

# Beyond Addictions

Free to live a new life in Christ Jesus



## Jesus Christ is Sufficient for All Things

### Lesson 6

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If you have felt that you didn't have much to offer God then rejoice, He has all that you need and He didn't expect you to bring anything of your own into His kingdom. Your sufficiency is in Christ.

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Is Jesus really enough? Can you live a fulfilling life trusting only in the Lord? In the previous chapter we took a glimpse at His nature. He is truly awesome. The Bible provides an on-going description of God through a period of more than 4,000 years from the beginning of Genesis until the final books of the Bible were written near the end of the first century AD. So the record is there. Let's explore the possibility that all you and I have needed to live a joyous, fulfilling life has been waiting for us in Christ.

In *Conformed to His Image*, Kenneth Boa states:

“People without a relationship with their personal Creator are hungering for happiness, meaning and fulfillment but nothing this planet offers can fully satisfy these longings.”<sup>1</sup>

Based upon your past experiences and our observations of others, you probably agree with Dr. Boa. People without faith in God are constantly moving from one thing to another, believing that happiness is just over the hill or around the next bend, they move from job to job or house to house. They may divorce their spouse and move in with a neighbor. Some descend deeper and deeper into drug addiction or alcoholism. Nothing satisfies them for very long.

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<sup>1</sup> Boa, Kenneth, *Conformed to His Image*

### **Where can we find satisfaction and fulfillment?**

Let's go back to Samaria where Jesus visited with the woman at the well. She had tried it all, five husbands and at least one man whom she wasn't married to. The Bible is silent regarding any other solutions she sought to be fulfilled but you can imagine that there were others. She finally found all that she ever needed in Jesus Christ. Imagine how her life changed after meeting Jesus at the well. She probably moved away from the man she had been living with. She had a sense of peace and fulfillment so that she no longer needed to lean on personal relationships with men to be satisfied; she was leaning on her Savior. He was all that she needed.

Author John Piper says, "I know of no other way to triumph over sin long-term than to gain a distaste for it because of a superior satisfaction in God." That is how you triumph over sin and remove issues of addiction from your life. As you draw nearer and nearer to Jesus, you realize that you have something far superior to anything that sin can offer. Your own experiences teach you that none of these sinful alternatives work and all of them have some seriously bad side effects like physical illness, financial ruin, loss of family or prison. When you truly encounter Jesus, like the woman at the well, you find peace. You are filled to overflowing and you bring others to Him too.

So as a Christian, you have the ability to live an abundant life in Christ. His death on the cross took away your sin. He sent another comforter, the Holy Spirit, to counsel you and to guide you into all truth (John 14:26). Not only does the Holy Spirit come along side to guide you, He dwells in you (John 14:17). So you no longer need to go out drinkin' and druggin' in order to be fulfilled. You have real life through Jesus Christ.

What does it mean when we say that Jesus is sufficient for all of our needs? 1) He has the complete supply of all that we need to be fulfilled, and 2) He has the desire and ability to provide all that we need. Is this true? What does the Bible say about this?

### **All things were created by and for Jesus Christ.**

For by Him (Jesus) all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him. Colossians 1:16

Jesus was the creator and all things were made by Him and for Him. You are one of the "all things" that were made by Jesus Christ for Jesus Christ. A common problem among men is that we are confused regarding the purpose for our lives. The majority of people, including Christians, seem to

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believe that they are here for their own pleasure and that God is here to help them achieve their goals. Colossians 1:16 says that we were not created for our purposes or pleasure; we were made by Jesus for Jesus. You will never be truly at peace until you understand the purpose for your life. You were created for Jesus. Revelation 4:11 reads this way in the King James Version:

Thou art worthy, O Lord, to receive glory and honor and power: for thou hast created all things, and for thy pleasure they are and were created.

You were created for God's purposes and His pleasure. You cannot live a fulfilling life apart from God or apart from His purpose for you. If you are still wrestling with God for control of the steering wheel then you cannot live in harmony with Him and you will be frustrated in your relationship with Him. He wants you to enjoy a fulfilling, joyous life; let Him take the wheel and enjoy the trip.

### **All fullness is found in Christ.**

Jesus doesn't just supply the resource we need; He *is* the resource.

For it pleased the Father that in him (Jesus), should all fullness well. Colossians 1:19

The Greek word translated "fullness" is *pleroma*. It means "that which fills up, copiousness, multitude". It can be translated "all that is in all". Right now, if you could have the mind of God, the peace of God, the provision of God, what would you lack? Guess what? You've got it through your relationship with Jesus. There is nothing about God the Father that is not contained in Jesus Christ, God the Son. He is the express image of the invisible God. You have constant access to God the Father through Jesus Christ, His Son.

