Yet it can only enter as we allow it. It must be quite evident that without Jesus' death, resurrection, and ascension, we are powerless to conquer Sin and thus stop Evil from possessing us.

Romans 8:7-8 says that those who are in the flesh cannot please God. Below is a list of some of the attributes of our Sin Nature. It is my desire that you are quickened to this understanding and to your sin so that you can come to full repentance in your life.

- Self-righteous
- Lonely
- Deceitful
- Hopeless
- Full of Fears
- Self-centered
- Proud
- Full of Envy
- Liars
- Lustful

If we fail to understand this we will never understand the fullness of the power of Jesus' sacrifices. His death was to do away with sin within our spiritual realm. His resurrection was to give us power to overcome sin nature within our soul realm. His ascension was to give us dominion over sin nature within our body realm.

What is the plan of Evil?

There is one scripture that tells us much of this plan. John 10:10 states, "The thief (which is Satan, the Tempter, Evil) comes to steal and kill and destroy."

To Steal: To Take the property of another wrongfully, to take and appropriate without permission.

To Kill: To deprive of life, stop the vitality or quality. To cause to stop.

To Destroy: To ruin the structure. To put out of existence. To cause destruction.

We are born sinners simply from the generational sin of our forefathers (Exodus 20:5). Sin is selfish and self-centered. Me first is what sin is all about. It makes us think/feel that we must rely on ourselves to get what we want/need instead of God. Thus, before we even have a chance to know any better sin has drawn us to the ways of Evil and already stolen much of what God would have for us. Each time we make a selfish choice, we let Evil rob us of the things of God. With this attitude, the need to protect ourselves is very strong. When we have a born-again experience, our reliance once more can be placed in God. But even then, the pattern for Evil is to get us not to believe that God will be there.

To kill us is just a continuing of the sin nature within us growing, convincing us that we deserve more than we are receiving. The drive to obtain what we think/feel and what we need/want will push us so hard, we will not know until it is too late that the choices we have made to have a good life are really depriving us of the abundant life which God promised us. Being born-again will bring about some relief from driving so hard. Yet the sin nature is strong in this area and Evil will not let up easily.

Finally, in order to destroy us completely, Evil will have us caught in the endless task of just trying to get what we need and want and long for to the extent that we are now submitting our total selves to working out our lives. We are now simply surviving. We end up never trusting or letting down our guard and therefore cause our life to be in ruin. A born-again experience at this point can seem impossible. Yet we have a God who is full of love and He is always faithful.

Overcoming Evil

You may be saying that you can never figure out all these things, and that it is all too overwhelming. Remember, “all knowledge will pass away” (1 Corinthians 13:8), but the Word will remain (Matthew 24:35). Use what is being quickened in you now by the Holy Spirit for your life and allow the rest to settle until it is brought forth. The main points that I’m hoping you will receive from the mystery of sin and evil are:

1. God created Evil and Sin for His plan and purpose. It is good.
2. God made us subject to it so we might have redemption through Jesus. It is the very struggle of overcoming Evil and Sin that brings us to the fullness of God.
3. Evil is progressive, trying to get us to commit one sin after another to become totally evil. Not that we cannot jump from one sin to total evil, for we can. Still, Sin can only be one step toward Evil.
4. We have a promise. "There is now no condemnation for those who are in Christ Jesus" (Romans 8:1). The key is Jesus. The whole of scripture speaks of repentance from beginning to end. We must walk in it every moment of our lives. Paul, who we all consider a great man of God, said at the height of his walk with God "I am the chief of sinners" (1 Timothy 1:15). Let us seek to walk that humbly before God.

Chapter 2:

Three Root Sins

When I was a young Christian many years ago, I was eager to know everything. After I got the Baptism of the Holy Spirit my hunger for the Word was so strong. Now, I'm not someone who can, in conversation, tell you the exact verse, or chapter of a scripture, but I can tell you if it is in the Bible and perhaps where in general you can find it. During that time, as I was reading the Word, I started to ask questions. I wanted to know what it meant when it said, Jesus died for all the sins of the world (1 John 2:2). It sounded like a big question to me. The Holy Spirit just said to me, "start from the beginning". Well, "start from the beginning" sounded like a lot of work, but I wanted to understand and so I started from the beginning.

I went to the book of Genesis and I found what I was looking for! It was the answer to the question, "what does it mean to die for all sins"? Now, also during this time of discovery for me, I was learning that God's plans always seem to come in threes. I found that if you find a truth about a subject you had better look for the other two truths on this subject. If you found two truths on this subject, there was certainly going to be a third one. I promise you. I began to read and it was not very long until I found the threes.

It is very hard to pin down sin but as I read in Genesis, I found that it implied that all sin has primary roots. I began to come to the conclusion that there are conceivably three dominant root sins, or three basic categories that all sin could fit into. These three main root sins are:

1. Deception: Genesis 3 (The Fall)
2. Perversion: Genesis 4 (The murder of Abel)
3. Idolatry: Genesis 6 (The flood)

It's hard to believe that right there in first six chapters of the first book in the Bible we have all the sins. By defining these sins, it gives us what I see as the basis of all sins or the how sins fit into categories. If we examine the definition of each of these categories of sins, we can see how they can fit all the sins. These are our Root Sins.

In order to understand the nature of these root sins and their applications in our lives, I have chosen to use modern words that are easier for us to understand. So many times, we read Scripture but do not identify with it because it does not seem relevant to our lives. We cannot see what the writers are saying regarding our lives. Using these modern words will give us better insight into what the Scripture is trying to relay to our hearts about sin. Hopefully, as you read the

definitions and explanations of the Biblical Words next to the Modern Words, you will see why I chose these Modern Words and notice how they are the most accurate words to give better understanding.

BIBLICAL WORD	MODERN WORD
Deception That which causes false ideas or conceptions; an unreal or misleading appearance or image.	Illusions A false idea or conception. An unreal or misleading appearance or image.
Perversion A turning away from what is right, good, or morally correct.	Spiritual Adultery A turning away from God, who is to be our Source, and a giving to or receiving from another source.
Idolatry The worship of an event or physical object as a god. Attachment or devotion to something.	Addictions Excessive or compulsive dependency on someone or something other than God to meet your desires.

After I saw the modern words, I searched scripture and other books for more understanding of these Root Sins. I began to uncover tools to help me see these Root Sins at work in our everyday lives. I will go into more details with each of these in the following chapters.

Illusions	Spiritual Adultery	Addictions
The Fruit Trees of our Illusions • Spirit of Harlotry • Seducing Spirit • Perverse Spirit • Spirit of Haughtiness • Spirit of Bondage • Spirit of Fear • Spirit of Infirmary • Spirit of Lying • Deaf and Dumb Spirit • Spirit of Jealousy • Anti-Christ Spirit • Spirit of Error	God is both Male and Female • Loss of God's Masculinity • Loss of God's Femininity • Loss of both God's attributes Male and Female	Process Addictions • Money Addiction • Relationship Addiction • Romance Addiction • Sexual Addiction • Co-Dependency Addiction • Self-Centered Addiction • Religious Addiction • Overachiever Addiction

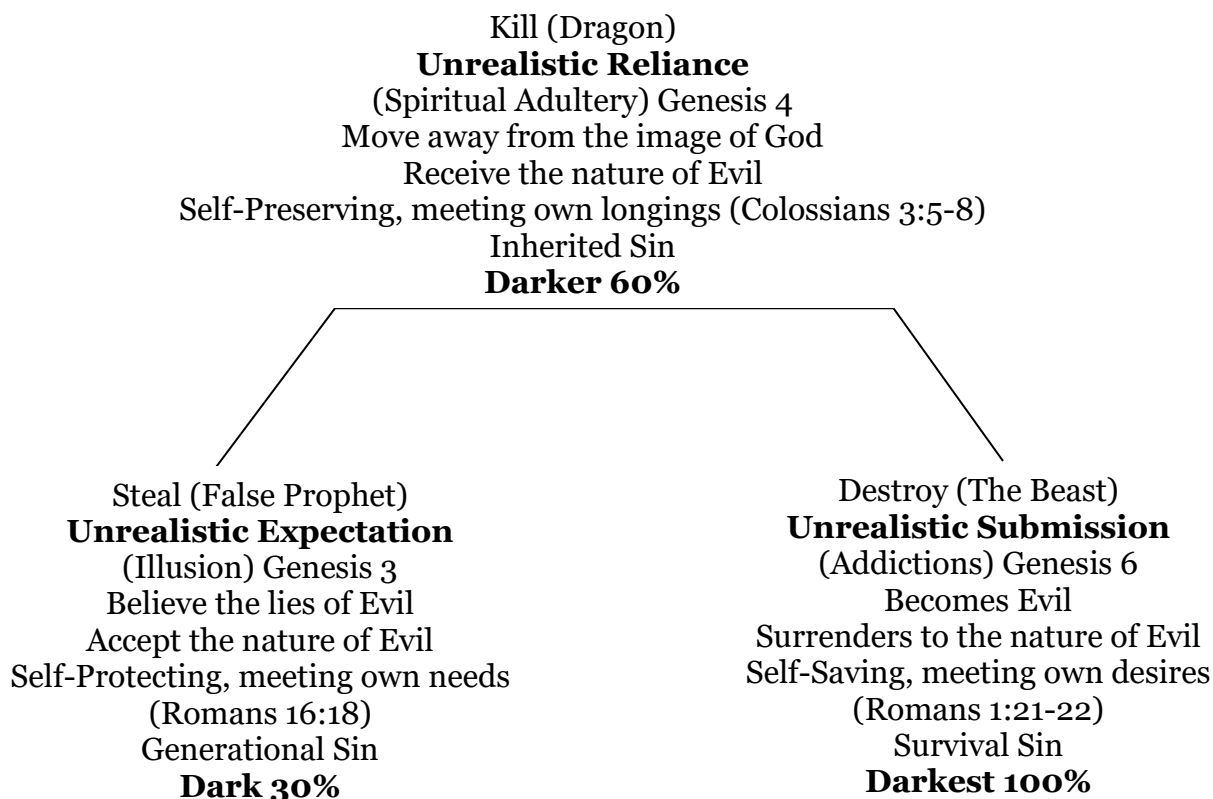
If you and I are to grow in the knowledge of God and come into power and not just be “ever learning” (2 Timothy 3:7), these root sins need to be explored as deeply as our minds are able.

Some might question the essential concept of Root Sins, yet it is my hope and prayer that I have discerned God's leading in this belief. The ideas presented are thoughts that have taken years to come to fullness. They have added greatly to my own personal walk with God. They have been refined and refined. I expect them to be refined again. Each of these root sins have been broken down to the best of my ability in a teachable format so that you may absorb them better.

The Bridge

The justification for choosing these Root Sins was confirmed when we reviewed in Chapter 1, Satan's Plan as spoken of by Jesus in John 10:10. Again, we see there are three truths in the plan. "The Thief does not come except to steal (One), and to kill (Two) and to destroy (Three). I have come that they may have life, and that they may have it more abundantly." To Steal means to take the property of another wrongfully, to take and appropriate without permission. To Kill means to deprive of life, stop the vitality or quality, to cause to stop. To Destroy means to ruin the structure, to put out of existence, to cause destruction.

Below is a tool I came up with to better view this plan. I call it the bridge of Satan's Plan. It will be a great visual tool to refer to throughout this book.



Each of these Root Sins has a basis for them in human nature. Illusions were formed because of a false idea of NEED. Needs are a condition in which something necessary or desirable is required or wanted. In Genesis 3, the need was to be like God. Spiritual Adultery was formed because of false ideas of LONGINGS. Longings are a strong wish to what promises to bring

enjoyment or pleasure. In Genesis 4 the longing of Cain was to have God love him more than his brother Abel. Addictions are a strong false idea of DESIRE. Desires are a strong craving to achieve, to have, to gain something. In Genesis 6 the desire of the men was their lust after their daughters.

Generational Sin

In Exodus 20:5, God speaks of placing judgement for the sins of the family on the third and fourth generation. Whether we like it or not, whether we think this is fair or not, that is what God said He will do. This is called Generational Sin. Adam and Eve gave us the first sin committed in the Garden of Eden. Every generation, every person following Adam and Eve is therefore born with or into this sin. As I talked about in Chapter 1, due to this Generational Sin, we are caused to think/feel that we must rely on ourselves and not God. The need to *self-protect* is very strong. We tend to wrongly depend on or give confidence to circumstances/situations in order to cover and shield ourselves from any hurt, pain or fears in order to get our *needs* met. This leads us to many **unrealistic expectations**. Thus, before we even have a chance to know any better, Evil has stolen much from us. We start out life 30% dark. You can see this in your life by looking at your personal traits and inherited sicknesses or diseases. Because of all this, we end up with ILLUSIONS which produce false ideas and concepts. We work through these by controlling everything and seeking attention.

Inherited Sin

In Philippians 3:4-12 Paul speaks of his inheritance which has not profited him compared to who he is in Christ. So, we receive things, good and bad, from our present families (Mom and Dad or Grandparents). Those bad things we receive are called Inherited Sin. The method of how we go about obtaining what we want will have a great deal to do with the sin we have inherited. The drive to safeguard or *self-preserve* our lives will push us so hard that we will not, until it's too late, discover that in reality we are *killing* our very souls. We develop an **unrealistic reliance** or dependence on ourselves rather than looking to God to fulfill our *longings*. This continues the darkening of our lives (60%). You can see this in your life by looking at how you were affirmed or unaffirmed by your family. How did you fit? In particular, how were you accepted or unaccepted because you were a boy or a girl. Because of this, we end up with perversions, deceptions or SPIRITUAL ADULTERY which produce a distorted image of God. We work through this by manipulating and seeking approval.

Survival Sin

As we grow up in our families, having received generational sin as well as inherited sin, we learn to survive in our present circumstances. Until we come to know the saving mercy and grace of God through Jesus, we will survive in the only way WE know how, which is most likely in ungodly ways. This will perpetuate our sin and lead us into new sins. I call this Survival Sin. There is no better way to describe this kind of sin than what Paul says in Romans 8:13-24. We will be a people who "have ears but cannot hear, eyes but cannot see" (Matthew 13:15). The

destruction of this person is overwhelming. We are now *Self-Saving*, mistakenly yielding or surrendering authority of our lives to whatever you think/feel will deliver you from damage and loss in order to meet your *desires*. This creates an **unrealistic submission**. Full darkness comes at this level of sin (100%). You can see this in your life by looking at how you handle things. Do you lie or are you deceitful and often hiding your true feelings or thinking? Are you aggressive or passive? Because of this, we end up with ADDICTIONS which produce unhealthy behavior. We work through this by being self-indulgent and seeking acceptance from others.

As you study this bridge I want to caution you. It does not hold true that you can only go one step at a time into total Evil. You certainly can jump right into the strongest level of sin without going through the weaker ones. It is only God's grace and mercy in Jesus that truly governs all things.

Root Sins in Our Body, Soul and Spirit

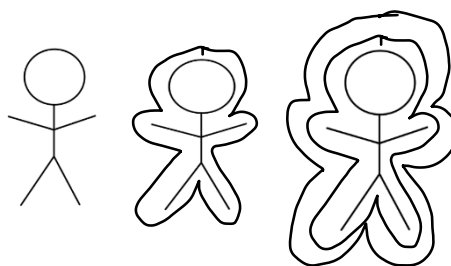
We have now learned the truth that we are born with Root Sins. And we also know that Satan has a plan to keep us in these sins. I have another visual tool that helps me see how these Root Sins function and affect our Body, Soul and Spirit. And here we will see another "three" at work.

In 1 Thessalonians 5:23 it says, "may your spirit and soul and body be kept strong and blameless until that day when our Lord Jesus Christ comes." As a person we are made up of three parts, Body, Soul and Spirit. We are three-in-one just like God! Genesis outlines this creation for us.

Genesis 1:27: We were created (Spirit)

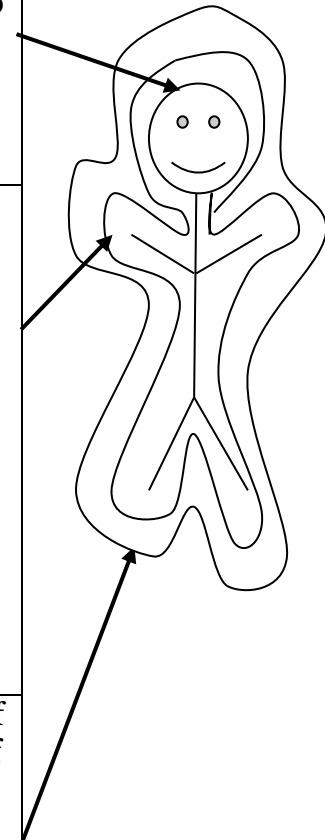
Genesis 2:7: God breathed life into us (Soul)

Genesis 3:21 God made tunics of skin (Body)



As we have been learning in John 10:10, the Enemy has determined to corrupt what God created. Sin, however, is not Evil, but just one step into Evil. All sin separates us from God. It stops us from being able to relate honestly and openly with Him and others. Here is an illustration how the Enemy's plan works vs. God's plan for our Spirit, Soul and Body.

Satan's Plan (John 10:10)	God's Plan (Matthew 4:3-11)
The Root Sin ILLUSIONS (deception) causes false ideas and concepts enabling our Spirit to be STOLEN. We seek attention through Control. Generational Sin: I need/I want/I desire	Jesus' death on the cross provided a SALVATION experience for us. As we YIELD to Jesus, we can use the tool BINDING AND LOOSENING to release us from illusions. Salvation of the Spirit: His needs/His wants/His desires
The Root Sin SPIRITUAL ADULTERY (perversion) causes distorted images of God enabling our Soul to be KILLED. We seek approval through manipulation. Inherited Sin: My mind/My thinking/My feelings	Jesus' resurrection from the dead allowed the releasing of the Holy Spirit. Through the BAPTISM OF THE HOLY SPIRIT, we SURRENDER to the leading of the Holy Spirit and allow Him to perform INNER HEALINGS within us that will reveal the true image of God. Salvation of the Soul: His mind/His thinking/His feelings
The Root Sin ADDICTIONS (idolatry) cause unhealthy behavior enabling our Body to be DESTROYED. We seek acceptance through self-indulgent behavior. Survival Sin: My will/My emotions/My intellect	Jesus' Ascension to the right hand of God allowed us access to the Holy of Holies. Stepping into a TABERNACLES experience, we SUBMIT to God our Father. He provides DELIVERANCES to us which restore healthy behavior to our bodies. Salvation of the Body: His will/His emotions/His intellect



Remember, as a Born-Again Christian, we are being dealt with by God from the inside to the outside. Therefore, it is more likely that you will be faced with Illusions and then Spiritual Adultery and finally Addictions. It's important that you take what you can understand from this process and then let the Holy Spirit illuminate things further for you, allowing you to walk them out in your life. If you use these understandings to try to change your behavior, you will just make yourself miserable. We need to come to God with these changes. We need to face the hurts, pains and struggles in relationship with God and through Jesus, with the leading of the Holy Spirit. In

HIS power and strength, allow His tools of Binding and Loosening, Healings and Deliverances to set you free! It is only in God that wholeness and completeness can come to your life. Let this understanding of these Root Sins cause you to awaken to the fact that in Christ Jesus we have our being and find our fullness. Let what Jesus did count and finish things once and for all.

Chapter 3:

Illusions

As we have discussed earlier in this book, Illusions are false ideas or concepts that bring about unreal or misleading appearances or images of God. According to Scripture it is the first sin ever recorded. It is told in the narrative of Adam and Eve eating from the Tree of Knowledge of Good and Evil. Evil tempts Eve by taking the truth given to her by God and twists it, presenting to her a misleading and false truth. The illusion statement we hear in this is "Surely you will not die." Satan told Eve three things here.

