

I Love My Addiction

A Program with a Purpose – Exposing Your Value to God

1 Corinthians 16:15

Lesson Two

Use It or Lose It

Replace Your Current Condition with Your God Given Potential

Apply thine heart unto instruction, and thine ears to the words of knowledge (Proverbs 23:12).

I have heard it said many times from people who have learned a different language, *If I don't use it, I will lose it*. Unless you have an exceptional ability to retain the information you have learned from this program, then, like most information, it will soon fade away.

We are all creatures of habit. All information we have ever learned is filtered through our past conditioning and present mental attitude. Often, but not always, this conditioning can come through an abusive and dysfunctional upbringing. Because of this, most people will spend their lives wallowing in the sea of excuses and addictions, failing to live a full life of peace and joy that God has in store for every person. They have no idea of how important they are to the God that created them! This can only result in very low expectations for their lives. The truth is, you can accomplish anything you put your heart and mind to through the power of Christ Jesus, ***I can do all things through Christ which strengtheneth me*** (Philippians 4:13). There is a God-given potential inside of every person! Each individual has the power of choice to unleash their potential or keep it under the bondage of addictions. **YOU ARE VALUABLE TO GOD!**

1. The same old ways produce the same old results
2. You are important to God—He loves you and needs you
3. The question is not if you can, but if you will
4. Gain all the information provided with a positive expectancy
5. If you always expect these lessons to provide you with new information that will launch you into a wonderful new life of freedom, that is exactly what they will do!

6. If you think that there is no hope—then, there probably isn't!

You are attending these classes in your present mental attitude which, for the most part, is full of fear, worry and negative thinking along with a great deal of pre-judgment. As you are listening, you are hearing 100 percent of what comes into your ears. But, by the time it goes through the mental funnel of your subconscious mind, where you can accept it, believe it, understand it and use it, it has been reduced to about 10 percent of what you actually heard.

Part of the conditioning of the negative filtering system stems from the lack of positive encouragement in our lives. As children, we spend our time trying to get the attention of our parents or care-givers only to receive negative responses for doing wrong, while seldom, if ever a pat on the back for the good we did. This has programmed the mind to think that we are hopeless, helpless and worthless. These thoughts are nothing short of lies from the pits of Hell! This is exactly what the Devil wants you to believe as he continues to hurl these lies at you! The devil is a liar and the father of all lies, **...He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it** (John 8:44). Adolf Hitler said, *If you tell a big enough lie and tell it frequently enough, it will be believed.*

Here is a daily exercise to begin to overcome this negative filtering system:

1. Every morning when you look in the mirror tell yourself that God made you exactly the way He wanted you! He does not make junk!
2. Tell yourself that you are God's creation made in His Image
3. Remind yourself that God loves you wants you to be a success
4. Repeat to yourself that **you are valuable to God**—valuable enough to die in your place!
5. Ask God to help you believe all of these truths!

In order to change your addiction to a positive and productive one, you must listen with an open mind and ignore all past failures, prejudices and preconceived ideas. Enter in with a learning attitude that is excited about gaining new information that could revolutionize your life, **Hear counsel, and receive instruction, that thou mayest be wise in thy latter end** (Proverbs 19:20). Do not dread coming to the program, but think of this time as the most critical and important part of your week. Participate, let everyone know you are here! Ask questions, be open about

your struggles, seek new information like you are looking for a hidden treasure! With this attitude, the only possible result will be success!

As you listen and learn with a true desire for success, something inside of you will spark igniting a will to triumph! When you see someone, who has overcome their former destructive addictions through Christ, as you hear them talk, you will notice that the battle was first in the mind! Instead of trying to force their body to control their actions, they allowed the Biblical information they learned to change their mind which in turn took over the body!

1. Listen with a desire to learn
2. Allow the information to spark the God-given potential in you
3. Apply these new concepts to your life
4. Teach others your new-found freedom

This lesson was developed from a book titled, *Know Can Do*. It is a book written by three very wealthy and successful business men. The principles that are outlined in the book are exactly what is needed to help you conquer your destructive habits and replace them with a new productive lifestyle. These men discovered the truths in their book, applied them to their lives and then taught them to many others. People had a great interest in their knowledge due to the great wealth they acquired. In other words, they wanted to be rich too! ***The blessing of the LORD, it maketh rich, and he addeth no sorrow with it*** (Proverbs 10:22). By accepting Jesus Christ as your Lord and Saviour, you too can be rich in God and use your new-found wealth of information to not only change your life, but direct others to the life of freedom as well! ***But rather seek ye the kingdom of God; and all these things shall be added unto you*** (Luke 12:31).