The passage in Colossians 2:3-10 opens a storehouse of treasure that you have in Jesus:

(Christ) in whom are hidden all the treasures of wisdom and knowledge. Now this I say lest anyone should deceive you with persuasive words. Colossians 2:3-4

All of the wisdom and knowledge that you need for Godly living is found in Christ. If you need advice on how to raise your children you will find it in Jesus. If you need counsel on how to be a better husband or wife, Jesus has the answers. You may want to excel in your work or to be a better provider. He can tell you. Have you struggled with frustration or anger? Jesus can give you victory over these problems.

A lot of persuasive words have been written to discourage you from seeking fulfillment in Jesus. However, you don't have to review the pop psychology of every new self-help book to find true wisdom and knowledge. Colossians 2:4 says that you can find it in Jesus. The divinely inspired, time-tested Word of God reveals Christ to you.

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As you have therefore received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.  
Colossians 2:6-7

This is important counsel for Christians. Paul tells us that receiving Christ Jesus the Lord is just the beginning. Do you know anyone who prayed to receive Jesus Christ but has not grown closer in their relationship with Him? Unfortunately, this describes many people who had a one-time encounter with Jesus but have not been discipled. They have not grown much and they probably have not achieved victory over sin. New life in Christ is just the beginning. Paul tells us to walk in Him, to get rooted in Him and to build up from there. You need to fully establish your life in Christ. Put down roots. Build each day upon what He taught you the day before. Become more and more established in your faith in Jesus. Read the Bible. Get involved in a Bible-teaching church where people share the love of Jesus and worship Him. Pray. Grow.

Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Christ.  
Colossians 2:8

Beware. There are many who will tell you that Jesus isn't enough, that you have to add psychology or godless philosophies to your faith in Jesus. Paul calls this "empty deceit". He says that the purveyors of this false teaching are attempting to cheat you out of the fullness that Jesus offers you in Him and Him alone.

For in Him dwells all the fullness of the Godhead bodily, and you are complete in Him, who is the head of all principality and power. Colossians 2:9-10

Memorize these two verses. All of the fullness of God dwells in Jesus Christ and you are complete in Him. The Greek word translated "complete" also means "fulfilled, satisfied, furnished". It is the same word translated as "full" in John 15:11 where Jesus says, "These things have I spoken unto you, that my joy might remain in you, and that your joy might be full." Jesus makes you complete; He offers fullness of joy so that there is nothing lacking.

Jesus Christ is sufficient to fulfill you, to counsel you, to give you abundant life, to restore your peace, to provide for you ... the list is as endless as the supply. You do not add anything to your life in Christ Jesus by indulging in sinful addictions. You do not add anything to the fullness of Jesus by pursuing the pleasures of this world. He has it all and you are complete in Him.

**God is your provider.**

The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness For His name's sake. Psalm 23:1-3

This is serious scripture. If you cannot truthfully say these things about your shepherd then you might be following the wrong one. The twenty-third Psalm attributes to God the ability and desire to supply your needs, give you rest, gently lead you, restore your soul and lead you in the paths of right living. These three verses are filled with promises from our Lord. In particular, they say that our Good Shepherd will supply your needs. The Hebrew word translated “want” in verse one can also be translated “crave”. When you follow the Good Shepherd, you are freed from your cravings.

In Philippians 4:19, the Apostle Paul says, “My God shall supply all of my needs according to His riches in glory by Christ Jesus.” Paul had learned to turn to Jesus to have his needs met. He didn’t go first to the government, to unbelievers or even to other Christians. He turned to Christ. God may use others as instruments to provide but the supply comes from Him. There is no reason to give this task to anyone else who is less able to do the job. Take your needs in prayer to God.

**He is your healer and deliverer.**

"The Spirit of the LORD is upon Me, Because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed; to proclaim the acceptable year of the LORD." Then He closed the book, and gave it back to the attendant and sat down. And the eyes of all who were in the synagogue were fixed on Him. And He began to say to them, "Today this Scripture is fulfilled in your hearing." Luke 4:18-21

Jesus was speaking of Himself in this passage. Compare His offer for healing, deliverance and freedom to the alternatives that you have already tried. Alcohol will not cure a broken heart. Neither will another short-term relationship. This passage in Luke says that Jesus can heal your broken heart. He can also deliver you from the addictive behavior that holds you captive, restore your sight and set you free! He can heal you and deliver you from sinful addictions. Now that is GOOD NEWS.

Addiction holds you in darkness. You are constantly living in shadows. Jesus has power to deliver you from darkness.