1. He gave her a false idea
2. He gave her a wrong impression
3. He gave her a misleading statement

Why did Eve believe this lie? First, he made her feel scarcity or lack or that something was unfair. This played on her fleshly need for food. Second, he showed her what she could have, what she should have. This played on her ambitions and wants. Third, he told her that she was better than her lot. This played on her pride and desire to be better than what she was. Eve fully accepted the illusion as truth because she did eat of the Tree of Good and Evil. I am sure it was not too soon after that, she found out that the illusion was in fact a lie.

Now it's important to remember that Eve was actually set up here. It was God's intent to have her believe these Illusions so that she would sin and need a Savior. This is all a part of His plan. Nothing happens that God doesn't allow to happen.

I believe that this Root Sin is probably the most powerful sin for us to commit because with any sin we must first begin with a false idea, a misleading impression, or an unreal thought; anything that gets us off target. Illusions produce in us this falseness causing us to try to control everything. They distort our actual physical needs (health, shelter, welfare), twisting them in order to trick us into meeting our own needs rather than trusting God to meet our needs. Jesus confronted this sin of Illusion in the very first act of His ministry while on earth. The incident happened when Jesus was in the wilderness (Matthew 4:1-11). After Jesus' forty days of fasting, Evil, Satan came to tempt Him in the exact way that he tempted Eve. Evil took a truth, twisted it with fragments of truth in it, and asked Jesus to act upon it. In verse 3 Satan tempted Jesus with a false idea of how to take care of His own needs. Jesus used The Word and rebuked Satan. In verse 6, Satan tempted Jesus in trusting something besides God the Father. Jesus called his bluff and did not take the bait. Finally, again in verse 6, Satan tempted Jesus to worship Satan instead of God. Jesus once more stood His ground in His love for His Father.

Jesus, unlike Adam and Eve, was all truth and all light. He took those illusions and brought them back into the precise truth. Even before Jesus got on the cross for us, He had begun to break the hold of sin in all our lives.

Illusions, truth and reality are difficult topics to deal with. But Jesus provided the way. Without accepting Jesus as your Savior, allowing Him to regenerate your spirit, you will never know, never hear, never see. Romans 8:5, John 3:6 and Ephesians 6:12 all talk about our flesh vs our Spirit. But what is our flesh and our Spirit? Jesus tells us in Matthew 7:16-20, "We will know them by their fruits". What are our "fruits"? In Galatians 5:19-23 it details "works of the flesh" vs the "fruit of the Spirit". I believe this reveals that our fruits, be they good or bad, are our attitudes, moods, and temperaments. These can be determined in dealing with others, in seeing ourselves in situations and circumstances in our lives. If we hear or see bad, cranky, or belligerent attitudes; unpleasant, even hostile mood swings or nasty, snappy, irritable temperaments, then we reveal our fruits to be bad fruits, or characteristics of evil.

In finding this idea I saw that if we could identify these attitudes, moods, and temperaments, we could ask for God's help. Jesus showed us that letting go of control and giving things to God is one way of getting help (John 5:19). His death gave us finality to break away from the hold and bondage of sin with Salvation (Romans 6:14). God also provided the tool of Binding and Loosening (Matthew 16:19).

Because we ate from the Tree of the Knowledge of Good and Evil we now have knowledge of Good versus Bad. This is known as Dualistic thinking/feeling, or Lincoln Log ideas. By eating of the Tree of the Knowledge of Good and Evil God placed within us the knowledge of pairs of opposites. Examples of this are:

- Guilty/Innocent
- Nasty/Nice
- Right/Wrong
- Important/Worthless
- Not Enough/Plentiful
- Win/Lose

Any time you jump back and forth with opposites in making decisions you are using the Tree of the Knowledge of Good and Evil. This keeps you from seeing it God's way. It keeps you believing in the Illusions. You are using your sin nature. The tool God gave us to stop the Illusions and to stop the jumping back and forth is Binding and Loosening.

Binding and Loosening

Matthew 16:18-19 says, "And I also say to you that you are Peter, and on this rock I will build My church, and the gates of Hades shall not prevail against it. And I will give you the keys to

the Kingdom of Heaven and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosened in Heaven." A key is a symbolic delegation of power to open and close things. In particular, this scripture illustrates the opening and closing of the church. If we are to use this wonderful gift of a key to the Kingdom, we need to understand more deeply what it means. The following are definitions to the key words in this verse of Scripture.

- **Church:** In all scripture, the church is referring to "the called-out ones," the believers in Jesus. It is, therefore, not a location, but rather a people.
- **Heaven:** Heaven is the place where God dwells. It is a place of everlasting bliss. It is then an attitude or disposition of how we live. It is a spiritual realm.
- **Earth:** Earth is a place where we physically live; the world we inhabit. It can also be a way we look at things on the surface. Scripture so often infers that it is us, we are the earth. We must conclude that it is the quality that we have in living our lives. It is a fleshly realm.
- **Binding:** Is to restrain.
- **Loosen:** Is to release.

There are two other Scriptures that speak to this same subject of binding and loosening. It will be helpful to look at them and their meanings. Matthew 18:17-18 says this binding and loosening comes in the context of dealing with another person within your life with whom you find fault. It pertains to your attitude, and your quality of life versus the other person's attitude, and their quality of life. The binding and loosening is to be done for you to live in harmony. John 20:23 talks about looking at sin in another person. Here, it says that as a believer, whatever we hold this person to, will be held, and whatever we forgive this person of, it will be forgiven. We are either to restrain or to release.

If we were to rewrite this scripture in Matthew 16:19, it would read, "In believing in Jesus as the Son of Man, I will give you the keys to be able to dwell with God in faith; these keys can be used to restrain, in your flesh, those attitudes not of God, and then they will be restrained in the spirit. You can release, in your flesh, those qualities not of God and then they will be released in the spirit." Remember, God is spirit. To dwell in God, you must dwell in spirit. In other words, God has given us the power, if we believe in Jesus, to dwell with Him. We have a key that through Jesus, we have the power to take our attitudes that are not of God and bind them. We also have the power through Jesus to redeem the quality of our lives or loose the fullness of the Spirit so that we can live with God.

An example of what it would look like to pray a binding and loosening pray may be, "Father, please cover me with the blood of Jesus. I would like to bind hate and loose love. I would like to bind tired and loose rested. I would like to bind resistant and loose surrender". These are just examples, but what a privilege we have as believers in Jesus to loosen and bind these things in our lives.

In order to further understand the Binding and Loosening tool, I found scriptures that detailed bad fruits and placed them on trees for clarity. As we have seen now many times in scripture, God uses trees to reveal our fruit so what better way to show the Illusions. These bad fruits are what we are “Binding on Earth as in Heaven”. Then, with the leading of the Holy Spirit, I added those things to “Loosen on Earth as in Heaven”.

To truly deal with our Illusions and defeat them as lies and in order to walk in the truth, I have found that we need to:

1. Present ourselves to God (Romans 6:13-14 and Romans 8:17)
2. Be sober (1 Thessalonians 5:6)
3. Be humble (1 Peter 5:5)
4. Be alert (1 Corinthians 16:13)
5. Be consistent (1 Corinthians 9:27)
6. Be steadfast and faithful (1 John 5:4-5)
7. Resist the Devil, draw near to God (James 4:7-8)
8. Bind and loose (Matthew 16:19)

Revelation 12:11 tells us that we will overcome “by the blood of the lamb and by the word of their testimony, and they did not love their lives to the death “They let God be in charge”. Illusions can take control of us. Our situations and circumstances in life keep presenting opportunities for Illusions to take hold of us and take the place of God. Just remember, He gives the needs so that He can meet them. Look to God to provide the way.

The Trees

As we have already stated, fruits are your dispositions, temperaments, and attitudes. It would seem to me if we could distinguish these things then we could rightly divide and separate the false fruits of Illusions from the real fruits of truth. As I searched Scripture and read other books, it became apparent that what I was looking for was not tangible things but the abstract ways of how we think and feel. Jesus spoke so often to the spirits affecting people; good and bad spirits. In listing these spirits and thinking of them as the Fruits, I saw that certain attitudes and dispositions came together as if supporting one and another. In personal contact with counseling, I ran across that as a rule, if a person had problems with lying, we had a whole attitude of falseness. The first time I drew a tree was to show a person how they relate to life. From that point on, it was a continuing source of help for me to show a person what was going on in their life.

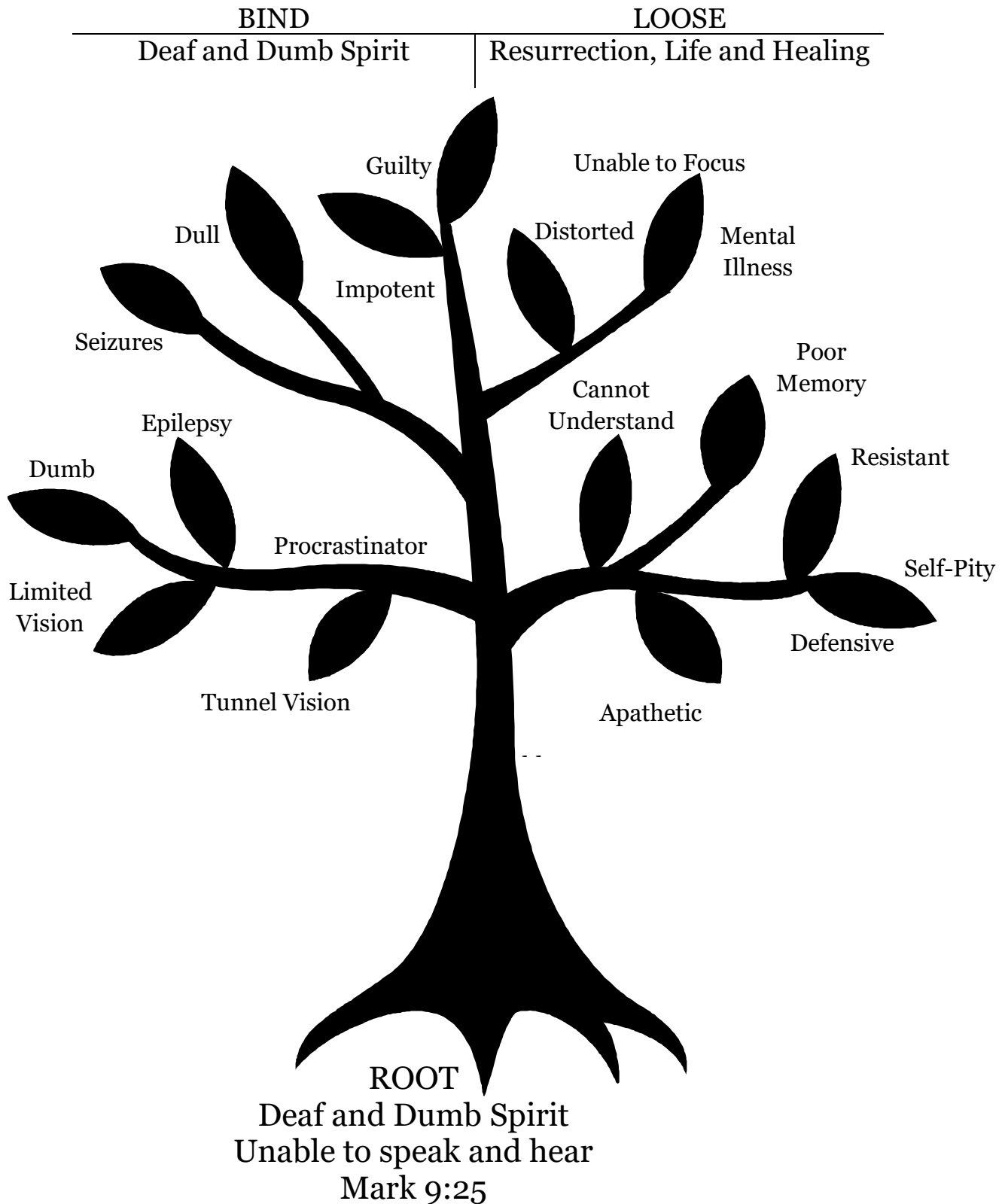
On the following pages are drawings of fruit trees. Not fruit trees for God, but trees exposing us. First look at the branches which represent our moods, attitudes, dispositions, and temperaments. Then at the bottom, the sin seed or root of those things. The sin seed is the Illusion we have come to believe and then the branches represent those attitudes, moods, dispositions and temperaments we use to support this Illusion. You will find other people more quickly than you will find yourself. It will take a critical and honest look at yourself to see these things. An insight in finding yourself is that these fruits come to the surface particularly when we are angry, upset, hurt,

or struggling. At those times ask yourself, "What am I feeling or what am I thinking?" and yield to the Holy Spirit's leading. List what you hear as soon as the answers come. You may need some help doing this. Ask a friend to observe you. It is a very vulnerable thing to do but very helpful. All this is not so that you can pull up your bootstraps and change your ways.

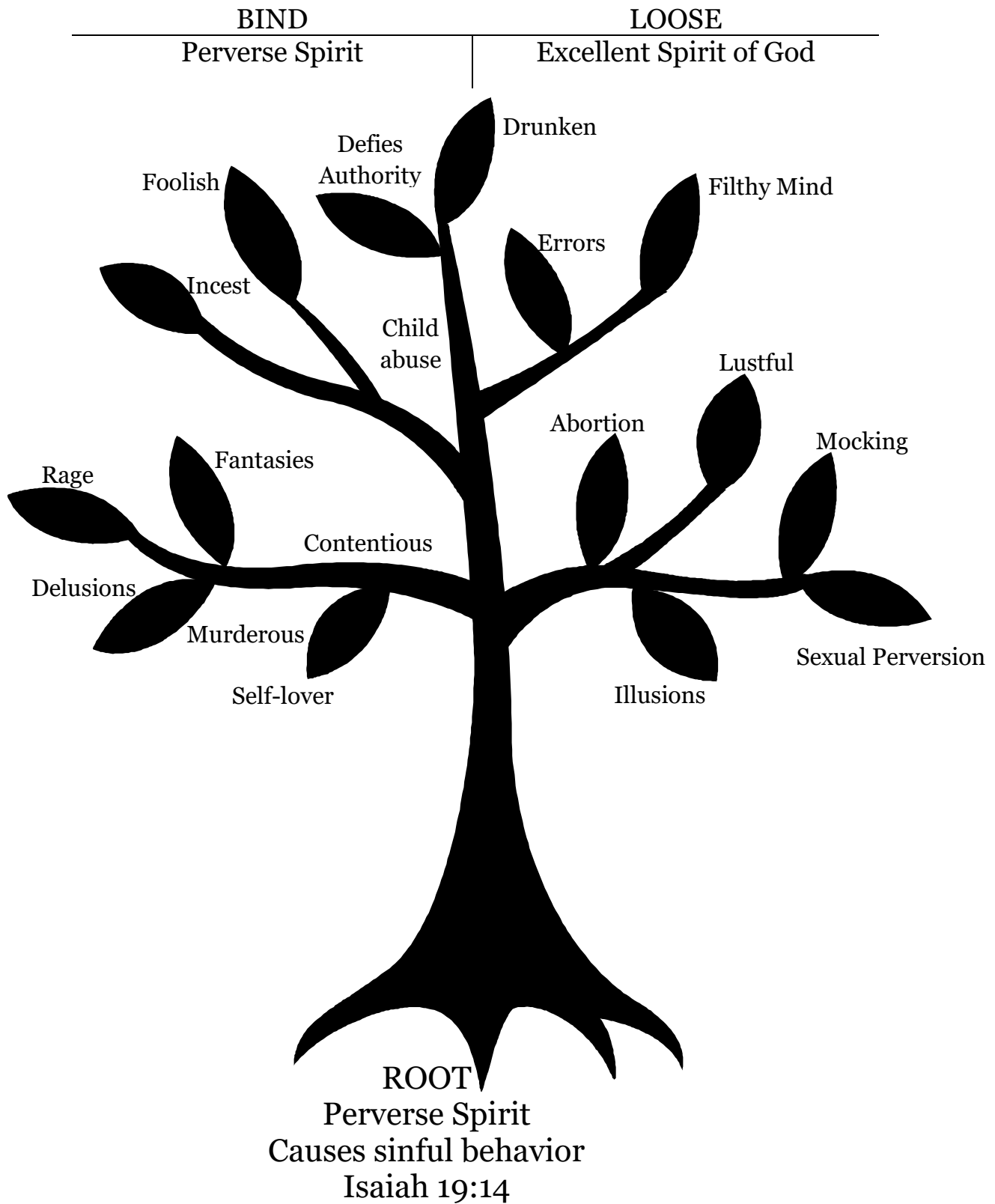
Again, God provided a way for us. As we saw earlier, Jesus said in Matthew 16:19 "And I will give you the keys to the Kingdom and whatever you bind on earth will be bound in Heaven and whatever you loose on earth will be loosed in Heaven." So, once we have identified these spirits, these attitudes, temperaments, we must bind them in Jesus' name and loose the Godly spirits.

Illusions are a very powerful Root Sin. They are subliminal. They have just the right amount of truth to hold you to them. They can come from the very places we trust. What we are learning with this understanding of the root sin of Illusions is wonderful. I believe once we yield to the Holy Spirit, God's wisdom will give us the discernment we need to defeat them. However, I have a caution for you when the truth is revealed. It may seem like you are going to lose. But I promise, you will not lose, instead you will gain. The "truth will set you free" (John 8:32). Also remember what Jesus tells us in Matthew 16:25, "whoever desires to save his life will lose it, but whoever loses his life for My sake will find it." Don't hold on to the Illusions. God is faithful.

