

EVERYTHING IN MODERATION by [Infuse Magazine](#)

Addictions can take the form of many different things. We tend to think of substance abuse—alcohol, drugs, cigarettes—when we think of addictions. In reality, addictions can involve almost anything. Work, hobbies, food, electronics, sports, and the internet are some of the many things which can be easily abused. Most will start out very innocent as something to do, or we may think because others around us are doing it, it would be all right to try. This is the great deception and allows us to let our guard down. The truth is, everyone is different and we all have diverse personalities and body chemistry. We might be successful at managing several things in our life which would be considered addictive; however, a few could become uncontrollable and progress into taking us over. Some can be so severe they can alter our personalities, overtake our judgment, and lead to death or destruction of our family. Satan is constantly looking for a way to destroy us and these “vices” can provide direct access to our inner self.

Jesus is the Way

We must guard against these potential vices before they take a hold of us. Once they do, our judgment becomes clouded and we can't see the problem. Should we remove ourselves from everyone and everything? This would not be practical nor achieve perfection, because we need to be tested and even isolation can be an addiction. In order for us to achieve perfection, we must be tried and tempted. It is painful but necessary for us to “unveil” these desires so we can overcome them and be stronger. “For you, O God, tested us; you refined us like silver” ([Psalms 66:10](#)). We must also learn to lean on and support the people we love, especially our brethren. Our church family is so important because they can help us to stay grounded in our faith and remind us to first seek the help of God. Sometimes people will let us down or not provide much help, while others will surprise us and become almost “angelic” in their ability to help us overcome. Lean on those who help, but be careful not to scorn those who cannot. What is important is to reach out for help and be thankful for those who do.

God wants us to be happy and to be successful. He hopes we can achieve all the things which we desire, provided we do it in the right spirit. God is the author of all things and we must accept His way, even if it is not what we want. A simple desire can lead to obsession which can further lead to addiction. These addictions will ultimately take their place ahead of God in our minds and become idolatry. Stay grounded in your faith, always checking your emotions, to guard against evil motivations. **Can you think of at least one aspect of your life in which you would like to improve?** Pray for God's help and commit towards achieving your goal. Understand how it started and what occurred to make it what it is today. **How does it make you feel and why does it stop you from controlling it? Can you overcome it by yourself, and who would be best to help you?**

Take small steps, as success usually comes in small increments. Satan tries to destroy us one thought and one emotion at a time. We must destroy him the same way. God never gives us more than we can handle and that should be your motivation in knowing whatever you are dealing with can be overcome by you, with God's help. Jesus endured every temptation and incomprehensible pain. “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world” ([John 16:33](#)).

Humility is the Key

Humbling ourselves is a very important part of our Christian profession. We must accept and understand our sinful nature in order to detect these addictions as they develop. “When pride comes, then comes disgrace, but with humility comes wisdom” ([Proverbs 11:2](#)). Arrogance allows our weaknesses to gain strength and slowly take us over. Humility can become our security system to alert us as these vices develop. We can recognize danger and react at a much earlier stage, making it easier to correct. Being humble will also allow us to readily accept advice and seek help from others. Some things are wrong and we should not do them at all. Other things we enjoy should always be done in moderation, being careful not to allow it to become an addiction. We must constantly review and reflect on all aspects of our life and desires, to guard against abuse, always enjoying them in the right spirit. Understand we are all sinners and subject to human weaknesses. Satan is also a constant threat to our relationship with God. We must be equally as strong in our faith and our perseverance to perfect our lives. With God's help, we can do anything!