There is a huge difference between learning and doing! Just knowing what is right and wrong does not change the way you behave. This program is the result of men and women who have experienced total freedom through their love for the LORD and the principles given in the Word of God. **THEY ACTUALLY USED THEIR KNEW-FOUND KNOWLEDGE!** They learned it and now they are teaching it!

According to the *National Training Laboratory* in Bethel, Maine, the amount of information you will retain by attending classroom seminars or programs, will amaze you:

1. By simply listening to a sermon or lesson, you will only be able to retain five percent of it unless, you get a copy of video or audio recording and listen to it over and over again.
2. By reading a book, you will only retain ten percent of what is written, unless you take good notes, underline and highlight the things that stick out and read it again and again.
3. You do not need more programs; you need to get a copy of these classes and listen to them over and over. Read part of these lessons every day—again and again! It will take work!

This is also why a daily consumption of the Bible is so important! If you will immerse yourself into this program, it will change your life forever. It is like being waterlogged with the Word of God. When you get to the point where you have a Bible reference for everything you hear do and say, and then apply the wisdom included in the verse, you will have mastered your mind! ***This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh*** (Galatians 5:16).

You will get out of this program what you put into it! There is way too much information given during each one of the lessons for you to learn it completely in one setting. You must go over the material again and again and again. This concept is called *Spaced Repetition*. You have been using *Spaced Repetition* in a negative way and look where it has taken you. If you go through this program with a negative attitude, you will get your negative results. When you master the contents of this program, you can rest assured you will no longer have a destructive addiction, but you will now be prepared to be used of God to rescue others from their destructive habits. Jesus commissioned the Apostle Paul, ***To open their eyes, and to turn them from darkness to light, and from the power of Satan unto God, that they may receive forgiveness of sins, and inheritance among them which are sanctified by faith that is in me*** (Acts 26:18).

Paul Meyer got his idea of *Spaced Repetition* from his father. His father was a cabinet maker in Germany. His teaching principles were simple, yet very effective. Over a period of weeks and months, whatever it was his father was trying to teach him or show him, he would *tell him, show him, let him, correct him* and do it over again until he had hammered home.

As a young boy, Paul's father took him to the junkyard to buy his first bike. His dad showed him how to straighten the frame, re-spoked the wheels, paint it and every other aspect of rebuilding the old bike. After they were finished, before he ever took the first ride, his father made him take it completely apart and put it back together over and over until he could do it easily. Paul said that he was not very happy with this process but, because of these teaching habits, by the time

he was fifteen-years-old, he had bought and sold over 300 bicycles. He said he had more money in the bank than any kid or adult he knew.

Tell him, show him, let him and correct him. By using this system, at the age of nineteen, Paul wrote and sold over a million copies of his *P. J. Meyer Success Plan*. It has been said that, *Spaced Repetition is the mother of all skill and the mother of permanent change!* As the years progressed, he realized that there was a negative filtering system built into his concept by the lack of his father's praise. While Paul was rigorously implementing his concept, one of his salesmen told him that every once in a while, a pat on the back may help! He then changed his training techniques to, *Tell me, show me, let me, observe me, praise my progress and/or redirect me.*

It is the focus of this program to ensure that you overcome your destructive addictions. There will be hard statements made in love, ***Open rebuke is better than secret love*** (Proverbs 27:5), and some redirecting needed. But you can rest assured that all we ever want is to see you happy, healthy and wise! ***Faithful are the wounds of a friend; but the kisses of an enemy are deceitful*** (Proverbs 27:6).

Introduction of a New Idea

Hearing a new idea one time will make little if any permanent change. It is unlikely that one lesson will change a belief, motivate you into action or cause you to do anything different than what you think is normal, even if it is a destructive addiction.

You must allow us to tell you, show you, then you must try to apply what you learned and then, after sharing with us the results, allow us to correct or redirect you. After you have completed this process, then, you must allow us to tell you, show you, then you must try to apply what you learned and then allow us to correct or redirect you. Next, repeat and then repeat again until it becomes your very nature of life!