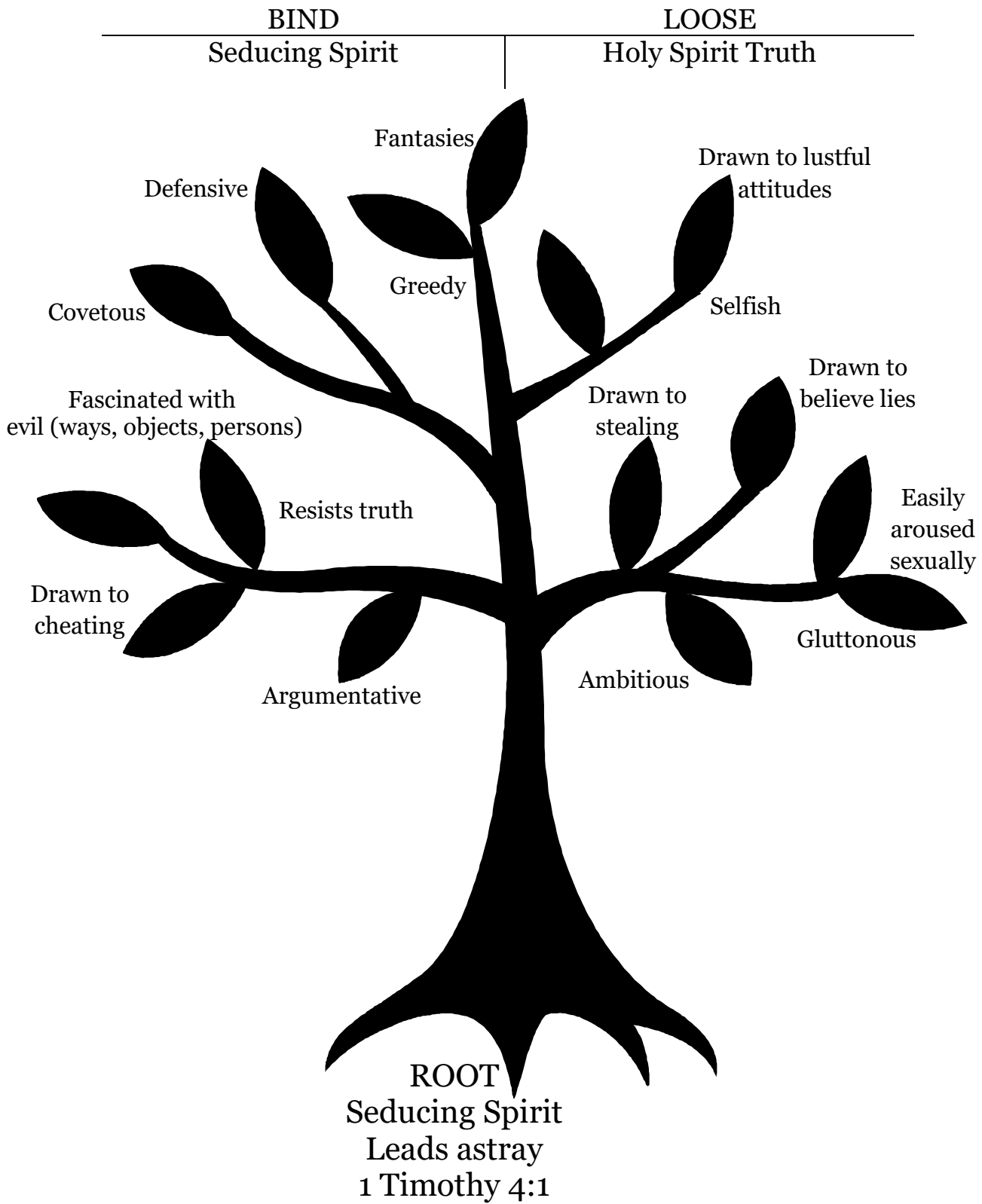
DEAF AND DUMB SPIRIT



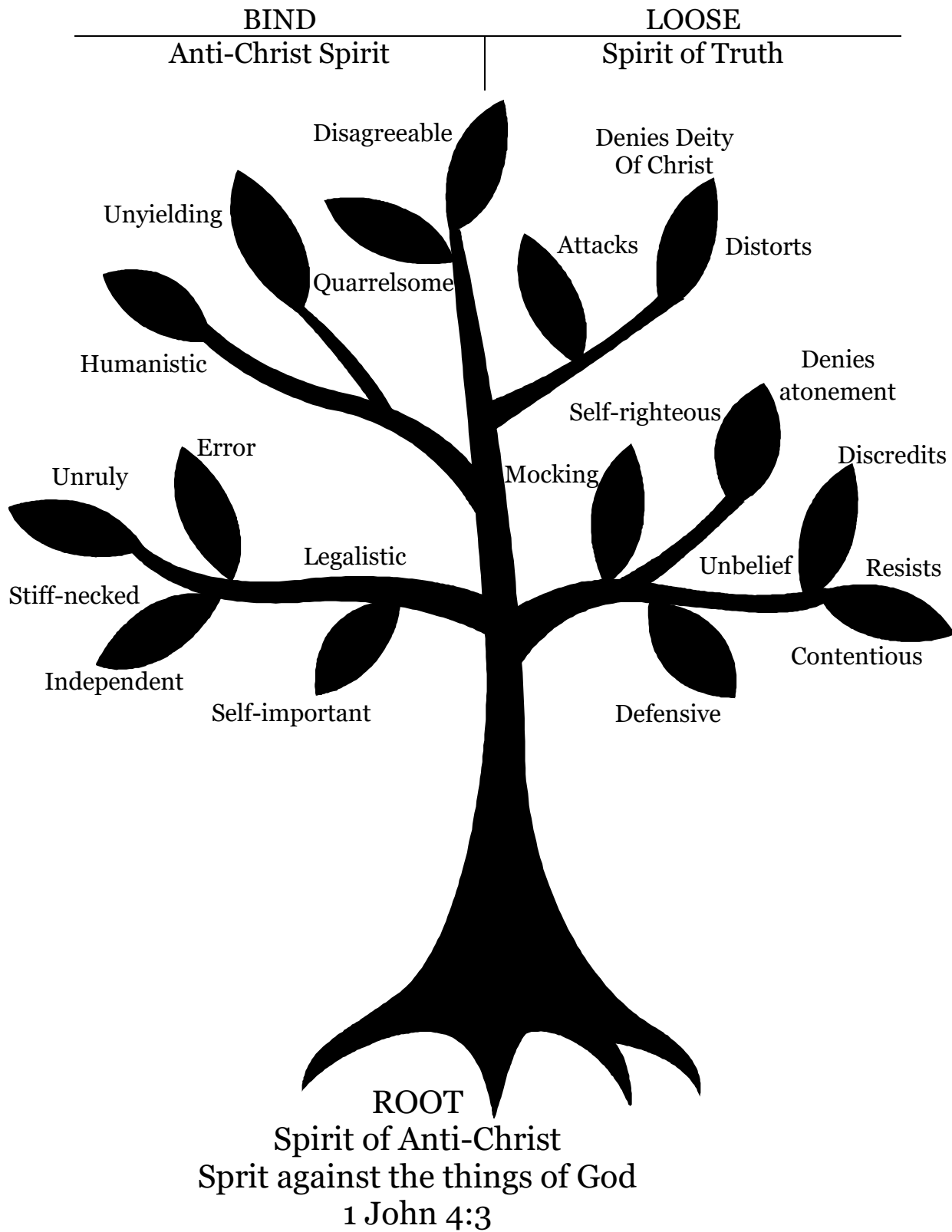
PERVERSE SPIRIT



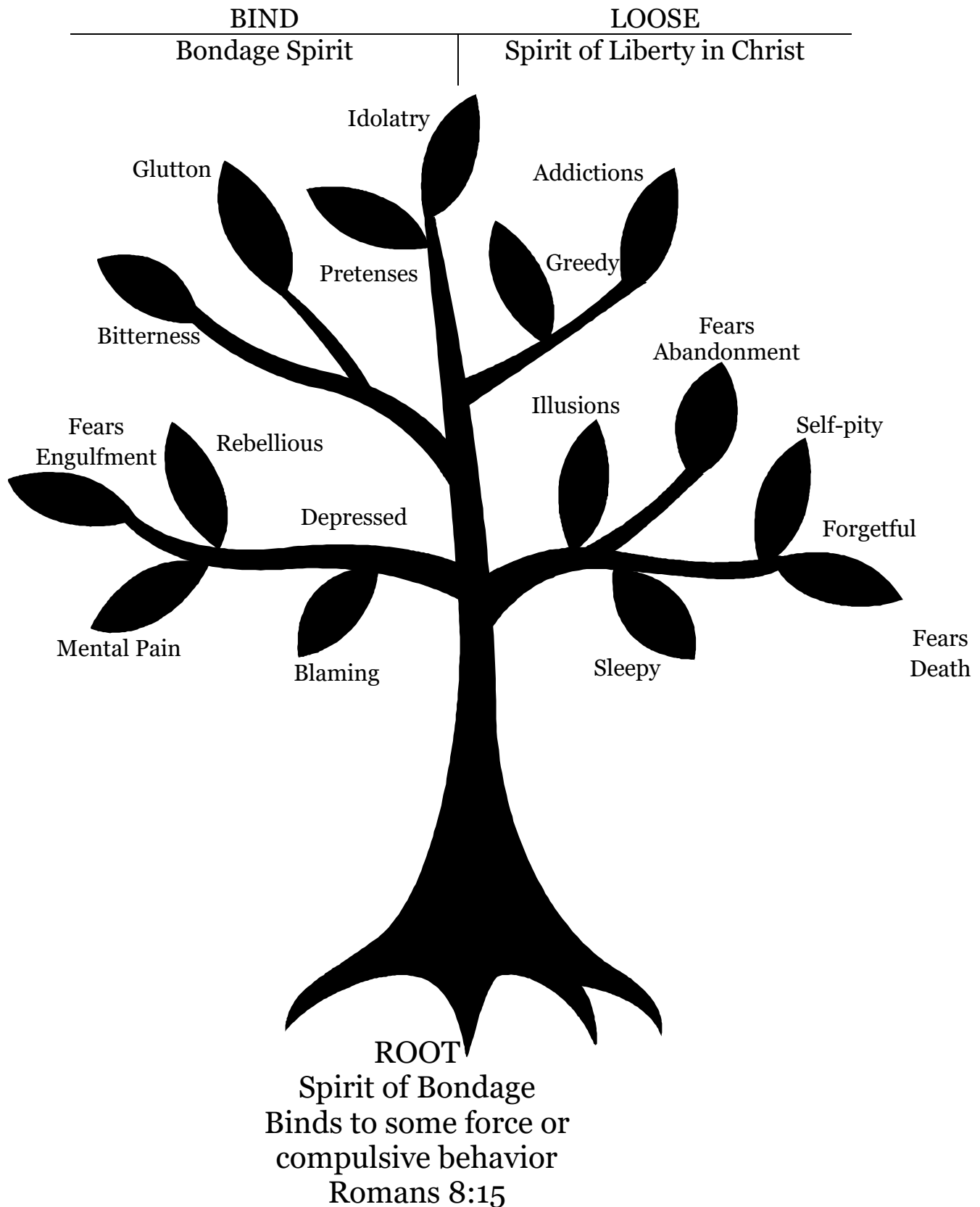
SEDUCING SPIRIT



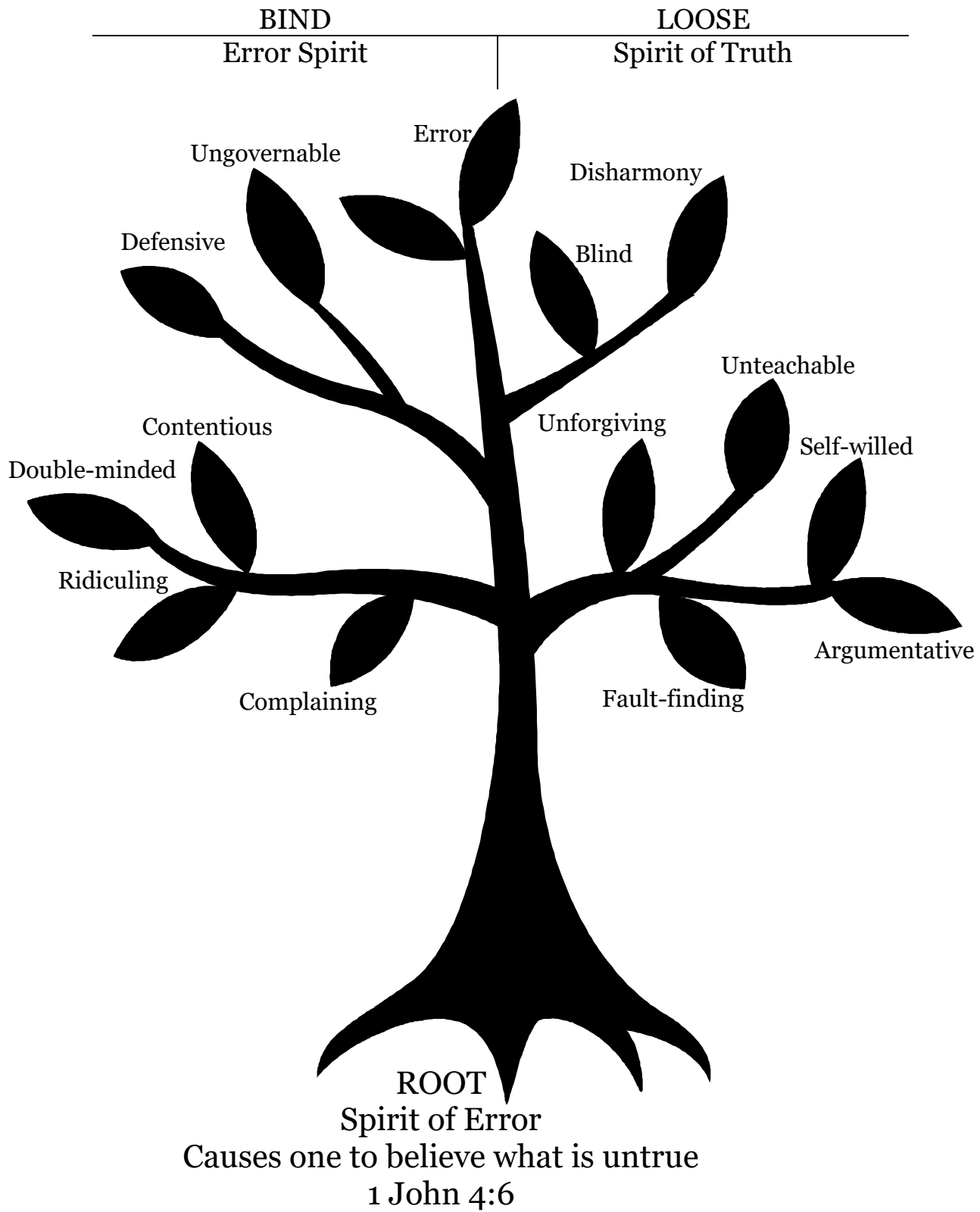
ANTI-CHRIST SPIRIT



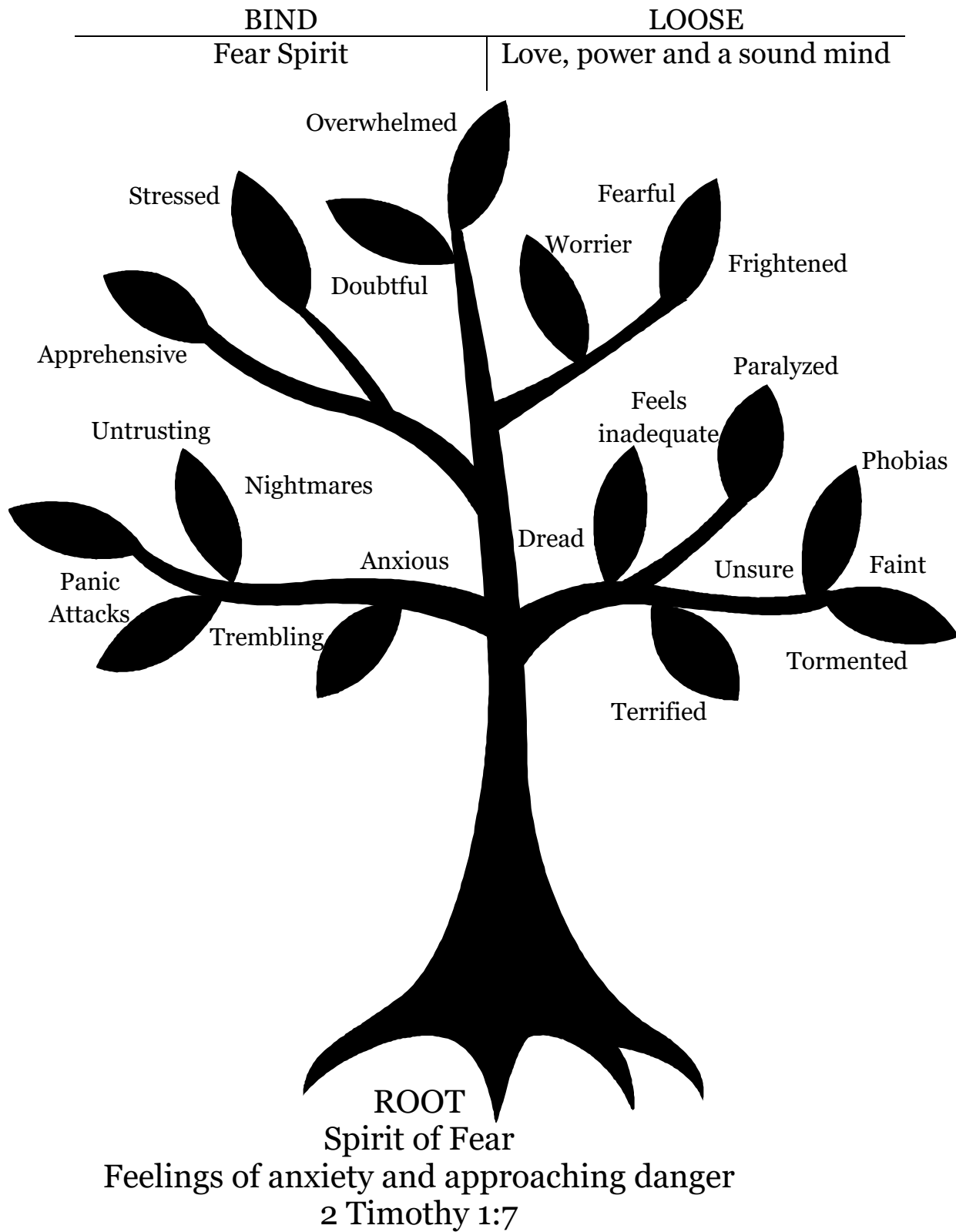
BONDAGE SPIRIT



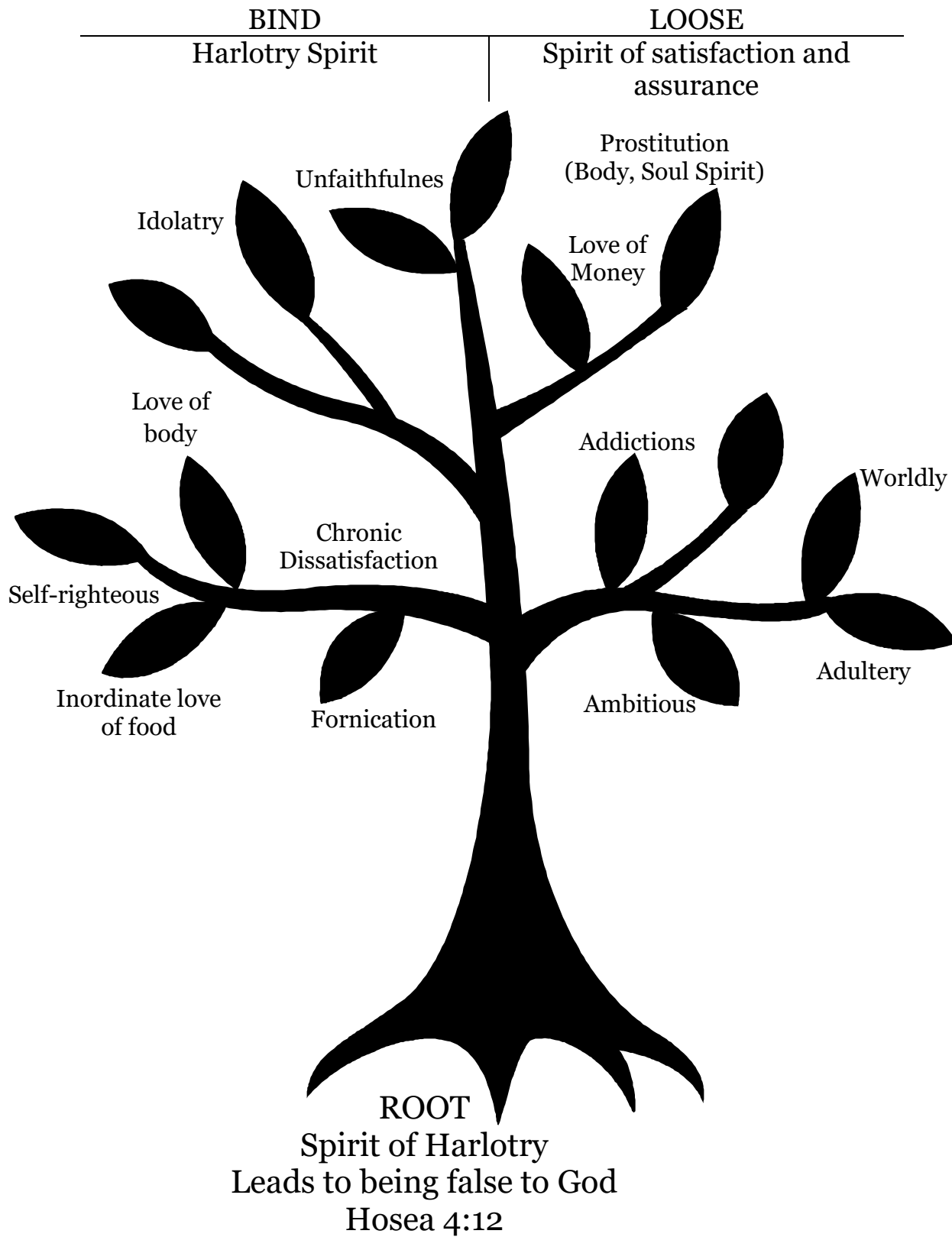
ERROR SPIRIT



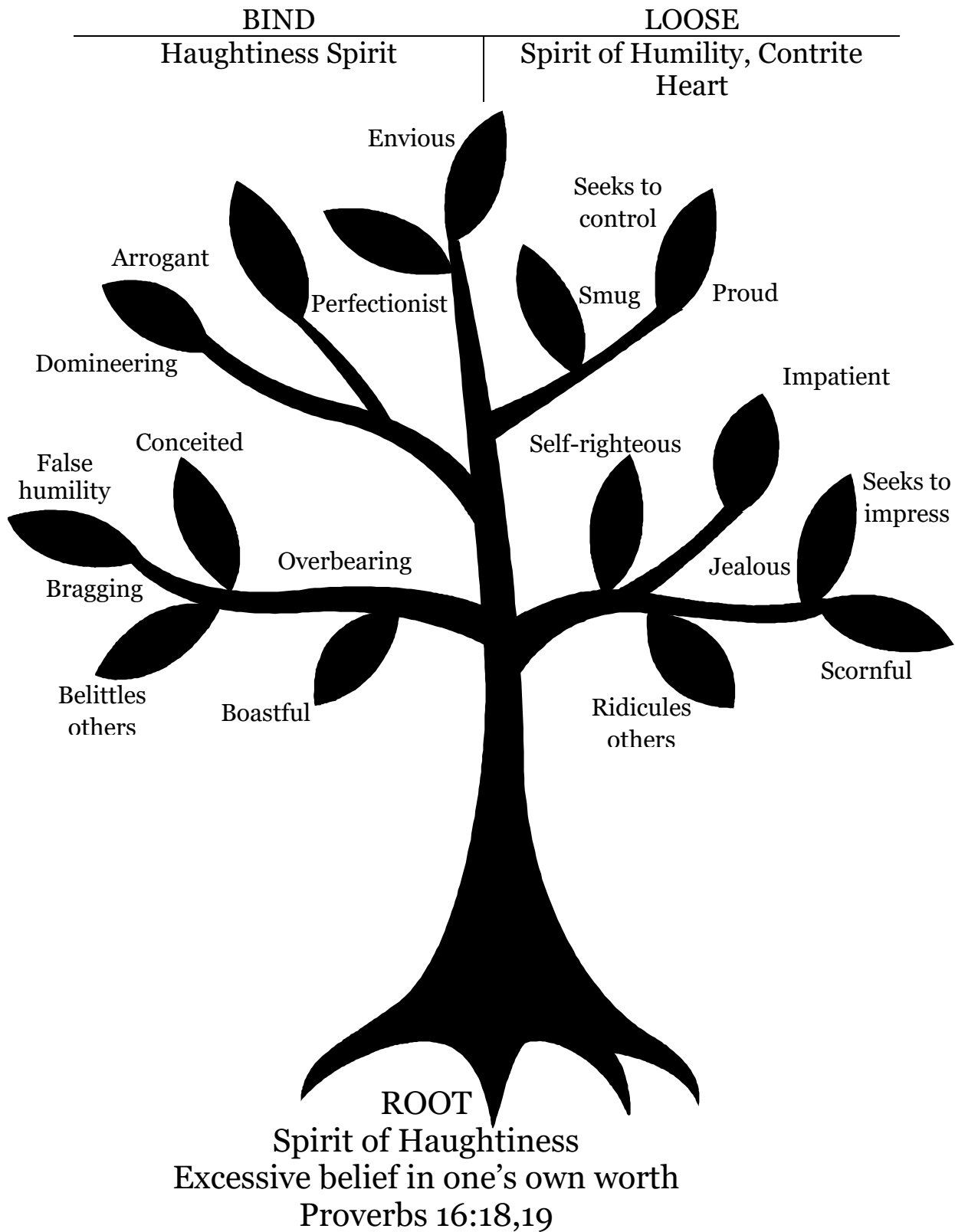
FEAR SPIRIT



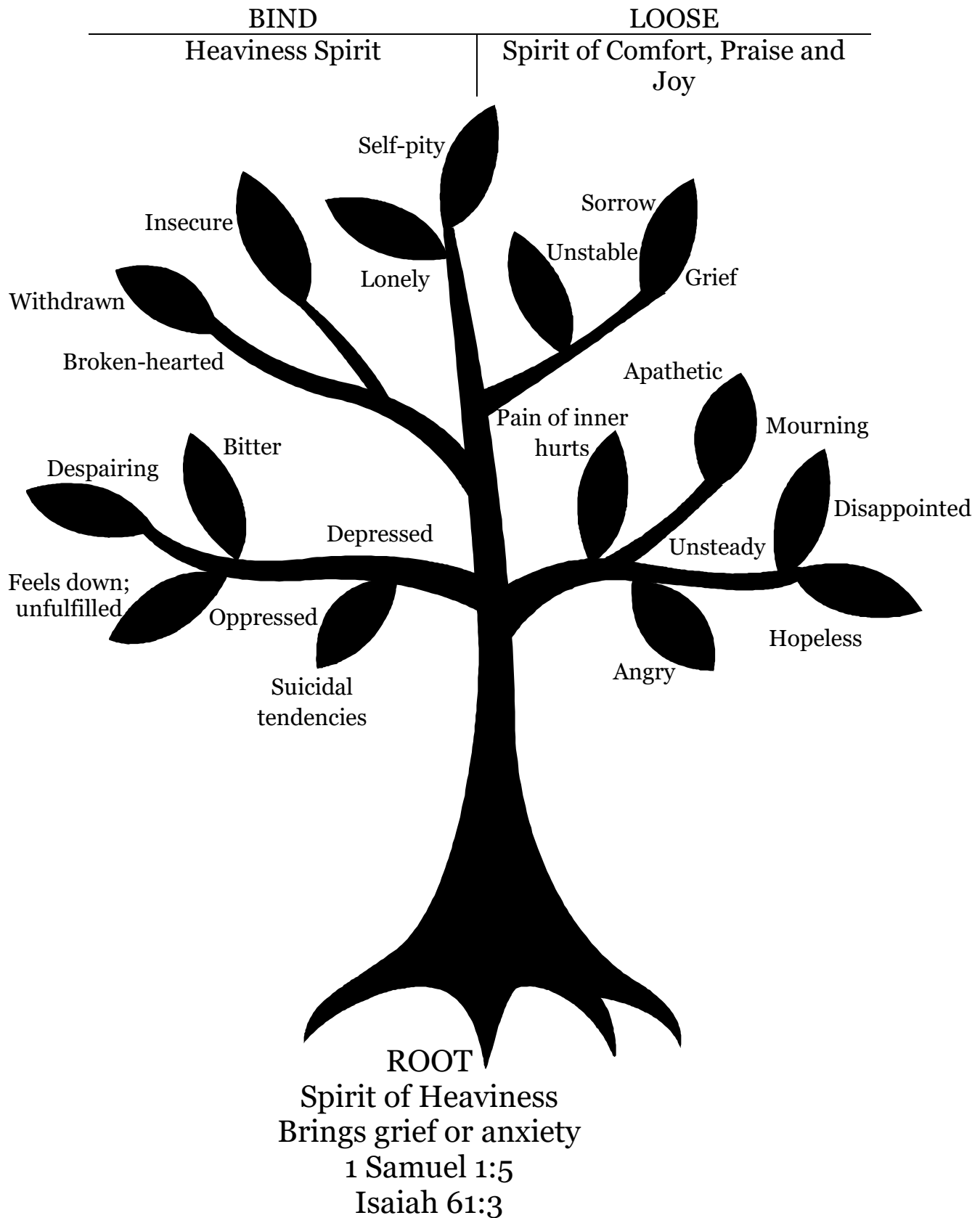
HARLOTRY SPIRIT



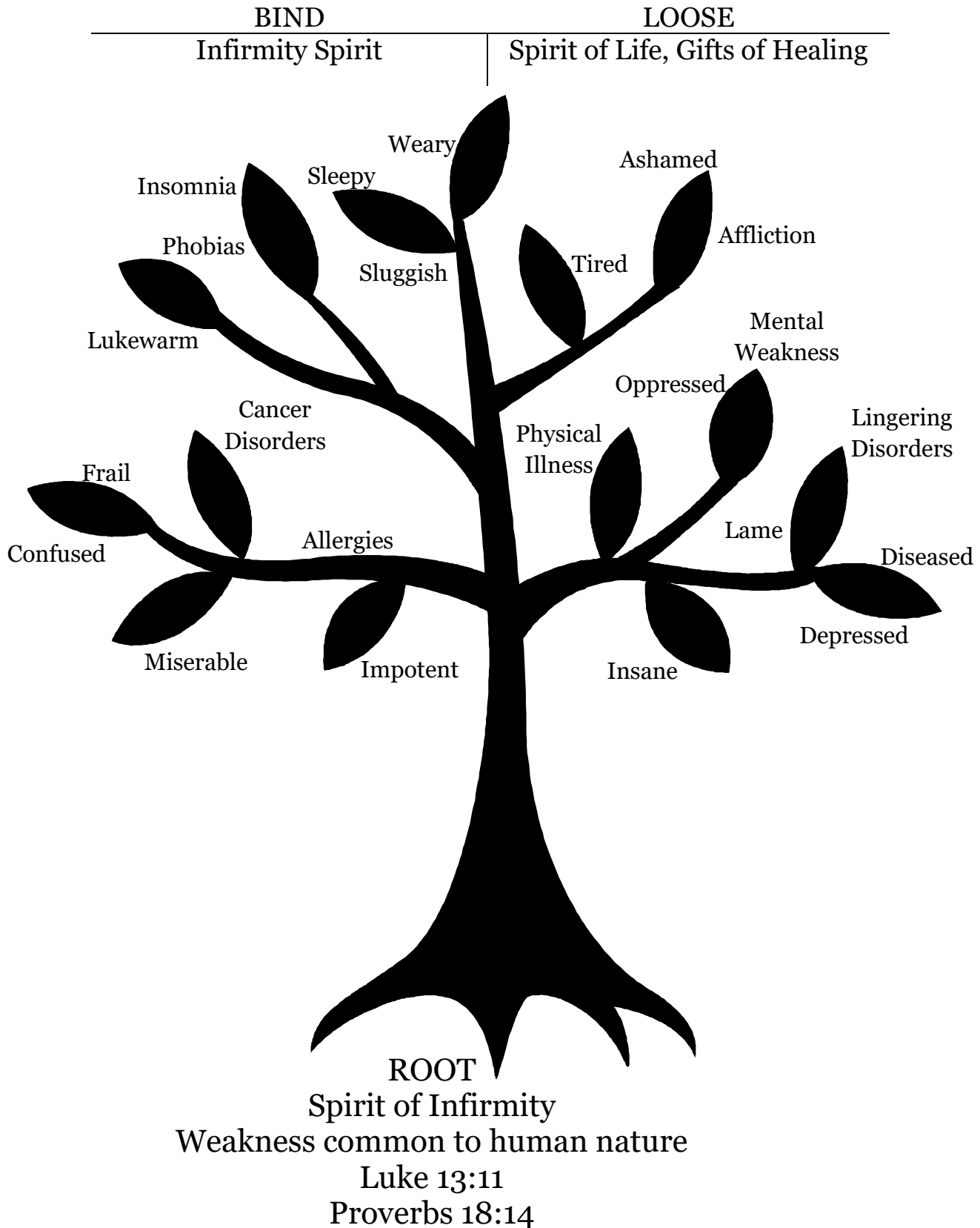
HAUGHTINESS SPIRIT



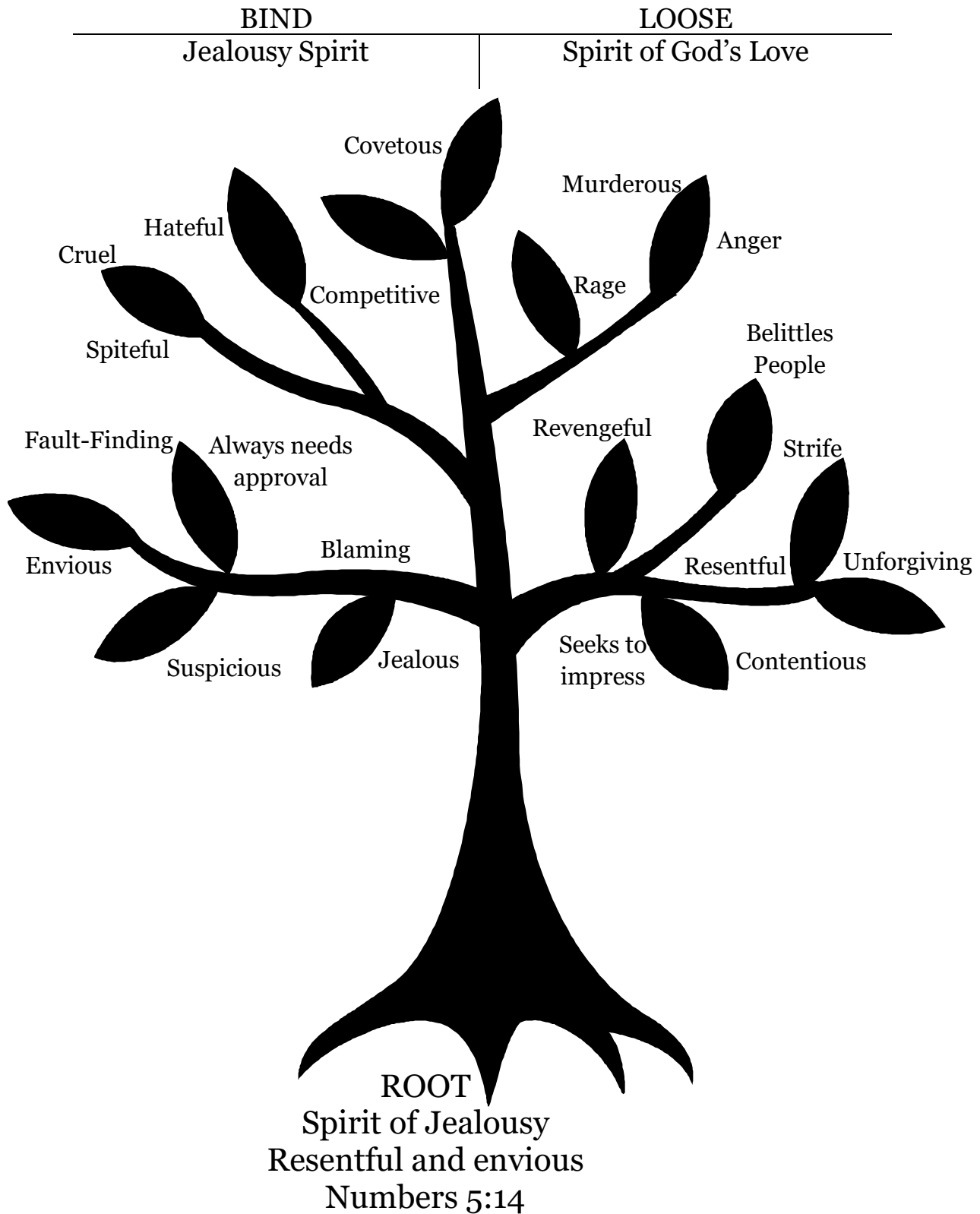
HEAVINESS SPIRIT



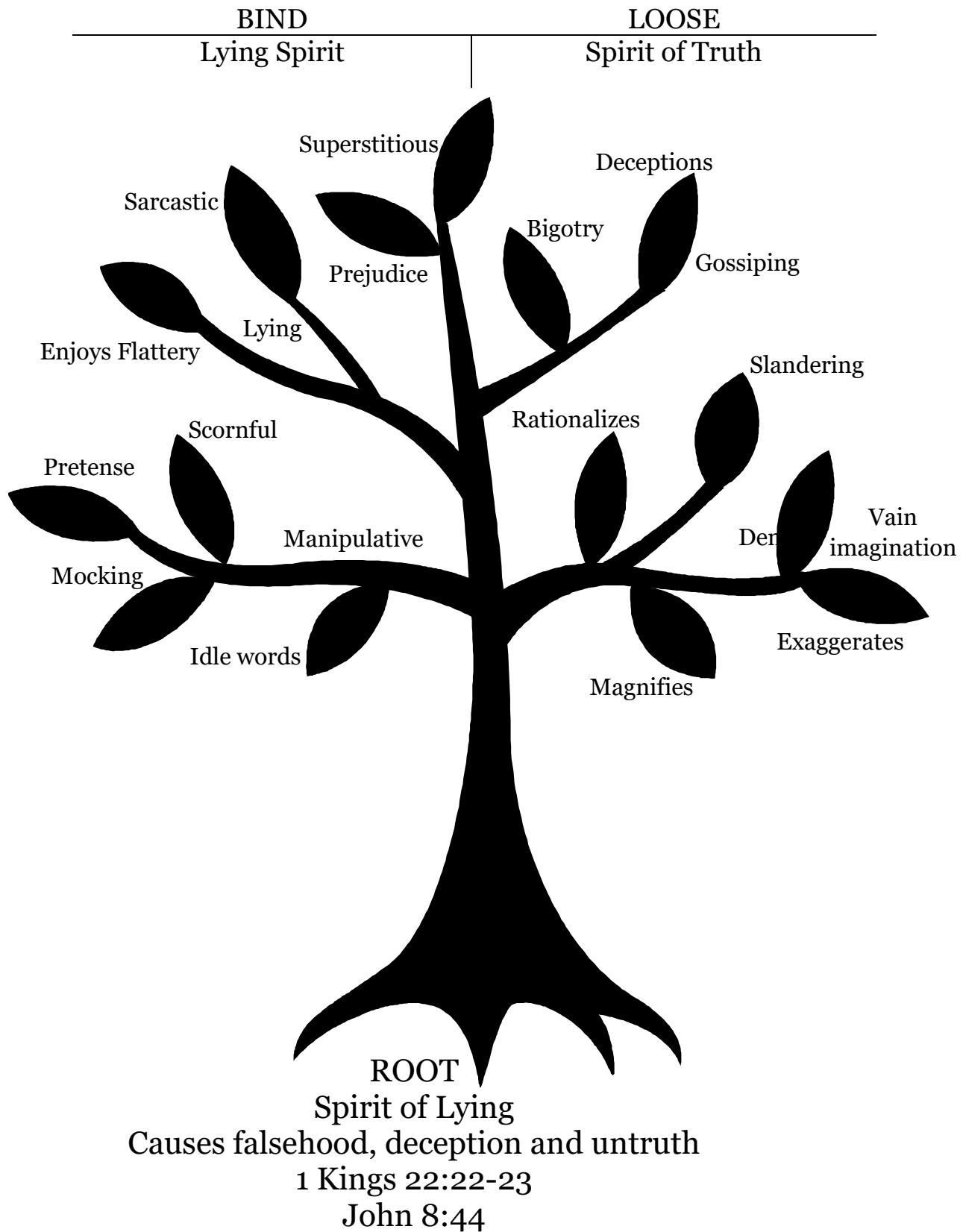
INFIRMITY SPIRIT



JEALOUSY SPIRIT

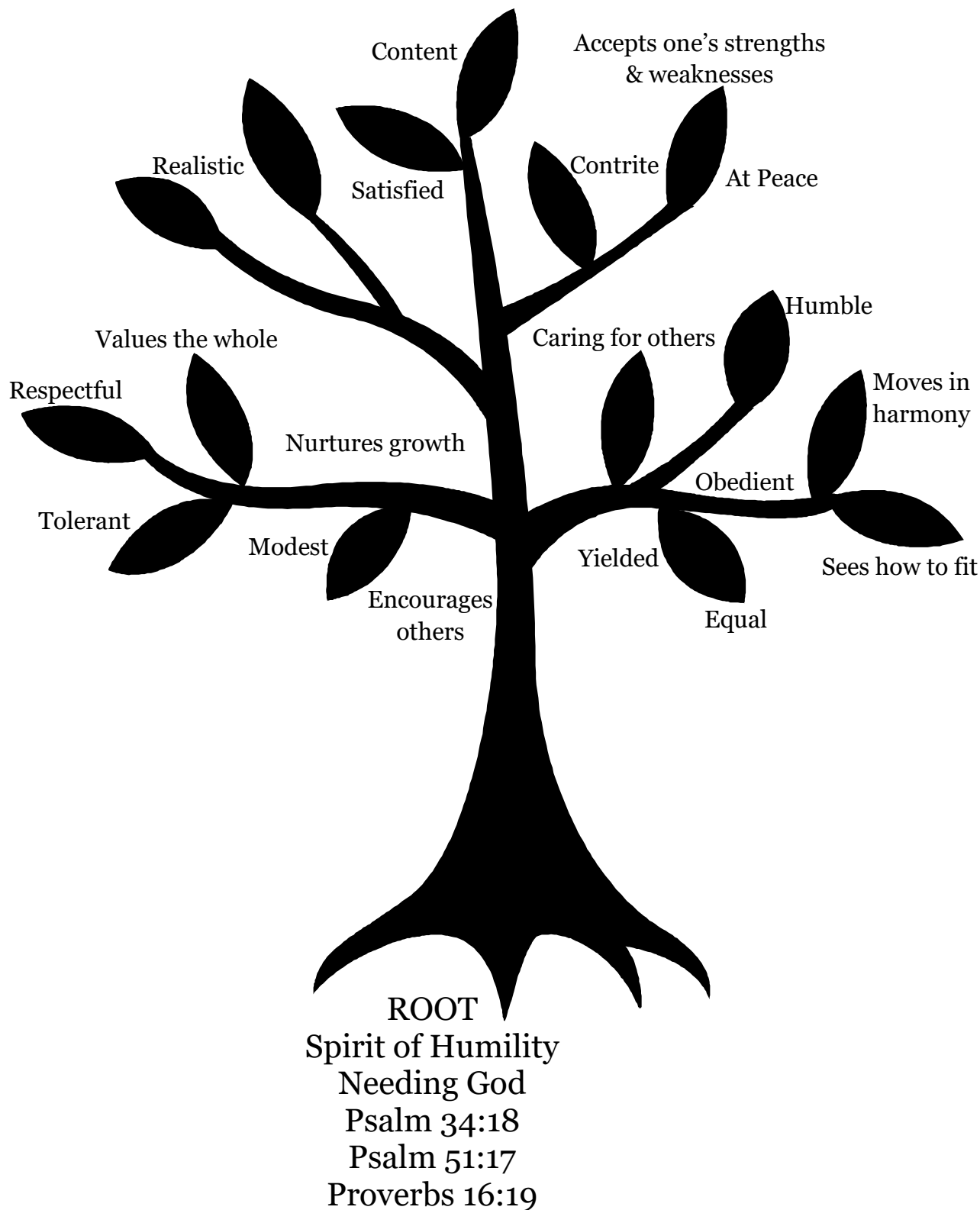


LYING SPIRIT

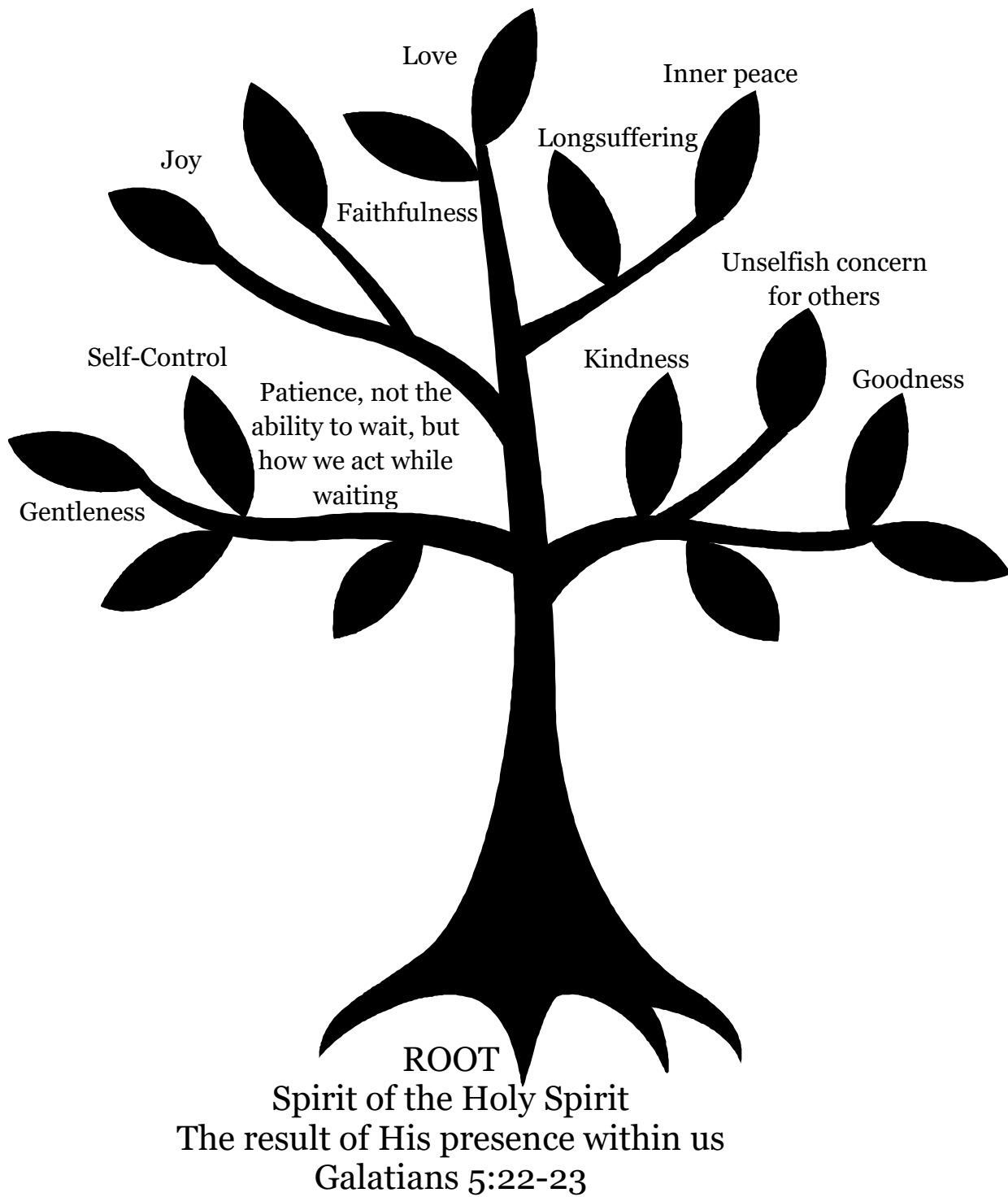


These last two trees are simply a picture of a person when they are flowing with the Holy Spirit and allowing God all authority in their lives.

HUMILITY SPIRIT



FRUITS OF THE HOLY SPIRIT



Chapter 4:

Spiritual Adultery

Continuing in the flow of sin, the second Root Sin we will deal with is Spiritual Adultery. As we have stated earlier in this book, Spiritual Adultery (perversion) is a turning away from God, who is to be our source, and giving or receiving from another source. Spiritual Adultery distorts our longings. Our longings to be valuable, worthy and loved become twisted to an extreme. It also keeps us dependent on our five senses. This makes us an unbalanced person which doesn't allow us to hear the things of God in a clear way.

Two things come to my mind as I contemplate explaining this Root Sin. First, we need to get past the idea that adultery is primarily a sexual affair. Adultery starts when we choose to give to someone else other than our mate those things which belong only to him/her. Or we choose to seek from another those things which only our mate should give to us. I know a woman who had such a relationship with her pastor. Each morning, they would talk about their day, what they were going to do and how they felt about things. It was something they both looked forward to. They also arranged for their families to have activities together. Their togetherness was closer than their mates. Yet they had no sexual contact. They each individually had thought of it, but never discussed it, never acted upon it. Still this woman and pastor were committing adultery, giving and receiving something from another rather than their mates. The downfall of this couple was very sad.

The second thing we need to understand and accept is that we were created in the image of God. Probably the biggest illusion we have come to believe in is that we are autonomous, independent people. This is utterly false. God breathed life into us, and we became a living soul. We are to be bone of His bone, flesh of His flesh (Genesis 2:3). We do not have any qualities of our own. We have free will to choose, but nothing more. We cannot create joy, love, sadness, or hate. Without this truth we will not grasp when we are separated from God and when we are committing adultery. With no attributes of our own, if we are not one with God then we are one with another (Evil). This is Spiritual Adultery.

The acknowledgement of these two facts will enable us to examine more clearly the Root Sin of Spiritual Adultery and see that it will kill us just as scripture says. Keeping these two points in mind, where do we find Spiritual Adultery in Scripture? We find it with the killing of Abel by Cain. With this act Cain chooses to receive from another source rather than God, for God does not have the nature of murder, Evil does. Cain used his free will to choose to go against the things of God. So, it is with mankind (us). When we choose to take from another source an idea, a way, a motivation, rather than God's ways, ideas, and thoughts, we are committing Spiritual Adultery.

To recognize this root sin in our lives and why it takes place we need to find a way to measure our faithfulness in our marriage, so to speak, with God. As we read scripture, we observe that Jesus was the express image of God. This being true, it would seem that if we would then list the characteristics, ways, values, attributes, that Jesus taught and use them as a measuring stick, we could reveal first what it would look like to walk genuinely as the Bride of Christ and then be able to look into those areas where we are not lined up. By doing this we are exposing our Spiritual Adultery, or how close we are in committing it.

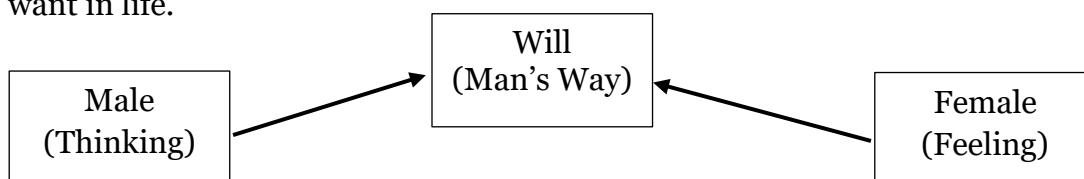
The questions we will use as we measure these aspects will be:

1. What do we look like if we are expressing the ways of God? We are in a healthy marriage with God here.
2. What do we look like if we are not expressing the ways of God in certain areas? We are coming close to Spiritual Adultery here.
3. What do we look like if we are not expressing any of God's ways as Cain was doing? We are committing Spiritual Adultery here.

The Ways of God vs. the Ways of Man