He (God) has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love: Colossians 1:13

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He has already delivered you from the power of darkness. A lot of folks are still looking for deliverance. He has already accomplished it. It's time to walk in the deliverance that He has provided.

### **He satisfies your thirst.**

Some addictions continue because the addictive substance or activity partially satisfied a thirst or a craving. The satisfaction was very temporary. You had to go back every day for a fresh hit or a drink. Then you had to have it twice a day and later you sought it more often. In between, you were anxious, paranoid, fearful, and empty. The sorry wells of addiction kept you coming back for more of the same bitter water. When you come to the wellspring of Jesus He fills you with refreshing, cleansing, living water. And you will not struggle with the fear and guilt or anxiety and emptiness.

"Whoever drinks of this water will thirst again but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life." John 4:13-14

Jesus doesn't give you a "sugar high" that last for a short time. He satisfies your thirst in such a way that you know that you will never be satisfied drinking from any other well.

### **He has given you and I all things that pertain to life.**

Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue. II Peter 1:2-3

Again, the Bible teaches that all wisdom and knowledge is found in Christ. All things that pertain to real life can be found in knowing Jesus! Looking anywhere other than Christ is simply a distraction and a waste of time. Peter says that God has given these things to you through the knowledge of Jesus. The closer you are to the Lord, the more you receive the knowledge and wisdom necessary for life and godliness. The divine power needed to obtain these things is provided by the Holy Spirit and the knowledge of Jesus is found by reading and meditating on His Word.

### **He counsels you.**

I know that we have already addressed this topic but some of it bears repeating. Jesus is our Wonderful Counselor.

For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace. Isaiah 9:6

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This prophecy of Jesus calls Him, among other names, our Wonderful Counselor (there are no commas in the original language). We can and we should go to Jesus in prayer before seeking counsel from other men or women.

I will instruct you and teach you in the way you should go; I will guide you with My eye. Do not be like the horse or like the mule, which have no understanding, which must be harnessed with bit and bridle, else they will not come near you. Psalm 32:8-9

In Psalm 32, God promises to counsel you with His eye. This is a close relationship between the one directing and the one receiving the direction. He looks and you know what He means. In order to be guided by His eye you need to be looking at Him.

He also warns us not to be like a stubborn mule that requires a bit and bridle in order to be controlled. How many times did God draw you before you answered? Now that you know Him, submit your life to Him. Keep your eye on Him and follow His direction.

**Warning: as you walk the road with Jesus do not be fooled by anyone who seems to offer you a better deal.** Paul had this concern for the believers in Corinth and it goes for us too:

But I fear, lest somehow, as the serpent deceived Eve by his craftiness, so your minds may be corrupted from the simplicity that is in Christ. II Corinthians 11:3

He was concerned that the Christians in Corinth would be turned aside from the simplicity of trusting Jesus by those who seemed to offer something that was more effective. There have always been charlatans who have tried to draw people away from the simplicity of trusting Jesus. Some want to control you, others want your money, some just want you to buy their books or DVDs. Just keep your focus on Jesus. Isaiah 26:3 contains wonderful promise for those who keep their minds on Christ:

You (God) will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Isaiah 26:3

Do you see the harmony between Paul's concern in II Corinthians and the promise in Isaiah? The verse in Isaiah promises peace to those who simply trust God. You will be at peace if you trust in the simplicity of Jesus Christ. Keep your mind focused on Him.

**Your sufficiency is not in yourself; it is in Christ.**

By now, you probably realize that Jesus Christ is sufficient; He is all that you need. There is one more point that needs to be covered. You may be tempted to believe that you were fairly sufficient before you met Jesus and that you just needed Him to finish the job. Paul corrects this misconception in his second letter to the Corinthian church:

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For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life. Yes, we had the sentence of death in ourselves, that we should not trust in ourselves but in God who raises the dead, who delivered us from so great a death, and does deliver us; in whom we trust that He will still deliver us.

II Corinthians 1:8-10

Many Bible scholars believe that this event occurred in Lystra during Paul's first missionary journey when he was stoned and dragged out of town. Paul says that this situation pressed him beyond the measure of his own strength so that he lost hope in living. Have you ever been in such a situation? You may not have faced the trial of a threatened death sentence but you have faced a great deal of discouragement over circumstances in your life. Why did God permit this to happen? According to Paul it was so "that we should not trust in ourselves but in God who raises the dead who delivered us from so great a death and does deliver us in whom we trust that He will still deliver us!" God allowed Paul to reach a point beyond his ability to deliver himself. He could not save himself by physical strength or his brilliant mental abilities or his powers of persuasion. All that Paul could do was trust Jesus. Jesus' great deliverance increased Paul's faith so that he knew Jesus could deliver him out of any situation he found himself in as a servant of God.