According to author and consultant, William J. Toben, this is what happens to a new idea, without repetition, when one-hundred people hear about it:

1. After 24 hours, 25 have forgotten it
2. After 48 hours, 50 have forgotten it
3. After four days, 85 have forgotten it

4. After 16 days, 98 out of the 100 have forgotten it

Just to prove this point, what was the title or topic of last week's lesson? You must pay attention, take notes, apply the principal, read it again tomorrow and then repeat! It has been proven and documented again and again that 62 percent of all ideas become accepted after the sixth time it has been presented. This is what happens when listening to the idea six times:

1. Due to the past negative conditioning, the first time you hear the concepts we are teaching, you will probably say, I can't do this.
2. The next time, you may begin to think, maybe I can
3. After the sixth time, it will be, I know I can do this so, I think I will just do it

This is what goes on in the mind when a new idea is presented:

1. First exposure—due to your preconceived ideas, and negative thinking, the first thought of the principle is rejection
2. The second exposure is resistance—you may understand it, but you refuse to accept it
3. Third exposure is partial acceptance—I agree with the idea, but I have reservations about using it.
4. Full acceptance—you make up your mind that the idea is exactly what you need
5. Fifth exposure is partial application of the principal—the information will begin to soften your heart and you accept it emotionally and personally begin to use it
6. Sixth exposure will produce full acceptance—this means that you have internalized it; it has become a part of your make up, your character, it is who you have become when nobody is looking! Now you have a desire, a passion and a new will to own this information and pass on what you have learned to others.

The results of placing yourself in the position of hearing these principals over and over will be a changed attitude and a changed behavior. Your change will come after your head and your heart accept this new information. Your choices and decisions to apply these principals will only come when you buy into it with your whole heart. The Bible will do the cleansing as you pour It into

your mind, ***Give me understanding, and I shall keep thy law; yea, I shall observe it with my whole heart*** (Psalm 119:34).

You must stay focused like a heat-seeking missile and keeping a positive attitude! All outside distractions must be illuminated! A good start would be to shut your cell phone off during the classes and whenever you are reviewing! Being involved in this program will bridge the gap between hearing and doing. The only stupid question is the one that is not asked.

It has been proven that we remember:

1. 10 percent of what we read
2. 20 percent of what we hear
3. 30 percent of what we see
4. 50 percent of what we hear and see
5. 70 percent of what we hear, read and say
6. 90 percent of what we hear, read, say and then do over and over again

Here is an example: what is six times six—36; what is twelve times twelve—144; now, what is sixteen times sixteen? What is the difference? In school we repeatedly learned the multiplication tables that only went to twelve times twelve—*Spaced repetition*. If our early multiplication tables went up to sixteen, 256 would have been the answer as quick as the other numbers.

Read this lesson six times. Then read it again next week and the week after, then at the beginning of each month. By the end of the year, you will be able to quote these statistics! Slowly, over a period of time you will see a thinking and an attitude change which will lead to a behavior change.

The Biblical content of this program is what will change your life, but these learning skills are what it takes to make it happen! Your personal involvement and the application of your plan of action coupled with the power of Christ, your New Master, will produce the polished, powerful, loving and caring person God needs you to be. Then, you can teach others! ***Then will I teach transgressors thy ways; and sinners shall be converted unto thee*** (Psalm 51:13).

You can do this! Think of all the joy that accompanies a life without drugs, alcohol, overeating, pornography or anything else that has robbed you of your family, friends and finances.

Three Elements to Gain Victory Over Your Addictions

These are three things you must do in order to get the most out of these lessons:

1. **First, you must take good, clear notes during the class.** Unless you are one of the 0.0001 percent of the population who have photographic minds, listening alone will not make you learn the truths you need to make you free! It has been proven that after a three-hour seminar or class, pure listeners will only retain about half of what they have heard. Twenty-four hours after the class, they will have forgotten half of what they originally retained. And the end of a month, they will only be able to recall less than five percent of what they initially heard.
2. **Secondly, reread your notes within the next twenty-four hours.** Think back on what you heard and add or summarize your notes in a journal or notebook. Make sure you make good notes concerning the key insights you learned from the lesson. If possible, obtain recordings from each class and listen to them again throughout the week.
3. **Third, and probably the most important, pass on the information you learned!** Tell someone!
 - a. Without a doubt, the best way to retain the knowledge you learned is to teach it to others! ***And thou, Ezra, after the wisdom of thy God, that is in thine hand, set magistrates and judges, which may judge all the people that are beyond the river, all such as know the laws of thy God; and teach ye them that know them not*** (Ezra 7:25).
 - b. Make it a practice to regularly tell your friends and family how the LORD is working in your life. ***But it is good for me to draw near to God: I have put my trust in the Lord GOD, that I may declare all thy works*** (Psalm 73:28).
 - c. Do not worry what they think or say about you! What really matters is what God thinks of you! ***But I am poor and needy; yet the Lord thinketh upon me: thou art my help and my deliverer; make no tarrying, O my God*** (Psalm 40:17).