In looking at Scripture, we will see that God's attributes reflect both masculine and feminine qualities. This corresponds exactly with what scripture says in Genesis 1:27, "So God created man in his image...male and female." If we were created in the image of God, this scripture shows God to be both masculine and feminine (male and female), a thinking and feeling being.

What happens with Spiritual Adultery is that the Will (Man's Way) speaks to the Male nature of you (thinking) but cannot speak to the Female nature of you (feeling) leaving you dark in you Female nature. You are not able to get in touch with your feelings. Or, the Will (Man's Way) speaks to the Female nature of you (feeling) but cannot speak to the Male nature of you (thinking) leaving you dark in your Male nature. You are not able to get in touch with your thinking. Over time, with this separation, the Will (Man's Way) is unable to speak to either the Male nature of you (thinking) or the Female nature of you (feeling) leaving you totally in the dark of who you are or what you want in life.



God's way was for Jesus to provide the power to release us from Our Will or Man's Way and to make us into a balanced person once more through his resurrection. This takes place in our Soul Realm. Jesus' resurrection gives us power to overcome. We need to uncover why we are seeking not to know both areas of our Soul (thinking and feeling). Perhaps allowing ourselves to look at memories from our past will help us. When issues are revealed to us, we need to ask for a

healing of those things in Jesus' name. Expect a healing in those areas! We also need to be willing to forgive others and ourselves. And then we need to move on (1 John 1:7, Colossians 3:13).

Male and Female

In listing and relisting, defining and redefining, I have come up with seven characteristics, or qualities, of God, seven being the number representing perfection. I hope that by seeing a full picture of the Image of God (Male and Female), it will give us a measuring stick to use for our lives as being created "in the image of God" (Genesis 1:27, Romans 1:18).

Male (Thinking)	Female (Feeling)
Aggressive	Modest
Bold	Gentle
Strong	Tender
Authorative	Submissive
Tough	Sensitive
Valued	Loved
Thinking (intellectual)	Feeling (emotional)

Let's look at a visual picture of a person who is living in oneness with God, or "married to God", so to speak?

Male



Female



*We are whole people finding identity
and measuring ourselves by knowing we
are loved and valued by God.*

Such people will conduct themselves by being:

1. Aggressive in meeting their own needs, as well as those of others.
2. A toughness, yet with gentleness and sensitivity.
3. Can say "no" when they need to; "yes" when they must or want to.
4. Very aware of others; good capacity to have relationships.
5. Creative and able to see the positive, the potential.
6. Can see the bad and negative without running or being afraid.
7. Can be patient and compassionate but stand firm with authority.
8. Can nourish themselves, identify and measure themselves with God and the needs of other people.

Now let's look at the picture of a person who has strayed from God, at least in one area, and is lacking the feminine or feeling way. An example in scripture is the Pharisee. He saw only the law, not the spirit, and so could not see Jesus.

Male



Female



An individual who is not expressing the feminine (feeling) ways of God and will identify and measure him/herself by pursuing pleasure. This person has the overwhelming need to be loved.

When women stray from the feminine ways of God, the following will be true:

1. Do not relate well to others
2. Sterile at times
3. Demanding of self/others
4. Opinionated, judgmental
5. Headstrong
6. Can be aggressive in behavior
7. Can be possessed by the need for material things

This person will have a dependent personality because her feminine ways were unaffirmed by caretakers and peers. There is a possibility of homosexuality because of this lack of affirmation.

When men stray from the feminine ways of God, the following will be true:

1. Bad temper
2. Perfectionist or sloppy
3. Uncompromising
4. Insensitive (maybe even brutal)
5. Conceited (knows it all)
6. Judgmental
7. Demanding of self and others

This person will have an independent personality because his feminine ways were devalued by caretakers and peers.

When an individual, man or woman, who has strayed from the feminine ways of God becomes angry, the following chart will be true. Because they are not in touch with their feelings, they become unbalanced in their thinking and even overwhelmed by it. This causes what psychologists have come to call “toxic shame syndrome”, meaning such people always think they are inadequate.

The inner voice:

1. I did not do anything wrong.
2. I am all by myself again (needs love).
3. I just can't do it; no one cares (right/wrong).

The thinking:

1. I am bad, if you only really knew me.
2. Everyone is going to take over my life (fear of engulfment)
3. I always have to do it (not loved).

The actions:

1. Defensive (no security).
2. Withdrawn, isolated, distant.
3. Snappy, vicious, irritable

When these people are upset, they become defensive.