Addiction eventually took you to the point of hopelessness, of being burdened beyond measure so that you despaired even of life. The correct response when you reached this point was not to trust not in your own abilities but in God who raises the dead. He has delivered you from death in sin and continues to deliver. You can trust that He will deliver you daily from the sin that hindered you in the past.

And we have such trust through Christ toward God. Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God. II Corinthians 3:4-5

We don't bring anything to the party. If you have felt that you didn't have much to offer God then rejoice, He has all that you need and He did not expect you to bring anything of your own into His kingdom. Your sufficiency is from God. Amen! Amen! Amen!

**You can rely constantly upon Christ.** Be careful. Some will try to teach that you are sufficient with help from God. The Bible clearly teaches that your only sufficiency is in Christ. In John 15:5, Jesus teaches how much you or anyone else can do apart from Him.

I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. John 15:5

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If you abide in Jesus then you will enjoy a fruitful life but apart from Jesus you can do NOTHING. Philippians 4:13 takes the power of Jesus Christ a bit further when it says, “I can do all things through Christ, who strengthens me.” “All things” includes defeating addictions and breaking down strongholds. Without Jesus you can do nothing; in Christ Jesus you can leave the bondage to sin behind and walk freely into the future.

So, ALL sufficiency is in Jesus Christ and NONE of it is in us. When people see the change that Jesus has made in your life and mine, God is glorified and they know where to go to have their lives changed too. This is the message of II Corinthians 4:6-7:

For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us. II Corinthians 4:6-7

Over and over again, scripture teaches the great news that our sufficiency should not be and cannot be of ourselves. Our sufficiency is in Christ! Now you see why it has been impossible for you to live an abundant life without Jesus. He alone is sufficient and He loves you completely. He has a good plan for your life. Remember, in Jeremiah 29:11 God says, “For I know the thoughts I have toward you, thoughts of peace and not evil, to give you a hope and a future”.

In this chapter, you have learned that your sufficiency in Christ can break you free from the bondage of addiction because ...

- He is the Creator and all things were made for Him.
- All fullness is found in Christ.
- He is my provider.
- He is my healer and deliverer.
- He satisfies my thirst.
- He has given me all things that pertain to life.
- He counsels me.
- I don't bring anything to the party; my sufficiency is in Christ.

**Foundational scripture ...**

**According as His divine power** has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue. II Peter 1:3

**The thief does not come except** to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. John 10:10

**For I know the thoughts that I think toward you,** says the LORD, thoughts of peace and not of evil, to give you a future and a hope. Jeremiah 29:11

**For the eyes of the LORD run to and fro** throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him. II Chronicles 16:9a

**Beyond Addictions**  
Free to Live a New Life In Christ



**Jesus Christ is All Sufficient**

**Assignment 6**

**Name:** \_\_\_\_\_

1. “People without a relationship with their personal Creator are hungering for happiness, meaning and fulfillment but nothing this planet offers can fully satisfy these longings”, says Kenneth Boa. How does this describe your experiences before you met Jesus? \_\_\_\_\_

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2. According to the lesson, how can you triumph over sin and remove addictions from your life?

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3. Colossians 1:16 has some interesting things to say about Jesus. According to this passage, why was the earth and everything in it created? \_\_\_\_\_

Read Revelation 4:11 too. These two passages help us understand the purpose God had in creating you. What is it? \_\_\_\_\_

4. What does it mean to you to know that all fullness is found in Jesus Christ? \_\_\_\_\_

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5. What did Paul mean when he said that “my God shall supply all my needs according to His riches in glory”? \_\_\_\_\_

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6. Compare the satisfaction that Jesus gives to what you experienced before you knew Him.

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7. It is important to receive counsel from God. How does God counsel you? \_\_\_\_\_

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8. John 15:5 says a mouthful. What do you think it means to abide in Jesus? \_\_\_\_\_

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How does abiding in Jesus compare to visiting Him once or twice a week in church? \_\_\_\_\_

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9. What did Paul mean when he said, "Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God (II Corinthians 3:4-5)? \_\_\_\_\_

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10. Please tell me how knowing that Jesus is sufficient for all things can help to free you from addictions? \_\_\_\_\_

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Once you complete this worksheet, mail it to:

Free In Christ Prison Ministries  
PO Box 1492  
Yanceyville, NC 27379

We will review your answers and return this sheet to you along with the next lesson.

## Jesus Christ is Sufficient for All Things

Study the Foundational verses included in this chapter and continue to allow the Lord to transform you by the renewing of your mind. People are praying for you!