Your success will be determined by what you do with these three elements. You may say, *I am not good at taking notes, I do not have time to reread and rewrite them and I am too embarrassed to tell anyone what I am doing!* If this is you, then you can do one of two things; change or take the risk of forgetting what you have learned and falling right back into the old destructive habits that has robbed you of your freedom, finances and family—the choice is always yours!

Three Reason Why People are Unable to Learn

The first reason is, **information overload!** Some are seeking for some knew magical way to stop their destructive ways. The truth is, ***there is no new thing under the sun*** (Ecclesiastes 1:9). You can go from program to program hoping to find something that is a microwave style, quick fix to your problem only to find that they all basically say the same thing. Some with Jesus and some without, but the same process—remove your old ways and replace them with the new! ***Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth*** (2 Timothy 2:15). When God approves of your study, He will help you with your trials!

The second reason people are unable to learn is, **negative filtering.** This problem is called, *a dysfunctional processing system.* He then brought it down to simple terms by identifying it as, *stinkin' thinkin'!* Many times, when someone learns something new and positive, including something about themselves, they dismiss it, put it down or think that it may work for others but not me! A negative attitude will hold you back creating a stuck in the mud scenario. It has been said that *attitude will determine your altitude!* You can do this! You can be free from addiction! You can have a happy, prosperous and productive life! But you will not do it on your own, ***I can do all things through Christ which strengtheneth me*** (Philippians 4:13). Today is the very first day of the rest of your life! Ask the LORD daily to give you an open, positive attitude toward living your life to please Him!

The third reason why people do not use what they learn is, **lack of follow up.** There is no doubt that you know that whatever your addiction is, that it is and will continue to be harmful to you and those around you. The truth is, it has been and still is hard to give it up! This addiction has become part of your makeup—it is who you are when no one is looking! To remove your old destructive ways and replace them with positive and productive habits will require a real, every day, every moment concentrated effort! Jesus, the Good Shepherd, will be there to guide you and help you make these changes. Praise Him for your eternal salvation every day! ***Every day will I bless thee; and I will praise thy name for ever and ever*** (Psalm 145:2).

The missing link in closing the gap from learning the principles in this program and successfully applying them to your life can be found in one word, **REPETITION, REPETITION, REPETITION!** Doing the same thing over and over is hard to start, but will become natural after a while! Albert Einstein once said that *Insanity is doing the same thing over and over again, but expecting different results!* When you execute productive behaviors over and over, the expected results will be productive.

Now we will look into what the author of *Know Can Do* states about, what he calls, *Spaced Repetition*. Please remember, the authors of this book are very successful in life because they have applied the very thing they are teaching!

Spaced Repetition is a learning technique where you do not learn something the first time you hear it, but you expose yourself to the same information periodically during different setting. *Spaced Repetition* has also been referred to as *behavioral conditioning* or *internal reinforcement*. One preacher says, *It is the mother of all skills and the mother of permanent change! So will I sing praise unto thy name for ever, that I may daily perform my vows* (Psalm 61:8).

Michael Jordan, the great professional basketball player, was known as a master of the fundamentals! He did the main things over and over to a masterful perfection. This too will be the number one key to your success! The five fundamentals to change your addictions to the ministry are:

1. Daily Bible reading – ***Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word*** (Psalm 119:9).
2. Daily prayer – ***Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not*** (Jeremiah 33:3).
3. Living each moment of your life in the ***Fear of the LORD*** – dwelling in His presence every waking moment of your life – ***Let not thine heart envy sinners: but be thou in the fear of the LORD all the day long*** (Proverbs 23:17).
4. Regular church attendance – ***Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching*** (Hebrews 10:25).

5. Regular attendance to the Addiction Program – ***My son, hear the instruction of thy father, and forsake not the law of thy mother:*** (Proverbs 1:8). Even after you have concluded the program, keep coming!

The main ingredient to accomplishing your goal is to stay focused. Living a life of a Christian is totally different than any other lifestyle on the earth. It also produces the freedom of guilt and grief like no other religious system. This is simply due to the fact that the Spirit of God lives inside of every believer to guide them and help them in every area of their lives. If you have never been exposed to Christianity, then its belief system can easily become part of the first problem in learning—*information overload*. This program is loaded with Biblical truth that often goes completely against secular teaching. Because of the amount of information, one must stay focused on the fundamentals. Like Michael Jordan, become a master of the fundamentals!

REPETITION, REPETITION, REPETITION—PLEASE READ THE INTRODUCTION TO THIS PROGRAM EVERY DAY!

The promises for success found in this Biblically based program are not based on a secular survey, but on the Word of God, ***This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success*** (Joshua 1:8). Tried and proven by many! God does not force anyone to believe His ways. He lovingly is willing to make you His child and begin to grant you every blessing He has prepared for believers. The difference between secular information, and Biblical information is the fact that God has inspired, or breathed, every single word in our Textbook, the Bible, ***All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:*** (2 Timothy 3:16). It is the only textbook where the Author is present every time it is read!