Now let's look at the picture of a person who has strayed from God, at least in one area, and is lacking the masculine or thinking way. An example in scripture is the paralytic man in John 5:3-8. He was stuck in his need, unable to take the risk to reach for healing.

Male



Female



An individual who is not expressing the masculine ways of God will identify and measure him/herself by trying to be in control. This person has the overwhelming need to be valued.

When men stray from the masculine ways of God, the following will be true:

1. Headstrong and conceited
2. Go between extremes of being too needy and not letting anyone meet their needs
3. Cannot genuinely relate to people
4. Pride themselves on being there and "doing it all" for their mates and children
5. Drive to be the best in everything; must be right
6. Judgmental of others; nothing is ever good enough
7. Do not know their own needs; all they know is how to role play

This person will have a dependent personality because his masculine ways were unaffirmed by care takers and peers. There is a possibility of homosexuality because of this lack of affirmation.

When women stray in the masculine ways of God, the following will be true:

1. Overly sensitive to their own needs
2. Stubborn and rather opinionated
3. Judgmental of themselves and others; nothing is ever good enough
4. Always expect rejection
5. Seek to find ways to "fix" things
6. Unable to be straightforward about their needs
7. Unable to make decisions

This person will have a co-dependent personality because her masculine ways were devalued by caretakers and peers.

When an individual, man or woman, has strayed from the masculine ways of God and becomes angry, the following will be true. Because they are unable to think properly, they will become unbalanced in their feelings and be overwhelmed by them. This causes what psychologists have come to call "toxic guilt syndrome", meaning such people feel rejected.

The inner voice:

1. Self put-downs
2. Statements of inability to handle the future (needs value)
3. Statements of remorse and regret (good/bad)

When these people are upset, they feel confused.

The feelings:

1. Everyone is out to get me.
2. No one really cares about me; they just care about others (fear of abandonment).
3. No one understands (should not have).

The actions:

1. Overreacting (no confidence).
2. “Down”, moody, depressed.
3. Emotional, hurt, frustrated.

Now let's look at the picture of a person who is committing spiritual adultery? The best example is Cain, whom we have looked at before. Whenever we do not grant God sovereignty in our lives, we will commit spiritual adultery.

Male

Female



When an individual is committing spiritual adultery by straying completely from the ways of God, he/she will identify and measure him/herself by trying to be in control and pursuing pleasure. This person has the overwhelming need to be loved and valued.

When men or women are committing spiritual adultery, the following will be true:

1. They feel/think they are unworthy and insecure
2. They do not know what it is to be themselves, so they play roles-acting out how they think they should look
3. They will be either straightforward or manipulative to get their way NOW
4. They can be harsh and uncompromising in their relationships with others
5. They will never admit they are wrong
6. They can be egotistical-the world revolves around them
7. They are takers, using (what appears as) both giving and receiving to actually take

This person will have an independent personality because his/her feminine and masculine were unaffirmed and devalued by caretakers and peers. There is a possibility of homosexuality because of this treatment.

When an individual, man or woman, who is committing spiritual adultery becomes angry, the following will be true. Because they are not able to touch their feelings or thinking properly, they become unbalanced in all areas of functioning. They will be bound by both toxic shame and toxic guilt, meaning they will feel rejected and think they are inadequate.

The inner voice:

1. Blaming others
2. "I always..."; "I try hard" (needs value and love)
3. Judgment and criticism toward others

The feelings:

1. "Everyone is always criticizing me."
2. "They" would never like me if they really knew me (fear of abandonment)
3. "How dare they tell me..." (fear of domination)

The actions:

1. Unpleasantness; even a stinging quality
2. Raging or crying
3. Trying to monopolize everything and everyone

To add to your understanding of this topic, let me give a further definition about the three Standard Prototypes of Personalities and Toxic Shame or Guilt.

Three Standard Prototypes:

1. Dependent: To be lost if there is no one to love them, help them, be with them, etc. They try to be certain they will never be left alone or not loved.
 - a. They need to be attached to someone to feel loved.
 - b. They consistently ask what others think of their work and performance either directly or indirectly. They need constant approval.
 - c. They exaggerate problems to gain attention or sympathy. They do this by pouting or isolating as well as making excuses.

Dependent people will tend to do the following:

- Sabotage change. Use denial.
- Appear to be extremely self-sacrificing. Use acting grown-up.
- Require a great deal of attention. Use magical thinking.
- Use emotions to manipulate people. Use laziness.

They can become Shame Bound by:

- Escaping from self through minimizing, taking things in (absorbing/internalizing), jumping to conclusions.
- Escaping from stress by blaming others for the wrongs in their life, being hostile to others, and having a negative attitude.

- Escaping growth by dodging difficulties, becoming compulsive in their behavior, and fabricating to avoid hurts.
2. Independent: To swing back and forth from pleasing others for value to demanding that others love them.
- a. They vacillate between taking care of others and needing others to take care of them.
 - b. They are easily provoked because of their insecurity and unsureness. They feel the need to constantly defend themselves.
 - c. On one hand they pride themselves on not needing anyone, but on the other hand they need continual acceptance and approval to tell them they are valued and loved.

Independent people will tend to do the following things:

- Not push for open and honest communication. Use frozen feelings.
- Be dogmatic in expectation of self and others. Pursue perfection.
- Must be in control at all times. Use magical thinking.
- Create “I did not do anything wrong” attitude if confronted. Use good person syndrome.

Independent people can become either Guilt or Shame Bound by:

- Escaping from self through denial or minimizing, deliberately limiting what they see or absorbing/internalizing, and explaining things away or jumping to conclusions.
- Escaping from stress by becoming rigid in feelings or blaming others for their wrongs, invalidating problems or becoming hostile, and dismissing things or having a negative attitude.
- Escaping growth by ignoring or dodging difficulties, becoming irrational in their behavior, and limiting their thoughts and choices to avoid hurts.

3. Co-dependent: To please others to the point that unless others are completely happy, they feel/think they are of no value.
- a. They will not feel valued unless they are taking care of others.
 - b. They need to please those around them to the point that they will even prefer what others do, say, like, etc.
 - c. They have a strong need to identify with another to the point of feeling bad when that person feels bad, good when that person feels good. They need to be accepted.
 - d. At time they feel paralyzed to choose. They can become so insecure that they don't know their own needs.

Co-dependents will tend to do the following:

- Refuse to confront. Use backing away from winning.
- Restructure plans and activities if others complain. Use fusing.

- They will not set limits on their time or involvement with others. Use undeveloped personalities and attitudes.
- They will not establish responsibility for certain things, or they take care of everything. Use good person syndrome.

They can become Guilt bound by:

- Escaping from self through denial, deliberately limiting what they see, and explaining things away.
- Escaping stress by becoming rigid in their feelings, invalidating the importance of problems, and dismissing things.
- Escaping from growth by ignoring difficulties, rationalizing things away, and limiting thoughts and choices to “either” “or”.

Toxic:

- Shame: All people have done things that they feel/think have made them look foolish or bad, things that affect their reputation. However, it is when things become toxic when these feelings/thinkings become magnified that shame is so strong and they are unable to work them through and let go. This shame has poisoned your whole being. This shame is now running their life.
- Guilt: Everyone at one time or another has done things that were wrong. They have had to face an error or inadequacy or mistake. However, when these things happen and they go into a toxic state, they become magnified to such a point that you cannot face them and let go. This colors everything they do or say. The guilt now is running their life.

Spiritual Adultery Quiz

It can be hard to get started uncovering these things within ourselves. Oftentimes, we don't even know how to look within to even see what we are dealing with or what is affecting us. Through counseling, I have come up with the following list of questions to help ask ourselves probing questions that will aid us in our discovery. Ask the Holy Spirit to reveal the truth to you. Try to connect with what you actually do and not what you think you should do or what you feel right. These are all simple yes or no questions.

1. Do you fear correction if you make a mistake? _____
2. Do you have to be better than others in order to be the best? _____
3. If things are not fair, do you become upset? _____
4. When you do wrong, do you want to run away? _____
5. Do you believe if you knew what to do you could change what is happening when something is wrong? _____
6. Would you let another take the blame if it meant you would not be found out? _____
7. Are you people oriented? _____
8. When you make a mistake, do you feel powerless? _____
9. When you make a mistake in a relationship, do you feel you must be the one to make up? _____
10. Do you believe there is no minor mistake? _____
11. When you do wrong do you want to hide it? _____
12. Do you avoid being caught if you make a mistake? _____
13. Are you willing to take blame for what you did? _____
14. Are you goal oriented? _____
15. Can you talk about your mistakes? _____
16. Are you unable to talk about mistakes? _____

Add all the yes answers and see which is higher, odd or even.

Odd Numbers: _____

Even Numbers: _____

Odd means you need to look and observe that you more than likely are not expressing the masculine traits.

Even means you need to look and observe that you more than likely are not expressing the feminine traits.

Below are some additional questions you can ask yourself to help you continue to see those areas that are causing you problems.

1. Were you greatly embarrassed as a child or young adult?
2. Can you see a pattern of hurtful events beginning early in your life, each building upon the other?
3. Do you have difficulty recalling anything about your childhood? Is it a total blank?
4. Do you wish you were someone else? Do you dislike yourself? Do you wish you had never been born?
5. Do you dislike the opposite sex or your own sex?
6. Do you find it nearly impossible to admit making a mistake? Do you usually look for someone to blame for what goes wrong in your life?
7. Do you have overwhelming feelings of guilt?
8. Do you have recurring memories of past hurts? Does it still trouble you to think about it?
9. Were you an adult before you felt loved by another person?
10. Do you often compare yourself with others and end up feeling inadequate and discouraged?
11. Do you have a hard time being consistent in your spiritual life?
12. Is it hard to believe God loves you or approves of you?
13. Do you find it difficult to give and receive love?

Inner Healing

Everyone has been hurt throughout their lives. Therefore, everyone needs healing. Have you been trying to grow in your Christian walk but you cannot make the head way you'd like? You can see what is wrong and what needs to be corrected in your life, but somehow you cannot find out how to correct it. This is because there is something hidden. The hurts in the soul are stopping you from being all that God has created you to be. God needs you to release these things to Him so He can set you free. As you open up to God, He can reveal all the hidden agenda in your life so that you can be healed.

Now that you have done some digging within yourself, it's important not to linger in a raw and exposed state. The Enemy would love nothing more than for you to remain in your hurt and pain. But God wants to release you! He wants to heal you in Jesus name! The tool that I have found for releasing these hurts and healing us of the brokenness from Spiritual Adultery is Inner Healing.

Inner Healing is done with prayer and by the leading of the Holy Spirit. Scripture shows that Jesus healed many people in many different ways.

1. He healed with a touch. (John 9:1-7)
2. He healed with a word. (Matthew 8:5-13)
3. He healed with a release to go in peace. (Mark 5:34)

The Disciples healed too. The book of Acts reveals this truth. All healing is done in the name of Jesus. We have one such passage in the Bible that reveals an evil spirit recognized Jesus' power. "I don't know you, but I know Jesus" (Acts 19:15). Every encounter with Jesus brought change, healing, deliverance and freedom.

How do we go about getting Inner Healing? In order to release hurts to receive Jesus' Inner Healing, we first need to remember these are hurts done to you in circumstances or by individuals. There for we must:

1. Be willing to forgive every one and anyone who has wronged us. (2 Corinthians 2:10)
2. Ask for it. Everyone in scripture who asked for healing received it. So asking and praying are how we go about getting Inner Healing. This can be done by yourself or with another. Isaiah 53:5 says by believing in Jesus, it is done (also Matthew 8:13). James 5:13-15 calls to elders for prayer.
3. Be forgiven again after healing and see ourselves able to forgive. We must forgive at the stage it occurred. (Ephesians 4:32)

Over the years I have developed two very wonderful ways to bring release in Inner Healing. One is reliving the scene with Jesus and the other is Creative Prayer. These are exercise I call "seeing by Faith". What we are doing is letting the Holy Spirit bring Jesus into our lives, circumstances and situations in which we have been hurt and we are believing His power will heal and bring release. We see it done by Faith.

1. Reliving the scene with Jesus

- Ask the Holy Spirit to reveal to you those things in your memory that still hurt you. It may be something big or something seemingly small. It may be recent or a long time ago. Sometimes the hurt, humiliation or harm is too big to deal with by yourself. You can do this with your pastor or a friend. In fact, doing it with another person can make it more real and finally release the hurt.
- Describe the hurtful event as clearly as possible. Get in touch with the emotions and hurt. Talk it out completely. Are you angry, anxious, fearful? Try to know what you are feeling/ thinking about it. Do this before you begin to pray. Sometimes this helps to get some of the emotions and pain out in the open. It also can help to get some of the details so that they are not so uncomfortable. What you are trying to do is enter into the memory.
- Go to prayer. Remember as you go to prayer that even before you bring Jesus into the memory, He is already there. This may be hard to understand intellectually, but God's unconditional love is always there. As you go to prayer, begin to visualize the scene or memory. See everything. What does the room or area where the hurt took place look like? What were you wearing? Were you sitting or standing and so forth. It doesn't matter if some details are not expressed. It is getting into the memory that you want to do. Now once you are into the memory, bring Jesus there. Have Jesus do what you need Him to do. You cannot re-write history. You cannot change what happened. But Jesus can bring comfort into the scene. You may cry and have difficulty in your emotions.
- Slow down and relax. Let Jesus hold you. You have all the time in the world. Don't rush. Some people need Him to hold them or say words of comfort. You may need Jesus to stand between you and the one hurting you. Whatever your need is, Jesus can/will meet it. Allow all the hurts to come out. Don't stop until you feel a sense of relief. Again, don't rush. There will be sense that things are coming to an end, a sign that healing is taking place and a letting go, or a lifting of heaviness is happening.
- Sometimes you get relief and then it starts again. That is alright. Ask Jesus to do what you need to help you through all of it. The key is Jesus. He loves you and wants to walk you through all the hurts and pain until you can let go. What you want to happen is that the next time you visit that memory of hurt, the sting will be gone. The feeling and emotions will be less and less as time goes by. You want Jesus to bring healing to you.
- Repeat as much as you need to... Healing is yours, accept it.

2. Creative Prayer

- Creative Prayer is allowing God to do something new in your life. Here you allow God to create a new scene what you would like God to have done or to do in your life.

Remember God is no respecter of time or place so He can go to the past, present or the future.

- Maybe there have been a number of hurtful incidents in your childhood, or a way of living that was very painful. In prayer you can go into the past and have the Holy Spirit create a safe and loving place to play and be healed. I have heard of Jesus playing ball with a little boy, giving a child a piggyback ride, teaching a child geography, pushing a child in a swing, taking a walk, playing the piano with a child on His lap, climbing a tree, lying on His back watching the clouds, sitting under a willow tree with a child and his dog. The possibilities are endless. It is prayer with imagination.
- Allow Jesus to come into that age, time or place that needs to be healed.
- You can also use creative prayer for the future (or future events). I am not proposing that we are able to either foresee or change future events by this visualization, but it certainly may change the way we feel/think about things and consequently the response to that will give God an opportunity to be in charge of the future. This type of prayer can change all kinds of wounds into a positive outlook on life.

What would stop us from getting healed?

1. Unforgiveness (Colossians 3:13). As we forgive so will we be forgiven. If we want to hold on to hurts, it will be an endless battle.
2. Not taking authority (Genesis 1:26). God has made man in control over all things. With the power of Jesus death, resurrection and ascension we once more can have that dominion. Inner Healing and Deliverance are all done in our authority in Christ.
3. Lack of belief or faith (Mark 11: 23). Without faith nothing can happen. We must step out in that faith to see the miracles and healings that are already ours.

All Inner Healing is about prayer and an encounter with Jesus. Through such encounters you will become more and more who God has created you to be. You will want to do what He wants you to do. You are no longer a part of the sickness of the world, but part of the cure. This is the resurrection life.

Chapter 5:

Process Addictions

Addictions are the final root sin we will look at and the most immoral sin of all. Addictions are defined as excessive or compulsive dependency on someone or something other than God to meet your desires. Genesis 6:1-7 records the first time God confronts this sin with His people. It clearly will not be the last time. That is why I call these addictions recorded in Scripture, the deadliest sins. The addictions God saw in Genesis and cried out against were sexual addictions.

Genesis 6:2 says that "they lusted after the daughters of men." It was indeed so hurtful to God that He said, "I am sorry I ever created man." He went on to destroy them with the flood. So, what were the people actually doing? Why were they doing this? These are the questions we need to ask and answer if we are to understand this root sin.

Just in passing, if you will note, in Genesis chapter 3, we have Spiritual Adultery and the killing of Abel. Then in chapter six of Genesis, the people have moved right into sin to the point of now worshipping something else other than God. There is no question that this is a fast journey to Evil.

Let us begin by trying to understand what the people were doing and what addictions are. A more defining definition of addictions is to use an object, event, place, idea, even your thoughts to change the way you are relating to your world (emotions/intellect/mind). Using this "something" continually until you cannot stop using it. In this definition, I wanted to show that the addictions Scripture speaks about are more than substance addictions: drugs, overeating, alcohol, etc.

In gathering and discerning the accounts of addictions found in Scripture, there are over 52 accounts in the Old Testament and as many as 25 accounts in the New Testament. We will find that it was not so much what they were worshipping, it was their attitudes and motivation toward that which they were worshipping. For that reason, I came to call these addictions in Scripture Process Addictions, because it sounded as if they truly were running the peoples' lives. Daniel 9:27 says that to God, they were an "abomination." That is a very harsh and strong judgment, but to God it was more than a separation from God, more than a disregard for the things of God that caused God's wrath.

Remember, God destroyed the world the first time He came upon addictions. What we hear is not simply a matter of doing against God but being against God. In the chapter Mystery of Sin and Evil, we established that Evil was being against God. So, we can see that once addictions are being committed, it is because the people have become anti-God and are allowing the sin in their lives to cause them to believe they must save themselves. Besides calling these addictions Process

Addictions, I have also called them our Survival Sins. It is God who should be saving us through Jesus, and it is He we should be "using" to bring about the changes in our lives as we grow and become who we are created to be, His sons.

In determining a way of presenting the various Process Addictions, I felt the need to list them. The task of analyzing was not difficult. God's judgment was extremely powerful in the Old Testament and Jesus' Deliverances in the New Testament made it easy to list them. What I discovered as I researched, scrutinized, and compiled them is that I could conceivably come up with essentially eight of these Process Addictions. Each comprised at least three levels of severity. Mild, Medium, and Strong. On the succeeding pages you will find the eight Process Addictions arranged with the levels and the behaviors exhibited when in those levels. There are a few things you need to think about as you look at Process Addictions.

1. Many times we fool ourselves because we only look at the strong level. We say "certainly we are not doing that, so we do not have that addiction." Look again. I believe many times when we are not getting our prayers answered, in all probability we will find we are using addictions to meet our needs.
2. All levels are separations from allowing God to meet our needs. They are sin and as we have seen, Evil. Each level is destructive. Yes, the strong level will hurt more people, but all levels hurt God and you.
3. The Process Addictions are somewhat systematic. Yet it does not hold true that we can only go one step at a time. You can jump right into the strongest level of addictions without going through the first levels. And I have known people who never go farther than the mild levels. It is God's grace and mercy that hold the key.

Process Addiction Cycle

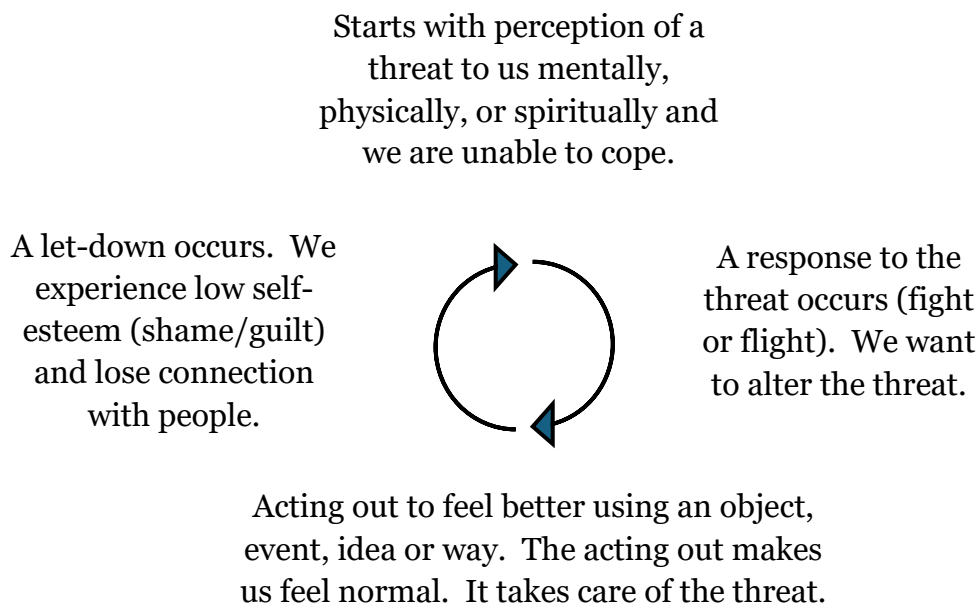
The driving force of Process Addictions actually come from the very heart of God. What I am saying by this is that first and foremost we have been created in the image of God and because of that we have (1) the need to have meaning, purpose and contribution (2) the longing to belong, to be loved and valued (3) the desire to have health, shelter, and have wellbeing. These are the driving force of who we are. They were given to us to be met by God. Unfortunately, we are born sinners and separated from God. So, in the beginning of our search for these qualities, we are searching with God's help. Thus, in going after those driving forces that God placed in us, we do whatever we have to in order to meet them.

In a way, the more we reach for these God given things within our Sin Nature, the more open we are to the ways of Addiction. In our Sin Nature, "I" is what it is all about. I must never feel out of control. I must be able to handle all problems. I must be right in everything I do. What is the common dominator in Sin?

1. Always working to stay superior. Always working to be okay, better.
2. Always must “know” how to do right, be good, and be in control.
3. Always must be successful. Must never fail.

With those three things in place or a combination of them. They need attention, validation, and affirming at all cost. Without the loving care of God to meet those longings, desires and needs, everything is a threat, everything can be a mental game they must play. So that they are acting a life, instead of living a life. They must find something to relieve stress, anxiety, or even boredom of life. They must find something to stroke their ego. They must be busy and productive every minute. Life must be good. They must try to be “normal”. The thing that makes us “normal” can become addictive. A few beers can do it, shopping can do, thinking positive can do it, loving God a certain way can do it. As we will see, even Religion can become an Addiction.

Below is a diagram revealing the Process Addiction Cycle.



Addictions are a learned behavior used to stop normal development. Our emotions/intellect are not being worked through a healthy, maturing process which leads to genuine maturity. Since acting out in unhealthy behavior works so well at first, we use it again and again. It becomes an addiction, a part of our life. This acting out alters the threat we are perceiving.

Below are some examples of threats, our responses and our acting out behavior that can lead us into a Process Addiction.

Threats	Responses	Acting Out
Loneliness	Joking	Fantasize
Pain	Intellectualize	Reading
Insecure	Trying harder	Clean your room/house
Rejection	Picking a fight	Rebel
Inadequate	Withdraw	Masturbate
Physical abuse	Shyness	Take care of others
Devalued	Talkative	Become the best
Unaffirmed	Confused	Romanticize

Why do we choose to use Process Addictions? In short, because they do work; at least for a time. They do make you feel better, okay, and good. They work because, for period of time, they create a predictable, reliable response. This makes us think we will get all the things we want. They also can temporarily eliminate the pain, the threat, or the negative feelings we are experiencing. In a strange way you actually feel like life is good. They also provide a counterfeit sense of self-worth, power, control, security, intimacy and they even give you a feeling of accomplishment. However, soon you come to know that you have all this “goodness” only IF you continue to do what it is you are doing in the Process Addiction.