You must do the work, then do it again and again and again! With this in mind, the first and foremost important element in your addiction change is to devour your Bible like you are searching for riches. But, in the process, allow these lessons guide you in your reading. If you try to start reading the Bible like a book, from cover to cover, you will easily get bogged down in the early books of the Bible. Make it a daily practice to:

1. Read a chapter of Proverbs every day. There are thirty-one chapters in Proverbs—whatever the date is, read the chapter with the same number.
2. Read five chapters of the book of Psalms

3. Read a chapter of the Book of John
4. Read chapter of the Book of Romans
5. Also, include reading the Introduction to the program and one of the lessons daily.

Each of these reading locations will provide you with many different truths that will easily cause you to have the desire to change your craving to an addiction to the ministry. You do not have to understand everything you read in order to receive the blessing.

If you have a hard time reading, you can download a Bible app on your smart phone that will read your Bible to you as you follow along. There are also Bible programs you can purchase on CD's. You can overcome each excuse the devil gives you with a focused attitude on succeeding!

It is vitally important that a steady daily dose of your Bible becomes the first task you master.

The greatest news of all is, the fact that you do not have to do this alone! You have a great support group at your local church and most importantly, the Good Shepherd living inside you will guide you, ***Howbeit when he, the Spirit of truth, is come, he will guide you in all truth:*** (John 16:13).

Remember, the content of this program is what will change your life, but these learning skills will make it happen! Your personal involvement and the application of your plan of action coupled with the power of Christ, your New Master, will produce the polished, powerful, loving and caring person God needs you to be. Then, you can teach others!

This week's lesson is designed to help you to understand the importance of repetition. It is an absolute must that you fill and refill your mind with the truths you will learn in this program! Replace your current condition with your God given potential.

1. What will happen to someone who does not use the second language they have learned?
2. What is all information we have learned filtered through?
3. You are attending these classes in your present mental attitude which is full of what?
4. State the five daily exercises needed to overcome the negative filtering system.
5. What will happen if you will immerse yourself into this program?

6. What is *Spaced Repetition*?
7. What were the teaching principles of Paul Myers father?
8. State what happens to a new idea without repetition when one-hundred people hear about it:
9. What will be the results of placing yourself in the position of hearing these principals over and over?
10. What are the three things you must do in order to get the most out of these lessons?

Regardless of what you have been told or even what you may think, God loves you enough to make you free from your destructive addictions and restore your life to the purpose in which He created you—***Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created*** (Revelation 4:11). By changing your shepherd from self to Jesus, the ***Good Shepherd***, you will begin to bring God the pleasure you were created for. God wants to use you to tell others how to receive the same freedom you now have and introduce lost souls to the saving knowledge of Jesus Christ. ***Let him know, that he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins*** (James 5: 20).

God the Father wants His children to be successful and prosperous, ***Let them shout for joy, and be glad, that favour my righteous cause: yea, let them say continually, Let the LORD be magnified, which hath pleasure in the prosperity of his servant. And my tongue shall speak of thy righteousness and of thy praise all the day long*** (Psalm 35:27, 28). As you continue to trust in your new Shepherd, Jesus, He will make you prosperous so you can cheerfully, without being ashamed, tell others about His great love—you are valuable in His eyes! ***Restore unto me the joy of thy salvation; and uphold me with thy free spirit. Then will I teach transgressors thy ways; and sinners shall be converted unto thee*** (Psalm 51:12, 13).

Seek Knowledge

Apply the new-found Knowledge and Wisdom to your life

Then, teach others the secret to your success!

Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven (Matthew 5:19).

Memory Verse:

The blessing of the LORD, it maketh rich, and he addeth no sorrow with it (Proverbs 10:22).

Suggested Reading:

Read a chapter of Proverbs every day. There are 31 chapters in the Book of Proverbs. Whatever the day of the month is, read the chapter with same number as the date. Repeat this practice every day of your life!

Model prayer to help you learn and apply the new-found truth:

Dear Heavenly Father, thank You for leading me to a program with people who care about me. I desire to learn and apply all the principles found in the pages of your Holy Bible. Please guide me in the way that I can unleash the potential You have given me to be free from my old destructive ways. Please give me an open, positive attitude toward living my life to please You! In the name of Jesus, I pray, Amen.

Be sure to pass out at least five Gospel tracts this week and invite at least one person to come to class with you next week. Use your past to build your future!