Satan keeps us believing the lies of Process Addiction by keeping us in a state of denial. We begin to dismiss things that don’t fit our way of thinking/feeling. We stop searching for the truth. We invalidate whatever does not prove our points. We avoid responsibility if the truth comes out or gets too close. We define all things externally rather than spiritually. Satan maintains this firm denial system by feeding us statements like:

- I have no problems. People are just making trouble for me.
- It is not as bad as they are saying. (Minimizing)
- It is someone or something else’s fault. (Blaming others or situations)
- You don’t understand. Or you need understand that.... (Rationalizing)
- Let’s change the subject. (Turn things toward something else, avoiding)
- It really doesn’t hurt anyone. Doesn’t everyone do it? (Deny impact on self or others)
- I’m so angry! (They become angry, even abusive if you do pin them.)

There are basically three attitudes and behaviors in all Addicts no matter what the Process Addiction.

1. **Self-Centeredness:** Everyone is born a sinner and is therefore born self-centered. Self-centeredness has many facets; the most obvious of course is a total lack of consideration for others. Another is that everything is perceived as being either for you or against you. Self-centered people do not know where they begin and end, and where other people begin and end. With no clear-cut boundaries, you will either spread out and take over or allow others to rush in and take over you.

2. **Illusion of Control:** In all Process Addictions it is all about controlling everything and everyone. The belief that you can get a handle on things and control them is an illusion, but this is probably the very reason we start using Process Addictions. We confuse control with authority. We start with an attempt to control ourselves. We want control to help us avoid dealing with what we think/feel and do (Remember we feel enmeshed with others). This quickly expands into attempts to control what others think/feel and do. Next, we confuse control with responsibility. We think/feel that if we are in control we can control all decisions. The common belief is that responsible people are in charge people and therefore can control all things and everyone. In the end what happens is we lose the ability to respond.
3. **Dishonesty:** All addicts are liars. They lie about how much, where, and with whom and whether. The main goal of lying is to keep people out of touch with their feelings/thinking. When people do not know what they feel/think they find it absolutely impossible to be honest with the people around them. The result is dishonest relationships and eventually a dishonest family system. The addict puts on a good front even though chaos may reign. Often the most addictive family member is one perceived as one of the most stable and upstanding. However, the addict gets so confused and crazy that they gradually come to distrust their own perception. They lose their ability to distinguish between truth and lying and the potential for honesty becomes even more remote.

Just in passing, all addicts must live in a place of non-reality. All Process Addictions require that we ignore our reality and our experiences, denying what we see and what we know. They define the world according to the Process Addiction. Everything is an illusion. Illusion of Control is first, of course, then the Illusion of Perfectionism, and finally the Illusion of the Promise. The only reality is the reality of the Process Addiction.

Process Addictions keep us from seeing what we see and knowing what we know. In order to continue to believe in the Process Addiction one must develop an increasingly elaborate denial system and continuous denial of one's experience. This denial system that Satan traps us in helps us to continually avoid working on or dealing with our Process Addictions.

- **False guilt.** We wallow in self-pity. Engaging in persistent confession. We usually don't really believe we are guilty. Because down deep we are blaming others for what is happening and cannot let go of that blame. Therefore, we do not want forgiveness, we want our justice. The guilt is not real because we don't want to change. We end up punishing ourselves with depression, double-mindedness, emotional pain and we never get released from the very sin we are confessing.
- We continue to try and control and have power in our lives. The need to control and be in charge is so powerful. Without assurance we feel lost and frightened. We just do not want

to admit that we are powerless or unmanageable. This is the first step of letting God come in to help us let go of our Process Addiction. In staying in this place of denial, all we really are doing is creating chaos, because we cannot make everything fit our image. Nothing will ever bring satisfaction. Nothing will ever get done good enough. We just get crazier and crazier.

- We have a deep need to sedate or stimulate. The definition of sedate is to have a calming down, to relieve your tension or anxiety, to be in a dreamy state or a non-combative state. You may watch television or go to the movies a lot. The definition of stimulation is to have a high or euphoric state to make you feel normal. Workaholics, overachievers, thrill seekers thrive on stimulation and doing something exciting as often as possible. Either sedating or stimulating means that you are trying to find ways within yourself to find meaning and purpose in your life. We want to make a perfect self.
- We must have a perfect personality, a perfect performance. We always want to avoid stress, tension, and restlessness. The reality is there is nothing that will give us this perfection except putting on the righteousness of God. Without God meeting this need, it only becomes a Process Addiction to live by which in the end becomes a prison.

The behavior of all people caught in their Survival Sin or Process Addiction can be seen as:

1. Confusion, forgetfulness, not remembering, "always learning". This keeps you powerless, ignorant, and not responsible.
2. Dependency. Someone, something outside of you must take care of you. You must be a hostage or be captive in all relationships. These people are human vacuum cleaners who suck other people dry.
3. You make a lot of assumptions. You must be perfect and make no mistakes. You are convinced they must not be good enough and that they can be perfect if only you can figure out how.
4. Scarcity. There is not enough to go around. You think they will miss out. You are jealous and envious.
5. Negative. Life/People are always falling short of their expectation. You only see the limits not the possibilities. You always think you are being kept down from where you really belong or what you really should have.

What Drives Us to Addictions

Besides saying and doing those things above, I have also come to find that people using Process Addictions, as well as substance addicts, have things in their families that lend themselves more likely to use certain Process Addictions. Since all people are born sinners, the enemy, Satan, knows our families and knows the past sins of our Family (Isaiah 8:19-20). In order to keep us in past sins and not come to God, he creates a type of Holy Spirit (counterfeit spirit) to keep us in this sin that I call a Familiar Spirit (Leviticus 19:31 and 20:6). This counterfeit spirit (Familiar Spirit) reminds us, shows us and brings to us the ways our particular family gets its needs, longing and desires met instead of being met by God. In using this Familiar Spirit rather than God, it keeps you in that non-reality state of Process Addictions.

Familiar Spirits

The following is a list of spirits that could be a Familiar Spirit of your Family.

Agreeing	Analyzing
Anger	Attacking/aggression
Smug/superior/arrogant	Blaming/accusing
Complying	Intellectualizing
Joking	Judging
Justifying	Macho
Maximizing/dramatizing	Projecting
Crying	Debating/arguing
Defiance	Denying
Dishonesty/lying	Explaining
Evading/Dodging	Frowning
Generalizing	Gloating
Grinning/smiling/laughing	Trying to control
Fabricating/exaggerating	Sacrificing/giving in
Combative	Obnoxious
Acting stupid	Charming
Questioning/Interrogating	Rationalizing
Shouting/intimidating	Silence
Staring	Switching subjects
Threatening	Verbalizing/talking
Withdrawing	Misleading
Deceiving	Restraining/restricting
Worrying/fussing	Childish
Quarrelsome	Cruel/mean
Cheerful	

In their families they feel/think they have to hide flaws in themselves, in others or in both. They often have to guess or interpret what life is supposed to mean. There is no straight talking about values, morals, worth, sex, etc. In certain families it is “known” that no matter what is happening in the family, everyone must do it right, be good. They are never able to look bad. In

other families, each person must seek attention, validation, and affirming by (1) raging (2) being very good (3) being child-like (unconscious).

False Rationalizing

As we become aware of our Process Addiction, there is another pitfall that can sabotage our awakening. This is false rationalizing. We tell ourselves we don't have to do something radical. We can cure ourselves. We can deal with it our way. We can control things. We even set up tests to prove we are okay. We think that if we just make sounder choices, better choices; it will work out. If only we could come up with a better strategy, it would work out.

Dualism

Dualism can be another trap for those dealing with Process Addiction. This can be the very core of our sin and Sin Nature. When Adam and Eve ate of the Tree of Good and Evil which is a dualistic tree (Genesis 3), we were given the knowledge of pairs of opposites. Truly living in this dualistic thinking/feeling, we are not allowed to have a free, genuine life. Dualism keeps us from seeing all the alternatives. It keeps us in the black and white of everything. Without the Holy Spirit coming into our spirit at the time of our regeneration in Jesus, we would stay in sin and Sin Nature. Life comes by letting go of dualist thinking/feeling and reaching for the Tree of Life (Revelation 22:2). It is God's desire that we have life and life abundantly (John 10:10).

Below is a list of dualistic patterns.

Either This	Or That
Confident	Afraid
Dependent	Independent
Guilty	Innocent
No good	Important
Not Enough	Plentiful
Nice	Nasty
Right	Wrong
Important	Worthless
Win	Lose
Special	Nothing
Care	Careless
Smart	Dumb

Process Addictions Quiz

Below is a helpful quiz you can take to help you discover more about yourself and if perhaps you are operating in a Process Addiction. Answer the following questions with a simple yes or no. The word “other” in these questions refers to those you are in relationships with (parent, mate, best friend, coworker, etc).

Response		Question
Yes	No	Do you hide things, the truth, etc., about yourself or about others?
Yes	No	Do you try to cover up problems, things, etc. that you see or know about yourself or about others?
Yes	No	Do you have secret thoughts about yourself or about others?
Yes	No	Do you know there is something wrong in your life or in someone else’s life, but you cannot talk about it?
Yes	No	Do you feel uncomfortable in close, intimate relationships?
Yes	No	Do you feel you have to pretend when you are unhappy or when others are unhappy?
Yes	No	Do you try to control the tension in your life, in others' lives?
Yes	No	Do you blame the tension on yourself or others?
Yes	No	Are you afraid that if you don't do, say, or act a certain way you will be abandoned?
Yes	No	Do you try hard not to be disapproved of?

To score your quiz, count the yes boxes you have checked. _____

If you score 0-3: Sounds like you have done some work on your life and are on the road to recovery. Keep up the good practice!

If you score 4-6: You are a rational, logical person. One who is denying the emotions of your life. You are a goal-oriented person who must always look ahead. Try enjoying life a little more.

If you score 7-10: You are in serious trouble, which you probably already know. You are more than likely into a number of compulsive behaviors (perhaps even substance addictions) that are causing great stress and anxiety.

The Eight Process Addictions

RELIGIOUS ADDICTION

In Religious Addiction, the "fix" is the obsession to make oneself right, good and acceptable to all concerned. Everything is defined by what the addict has decided is the "right" way.

Range of Religious Addition:

Level	Expression	How People Think/Feel
One	Repressive	Such people have defined their own morality and will not accept religious authority telling them what is right. They are their own authority and do not accept God, Jesus, or another higher power. They are angry if anyone attempts to place this type of authority over them.
One	Passive	The need to have peace and to be loved is all-important to them. Thus, they begin to develop a standard of behavior to gain these things. A determination to do it right is crucial to their way of functioning. "God's way" is a measuring stick to set up this absolute for themselves and others.
Two	Active	They have found a way to do everything so that someone is wrong and someone is right. They live by judging everything and everyone in this manner, pushing themselves to the point of being overbearing. Feelings do not matter; it is the standard, the proper way, the absolute that must be followed.
Three	Aggressive	They are convinced they have found the absolutely correct way of being right and acceptable, and they can do no wrong. Thus, they have to distort and twist whatever does not fit their way of doing things. They relate everything to what they believe is wrong or right. They are narrow-minded, moralistic people with a point of view that controls them so much that they have little ability to see reality.

Possible Cover-up Addictions: Co-dependency, Work, Perfectionism, Exercise, Health

Justification: "If we just do what is right, it always works out."

Rationalization: "I just live the way I believe." "I know that I am right; I have to live the way I believe."

Additional Thoughts:

1. Inability to think, doubt or question information from someone in authority
2. Black and white simplistic thinking
3. Magical thinking that God will fix you
4. Rigid and uncompromising judgmental attitudes
5. Rules, codes of ethics, and Scripture is applied to all things

SEXUAL ADDICTION

In Sexual Addiction, the "fix" is the obsession with sex. Everything is defined sexually or by its sexuality. All precepts and relationships are sexualized.

Range of Sexual Addiction:

Level	Expression	How People Think/Feel
One	Repressive	The warmth and intimacy from sex frightens these people. They use faulty habits and patterns to hold sex at a distance. Such people seem cold and indifferent to sex.
One	Passive	Such people live in a day-dreamy-like state thinking about sexual adventures being real, unreal, past or future. They spend a large amount of time in their mind on seek, using books, songs, movies, or light pornography, such as lingerie advertisements, to stimulate themselves. They fantasize about other people, be it people in the next car, a neighbor, or a friend, without them knowing. They find themselves looking at body parts.
Two	Active	These people bring sex or sexual ideas, stories, humor, or language, into all conversations. They actively pursue sexual release by (1) private masturbation; (2) using a partner. They may be starting to use pornography, stories, cruising, or telephone calls, incoming or outgoing. They are willing to try things to enhance the sexual experience if having sex.
Three	Aggressive	These people are engaging in looking for sexual gratification by: (1) Exhibitionism; wearing provoking clothing to get attention, public masturbation, or exposing themselves to others; (2) Voyeurism: joining health clubs, going to beaches, watching others without them knowing (peeping-tom), cruising, patronizing adult strip shows; (3) Forcing sexual activity on spouse or partner; (4) Having sex with under-age people or with children within or outside the family; (5) Having one- night stands or group sex; (6) Fetishes, cross dressing, etc. They allow themselves to get in dangerous situations without knowing it. Reality is gone, only the need to have sex is real.

Justification: "I didn't know what I was doing."

"It's not as bad as all that"

"I can stop any time I want.

"I want to do it."

Rationalization: "I deserve it."

"I earned it."

"I'm feeling bad, I need it."

MONEY ADDICTION

In Money Addiction, the "fix" is the obsession to manage money. Whether by saving it or spending it freely. Everything is defined by money. To spend or to save gives them their identity,

Range of Money Addiction:

Level	Expression	How People Think/Feel
One	Repressive	For such people, to keep and to have money is a must. Money is not for using; it is for having. It is like their property. The need to control it firmly, without regard to its use or function, is irrational.
One	Passive	Money is like love to such people; it gives them value and worth. The excitement of the love affair is internal, centered on thinking of ways to spend or save money. The essence of what they do with money begins to dominate their lives.
Two	Active	In this level of addiction, money monopolizes their lives. Savers will go miles for a bargain; spenders will manipulate credit cards. They are excessively preoccupied with money, mentally and physically. All activities are measured in regard to money, how much, how to get it, how to spend it.
Three	Aggressive	Money is all in all to them. Everything they feel is worthwhile or valuable is centered on managing money. People and possessions in their lives are determined by and demonstrate how well they can control money. They shoplift, cheat, gamble, play the lottery, or do whatever it takes. They have lost all sense of reality with regard to money.

Possible Cover-up Addictions: Substance abuse, Work

Justification: "It is ridiculous to spend a fortune on these things, when you can get it cheaper."

Rationalization: "If I don't get it, someone else will. Why not me."

CO-DEPENDENT ADDICTION

In Co-dependent Addiction, the "fix" is the obsession to fix others. Everything revolves around looking for needs to fix. A good co-dependent does not even need a person on whom to practice. He/she can co-depend a fence-post!

Range of Co-dependent:

Level	Expression	How People Think/Feel
One	Repressive	In order to be happy, such people feel the need to live in a dreamlike state. Whether it is necessary or unnecessary doesn't matter. Pretend is the game they play; pretending everyone loves them and they love everyone; pretending nothing is wrong when there is, pretending they don't feel bad when they do. Being nice and living happily-ever-after is what it is all about. They smile, then they are blue.
Two	Active	In order to carry out this falseness, they become overly involved in people's lives. They throw themselves into whatever they are doing: work, family, friends; trying to control others and make everyone happy. They feel flawed if they cannot solve things; in fact, they believe their behavior is the substance of who they are and what they can do for others.
Three	Aggressive	At this state of addiction, rejection and feeling unwanted or unloved comes if they are not in the middle of all things in their lives. In order to even feel/think they are valuable, they must meet the needs of everything and everyone. It becomes a controlling madness for themselves and others. They actually will see everything in terms of a great crisis that they must take care of.

Possible Cover-up Addictions: Overeating, Money, Substance abuse, Perfectionism, Children

Justification: "Someone has to do it; no one else will."

Rationalization: "By helping others, I am a good person."

RELATIONSHIP ADDICTION

In Relationship Addiction, the "fix" is the obsession to be in a relationship or the need to be in a relationship with a particular person/persons. The first is hooked on the idea of a relationship, the second is hooked on a person/persons.

Range of Relationship Addiction:

Level	Expression	How People Think/Feel
One	Repressive	Such people fear relationships to the point of avoiding any type of interaction with others. They are not shy or lovers, they do not know how to have intimacy or relationships with others.
One	Passive	They are people who spend a lot of time dreaming about being with someone, sculpting their lives around having a relationship. They need to have a best friend or be coupled. The relationship can be real or total fantasy. If unreal, they fantasize about what it would like, how it would happen, etc. If real, they are jealous and cannot share their mate or best friend with anyone, spending every minute with them. They are moving into a trance-like state about either the fantasy relationship or the person in the real relationship. Reality is getting lost.
Two	Active	They are now acting a little crazy, sticking with a relationship, no matter what, whether it be unhealthy, painful, or destructive. They do not know how to function without the person or the relationship. They will do whatever they have to do to have a relationship. The relationship or person is their life. They cannot be alone.
Three	Aggressive	They panic if they are not in a relationship at all times and feel restless, lost and hopeless if they must be alone. They feel worthless if they are not with that certain someone or in some kind of relationship. Depression, suicide, and even homicide are now possibilities. They are out of touch with reality and they believe that without a relationship, they have no choices.

Possible Cover-up Addictions: overreacting, money, substance abuse, perfectionism, children, co-dependence.

Justification: "If we stay together and work and are committed, it will work."

Rationalization: "If we just work on this relationship, it will work. Try, try again."

Additional Thoughts:

1. They are afraid to be alone; must hang on.
2. They have no concept of their own identity; no time and space for themselves.
3. They have an unreal picture of life; they can only think about the fantasy of life.
4. They rely on others, not taking responsibility for their own life.
5. Relationship addicts see their partner as an extension of themselves. They're only there to meet their needs, when the partner refuses to comply, they may become outraged.

ROMANCE ADDICTION

In Romance Addiction, the "fix" is the obsession to romanticize everything. All things are defined in a romantic way. Beliefs, concepts and ideas are romanticized.

Range of Romance Addition:

Level	Expression	How People Think/Feel
One	Passive	Such people live in fantasy and fairy tales, where warmth and caring come instantly. Movie-like scenes play in their heads like daydreams. They seek outlets in stories and events where "happily-ever-after" happens.
Two	Active	They are always looking for the perfect "10," the knight in shining armor, the crusade to save the world. They begin pursuing things that bring the excitement of being loved and cared for and feeling important. Lots of energy is spent in making every event, situation and person into a utopia.
Three	Aggressive	The need for the ideal experience or person is so intense that without it, loneliness and depression become overwhelming. This causes the addict to be driven to seek it in places that could be dangerous. That the ends justify the means is the basis for their lives. They have no regard for moral boundaries in their lives or in others' lives and are losing touch with reality.

Possible Cover-up Addictions: Substance abuse, Money, Relationships

Justification: "This is only the vehicle to establish something more meaningful."

Rationalization: "I need to make money to do all these wonderful things for them."
"I love them so much that I need to put them on a pedestal."

Additional Thoughts:

1. They think they can make their world what they want it to be.
2. They expect someone else to make it work for them; they get desperate.
3. They can be obsessed with money; it takes money to live out fantasies.
4. They are overly concerned with their body or with the project, ideas, etc.

OVERACHIEVER ADDICTION

In Overachiever Addiction, the "fix" is the obsession to perform, accomplish, and be responsible. Everything is defined by how much is done in an exemplary way.

Range of Overachiever Addiction:

Level	Expression	How People Think/Feel
One	Passive	Such people have an urgent need to do something more without knowing what it is, only that it is more. They put logs of energy into doing good and have a great desire or longing to be noticed. Attention is a must.
Two	Active	If they are unsuccessful in doing their best, which is more than the average person, they feel extremely uneasy. All actions and reactions are judged by how much they are able to achieve. Their self-worth is measured solely by how responsible they are. They can neglect others without wanting to or even knowing they are doing so, in order to do the all-important task before them. They spend their lives in brooding fear about some contingency if they do not do everything, yet they never seem to get anything done.
Three	Aggressive	Life cannot meet their expectations, nor are there enough projects to prove their worth. Their need is so great that the harder they try, the more their strength is drained. They lose self-worth when they do not have things to do to prove who they are. They become physically tired and emotionally numb, too tired for relationships, for sex, or other pleasure, or for enjoying life. The compulsive drive to perform and accomplish is slowly killing them.

Possible Cover-up Addictions: exercise and health, money, perfectionism, work

Justification: "Dedication means hard work and personal sacrifice."

Rationalization: "The world belongs to the hardworking. It is the only way I can be noticed and loved."

Additional Thoughts:

1. They listen to respond to others.
2. They live life with rules (acceptable behavior).
3. They do more than necessary.
4. Everything is done in an urgent manner.
5. They try to make everyone happy.
6. They go over and over things in their head for perfection.
7. They try to earn acceptance.

SELF-CENTERED ADDICTION

In Self-centered Addiction, the "fix" is the obsession to control everything. Everything is about them. All situations and circumstances are either for them or against them.

Range of Self-Centered Addiction:

Level	Expression	How People Think/Feel
One	Passive	Such people think in a process that turns everything toward themselves. They have a preoccupation with getting what they need or think they need. They are always demanding to have their own way. Their "things" become their possessions. They fear they may miss something they have a right to.
Two	Active	Their primary concern is for themselves. They procrastinate so they can do it at their own pace and in their own way. When they do think of others, it is with apathy or criticism. Their own experience, ideas and such are of greatest importance. They choose to do only those experiences that will make them feel important.
Three	Aggressive	They are rude and insensitive to the viewpoints and feelings of others. They are dominated by self, completely self-directed. They are never guilty because it is always someone else's fault. They can justify everything. They think others work against them. They have no concept of others and their needs.

Possible Cover-up Addictions: money, substance abuse, perfectionism, overachiever

Justification: "If my desires were met the way I want, all would work out satisfactorily."

Rationalization: "I really care" about people; I am just a perfectionist."

Additional Thoughts:

1. Need consistent reinforcement from others that they are perfect.
2. Their need for things or possessions is more important than people.

In order to help you understand these Process Addictions further, I'm including two examples of people in Process Addictions.

Example One:

There is a little boy named Andy. He is seven or eight years old. His family is having a family gathering with uncles, aunts and grandmothers and grandfathers. He, his cousin and his dad are wrestling on the living room floor. Some of the relations are standing around watching and laughing. In the process of playing, Andy's Dad pulls his shorts down exposing his underwear. Everyone laughs. Andy, embarrassed and humiliated, laughs too. He tries to act as if it did not bother him. But it did very much. In fact he blushes and this makes everyone laugh louder. He pretends like it does not bother him, even later when they were all eating together and joking about it. He just pushes it down and goes on. But Grandmother saw that it hurt. So, before she left she had gone in to console him. She gave him five dollars, told him to go buy something for himself. He felt a lot better and knew what he wanted to spend the money on. Guess what? She just taught Andy that money buys feeling better.

Let's make another ending to this experience. Grandmother does not do what she did. Everyone has left. Andy has pulled it up long enough but still feels terrible. He went into his room, shut the door, and cried. He knows that big boys don't cry, so he daydreams that he will be big some day and then they will not do that to him. He is living in a fantasy world which is far more perfect than the real world.

Again, it is one incident. It would take many of those to build a Process Addiction. But the threat of humiliation is there, and Andy is going to avoid that feeling at all costs.

Process Addictions that are a potential here would be Romantic and Overachiever.

Example Two:

There is a little boy named Troy who is five years old. It is half an hour before dinner time. A plate of cookies are on the kitchen table. He takes one and begins eating it. His mother, catching him, scolds him and takes the remaining cookies he is eating away from him. He screams and stomps his feet. In order to stop him from his tantrum, his mother gets out the colored markers and paper. He huffs and puffs, but he starts to draw. She tells him what nice drawing he is doing. She even touches him and smiles at him. This is an ordinary incident in the home of a five-year old.

Let's look at it more deeply. First, the boy did something out of "want." He is stopped by someone who has authority over him. Is this a threat? For the sake of the example, let's say it is a threat or at least a negative feeling. His response is to fight not flight by screaming and stomping. Finally, his mother in her need to stop this situation directs him to a project of coloring. This settles him down, plus he is stroked for being a good boy. Could this be the beginning of an Addiction? Not necessarily. But if this conduct is repeated often enough, it might be. For what

Troy is learning is: If he is bad, he gets treated badly. If he is a good boy, he gets stroked and treated kindly. Add this experience to what happens the next day.

Troy is playing with his little sister. She has a certain toy and seems to be enjoying it. So, if she enjoys it, why not him? He takes it away from her. Of course, she cries for Mommie. Mother comes and makes Troy give the toy back. He once more screams and stomps his feet. Mother, doing her job once more, directs Troy to another way. She gets him to watch a video. Sister hears it and joins Troy. They watch it together. Mother remarks again about what a good boy he is to watch with his sister. Troy is learning many things and probably more than we realize he is learning how to get his selfish needs met by being self-centered, by being a good boy, and all will end happily-ever-after. This is fine at five, but at twenty-five, if he continues this behavior, he has problems.

What Process Addictions are potential here? Self-centered, Romantic, and Overachiever.

Breaking the Cycle of Process Addictions

God always provides for us. And a way to break the cycle of Process Addictions is no exception. Jesus came into the world for the express purpose to set the captivities free, to stop the works of the devil and his demons. 1 John 3:8 says, "For this purpose the Son of man was manifested". Colossians 1:13 says the way out is by His deliverance. God will deliver us from the power of darkness and translate us into the Kingdom.

When Jesus walked the earth, He performed many Deliverances. In the book of Matthew, we have over fifteen examples of Jesus casting out Evil Spirits from people. Certainly Process Addictions themselves are not Evil Spirits, but the lies and distortions the enemy weaves into our lives are the spirits we need delivered in order to once more turn to God as our source.

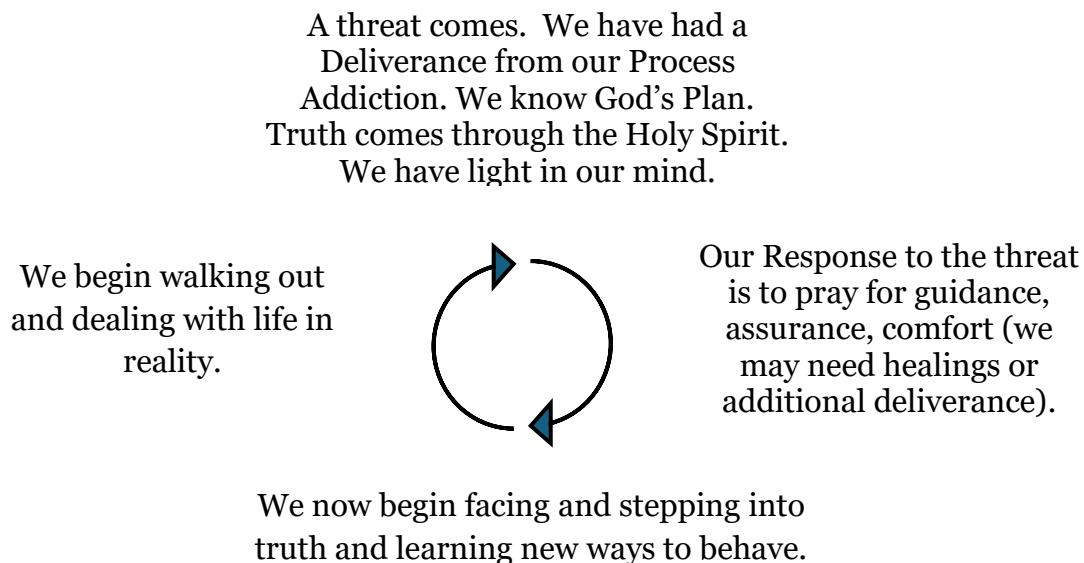
In Matthew 10:8 Jesus said to His disciples, "heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give." So with the power of Jesus, we begin to break the cycle of our Process Addictions by delivering the Evil Spirits that so beset us and caused us to choose Process Addictions as a way of living without God.

Deliverance

Deliverance is defined as the removal of spirits that bring forth (produce) evil fruits (attributes). These spirits that produce evil attributes are the lies behind the reasons we cannot cope with threats to our spiritual, mental, and physical being. If we are to allow God to deal with the Process Addictions, we must try to see those spirits that twist us and our thinking.

Deliverance is the beginning for breaking the cycle, but we still have a deceived person, and a messed-up life. Perhaps there is a head full of error and habits built up. But, once delivered, the relief you feel from removing this evil spirit, this Process Addiction, will be noticed right away. However, there is more work involved than just dealing with specific Deliverances. It took a

process to get where you are, and it takes a process to move forward in a new way. In the chapter Process Addiction Cycle, we saw the Addiction Cycle. Let's now take a look at God's Cycle:



Through Jesus' ascension, He provided the power to be renewed in our mind (delivered) (Romans 12:2).

As we receive Deliverance and begin to walk in God's cycle, we discover that there are three dimensions in our life that we need to strengthen in order to become healthy. Allow God to show you how to do this. You cannot do it alone. You have Process Addictions because you could not do this on your own.

1. Learn to nurture yourself. Nurturing is the ability to care for self and accept help from others. Emphasis is on self-care and self-affirming.
2. Learn to know the world around you, the temperature, texture, color, sounds, tastes. We have played roles for so long we are not aware of what is happening around us. Consciousness is the awareness of the here and now. Focus on the present not the future or past. Be present where you are.
3. Learn to know yourself. A sense of self is the capacity to know and express desires, wants and areas of discomfort. Developing a self-knowledge and ability to take responsibility for oneself is important.

How do you recognize if you need a Deliverance?

1. Are there habits (besetting sins) that control you?
2. Do you have unreasonable fears?

3. Are there people you can't forgive? Do you have trouble asking someone else to forgive you?
4. Do you have nearly continuous feelings of anger inside?
5. Are you usually critical in your remarks or thoughts about others?
6. Do you go on compulsively overeating/undereating or have drinking binges?
7. Are you obsessed with sexual thoughts or fantasies?
8. Are you extremely restless "on the go" constantly? Are you unable to sit and relax from time to time? (There's a difference between a healthy "drive" and being driven.)
9. Do you have physical or mental difficulty sleeping or do you want to sleep too much? (Check for physical causes here as well.)
10. Do you have a physical illness that has no known cause?
11. Do you have a fantasy world you escape into?
12. Do you have frequent nightmares or troubling recurring dreams?
13. Are you a workaholic? Do you feel guilty if you aren't doing something "productive"? Are you always striving for the approval of others?
14. Do you have a deep sense of inferiority? Do you feel unloved or unapproved?

The Three D's

You are turning into a healthier self and you need to develop a new personality with self, others and community. I came up with what I call the 3 D's to describe this process. The 3 D's are Discover, Develop, and Discipline.

1. DISCOVER....Listen

With God's help we need to seek to evaluate carefully what causes us anxiety and frustration. Do an inventory of those things. Reach out for help from family, friends and maybe even a counselor and see if they can help. Receive guidance from the Holy Spirit to know what is best for you. God is for you not against you. Trust and put your faith in that fact. Listen to Him without excuses.

2. DEVELOP....Learn

Start development plans to deal with areas that come to light (unmet needs, hurtful situations, past and present). Learn to speak with an "I". I feel, I think, etc. Express when there are hurts and needs in your life. Let God heal the hurts and pains. Go as deep as you can. Let God deal with things. God is faithful. He will show you how to work out even your present difficulties. No pain should be left undealt with. Ask with the intent to learn and not to control.

3. DISCIPLINE....Respond

Finally, in changing things effectively, there must be a discipline to this new way handling things. Seek purposeful and meaningful ways to deal with circumstances, situations, and people. Consistency is the key. The power of God is yours if you use it. So, use it! Be more concerned with what is right than who is right. Learning is what we do, the result is what we become. It is your Salvation that you must want no matter what. God's mercy and grace is there. Stay with it!

Some Additional Thoughts:

- Give this process a lot of time. Three to five years is the average for overcoming a Process Addiction.
- Have patience. Go slow. Take it one day at a time.
- Be willing to lose it all in order to gain it all. Matthew 16:26 challenges us about what we are willing to lose in order to gain our Soul.
- Work on yourself. Do your own work.
- You have to trust yourself before you can trust others. Try to accept the process of others. Don't expect others to do more than they can. Honor their process so they will honor yours.
- Admit mistakes promptly. Avoid blaming.
- Work for honesty and accuracy. Have no hidden agendas. Reach out and share spiritually.
- Learn to try things and to find God in all things.
- Take responsibility for the pain you have inflicted on others. Own your part. You don't have to own others, but it is a must that you own your own.
- Have no Illusions, no "if only's". God makes us whole and healthy. It is the peace that passers all understanding that we are looking for (Philippians 4:7).
- Love. God's love will see you through. Give love and receive love. Being used is not what we are talking about but rather being genuine. Have a love for self and others.
- Finally, have some fun. It is alright to laugh, to enjoy life and things. Here is a four-step approach I found helpful.
 1. Stop. When you encounter your Process Addiction, stop. Break the negative thinking/feeling.
 2. Breathe. Breathe deeply and release physical tension. Pray and be quiet.
 3. Reflect. Focus your energy on the problem at hand. Reflect in prayer on the cause of your need to do your Process Addiction.
 4. Choose. Choose, in Jesus' name, to not do the Process Addiction. Ask the Holy Spirit how to deal with the situation that is threatening you.

Put Off and Put On

In Colossians 3:1-17 we hear the progress of our walk with God. In verses 1-4 we hear our position in God and how that position comes to be. First we must PUT OFF (verses 5-11) the things

of the world. Then we PUT ON the things of God (verses 12-17). Many times, when we read these verses and the things to put off just become words. Even the things to put on of God are hard for us to understand. Process Addictions are certainly things we should put off. Let's try to examine this putting off more.

As we have discussed earlier in this chapter there are many attitudes, behaviors, actions, conducts, etc. that make up our Process Addictions. In our Process Addictions it is the “fix” that we want to put off. Here is each addiction listed along with their “fix”.

Religious: To be thought of highly
Self-centered: To be “for me” at all times
Overachiever: To be important
Co-dependent: To be valued
Relationship: To be needed
Sexual: To be loved
Romantic: To be loved and valued

We want to put off those behaviors that feed and perpetuate our Process Addictions. They could be:

- Confusion: creating our own logic, forgetfulness, defensive or defending ourselves before we're hurt, not responsible, powerlessness, ignorance, inability to make choices.
- Dependency: believing someone or something outside of us must take care of us. Victim or blaming. Feeling like you must be a hostage or be a captive in all relationships. Always on guard.
- Assumptions: must be perfect, no mistakes, convinced you must not be good enough. You can be perfect if only you can figure out how. You will do anything to make people like you.
- Magnify: distort images to suit what you want your personality to be. It is all about you. Can't establish emotional boundaries where you end and others begin.
- Scarcity: not enough to go around. Causes jealousy, envy, and fear.
- Role playing: helps you to avoid intimidation, anger, shame, hurt, inadequacy, upsets, insecurity, not being loved, and loneliness. Feelings of severe humiliation if you are forced to look at your mistakes and imperfections.
- Dishonesty: avoiding, hiding, you won't tell truth or don't tell all of it becoming a “con”. Lie to self, to others, to everyone. Feel powerless.

Learn to stand up for yourself and for God. No playing it safe or looking for an easy way out. Learn to accept yourself and see your value. No seeking approval, acceptance, or perfection by how you behave or what you do. Learn to let go of things. No blaming or complaining about others. No keeping score. Learn to know the truth in all situations. No Lincoln Log thinking, minimizing or magnifying, ignoring or enmeshing, selfless or self-serving, irresponsible or over responsible. Learn to walk in reality. No expecting or demanding from self or from others. That is a lot of learning, but when we took on the Process Addictions to survive, we stopped learning.

Another area that we need to put off is our impression management. This is telling others what you think they want to hear, trying to control a frightening and overwhelming world and trying to control the way others think of us. We also need to put off living a life of pretending. We have done this in order to (1) avoid feeling hurt, insecure or lonely, (2) avoid feeling/thinking disrespect or resentment, and (3) avoid recognizing falsehood in relationships.

God wants us to learn and become His sons (John 1:12-13). What can we expect to feel/think as we break this cycle of addiction? (Some of these ideas and concepts have come from a traditional 12 step program for substance abuse addictions.)

- We feel comfortable with people, including authority figures.
- We have a strong identity and generally approve of ourselves.
- We accept and use personal criticism in a positive way.
- We are able to face our own life situations and relationships by knowing our strengths and weaknesses.
- We accept responsibility for our own thoughts and actions.
- We feel comfortable standing up for ourselves when it is appropriate.
- We enjoy peace and serenity, trusting that God is guiding us.
- We are free to feel and express our feelings/thinking even when they cause us pain.
- We are developing new ways to allow us to initiate and complete ideas and projects.
- We are relying more and more on God.

Now let's look at those things to be put on. As we think of these things we must remember that when you walk with God you walk against the tide (2 Timothy 3:12). When you walk against the tide it is bound to make waves. Satan builds up to tear you down. God tears down to build you up. Let us put on (1) Honesty, (2) Truth, and (3) God's Truth.

The smallest lie or dishonesty will push you back into your Process Addiction. There is no such thing as a harmless falsehood. Only when you own your feelings/thinking are you able to learn from them and grow. As long as you keep carrying the same old resentments and struggles you don't do the work of owning your share of the responsibility of what is happening. Responsibility is the ability to respond, not to control things and not to blame.

Our progress of growth is first comfortable, then uncomfortable and finally contented. Below are some further things we can put on as we break free from our Process Addiction.

- Learn to listen. No listening for how to respond to others. No procrastinating.
- Learn to respond with reality. No trying to control, fix, or solve others problems. No quick fixes. No quick solutions.
- Learn to answer with the truth the first time. No going over and over things, situations, events after or before they occur. No "what if's" or "what then's".
- Learn the three steps. Honesty, truth, God's truth. No hiding, no cover-ups, no explaining, isolating. No justifying.

- Learn to see things with God's truth. No negativism or absolutes.

In ending this chapter on Process Addictions. I want to add a few final thoughts to remember and hold on to.

1. "The truth will set you free" (John 8:32). Anything that cannot pass open, honest scrutiny and anything you think you must hide from yourself or from others is wrong and will lead to falseness. It could lead to further or continued Process Addictions and addictive behavior.
2. God gave us our needs, longings, and desires. He wants to and will meet those needs, longings and desires if we let Him. He may not always do it the way we think or feel He should. But He is faithful to "give us our hearts' desire" (Psalm 37:4). Trust that fact!
3. If you save yourself, you lose your Soul. Get under the blood of Jesus and reap what you have sown (Galatians 6:7). There will be pain but as Paul said, count it as nothing compared to what you have in Christ Jesus (Philippians 3:8).

Finally, this is a hard Root Sin to look at. It has been a difficult one over the years to work through within myself and with others. Yet if we would avoid it, we will never be able to accept "the cross". For it is in the death, resurrection and ascension of Jesus that we find our life. Every knee will bow (Philippians 2:10-11), we know it. But "now is the day of Salvation" (2 Corinthians 6:2). It is your Salvation that you must want no matter what.

