

A photograph of a dog, possibly a pit bull mix, looking out from behind a chain-link fence. The dog is wearing a light blue shirt and dark sunglasses. The fence is made of metal and chain-link mesh. The background shows some trees and a cloudy sky.

UNSTUCK

BREAKING FREE & MOVING FORWARD



OVERCOMING ADDICTIONS

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Galatians 5:1

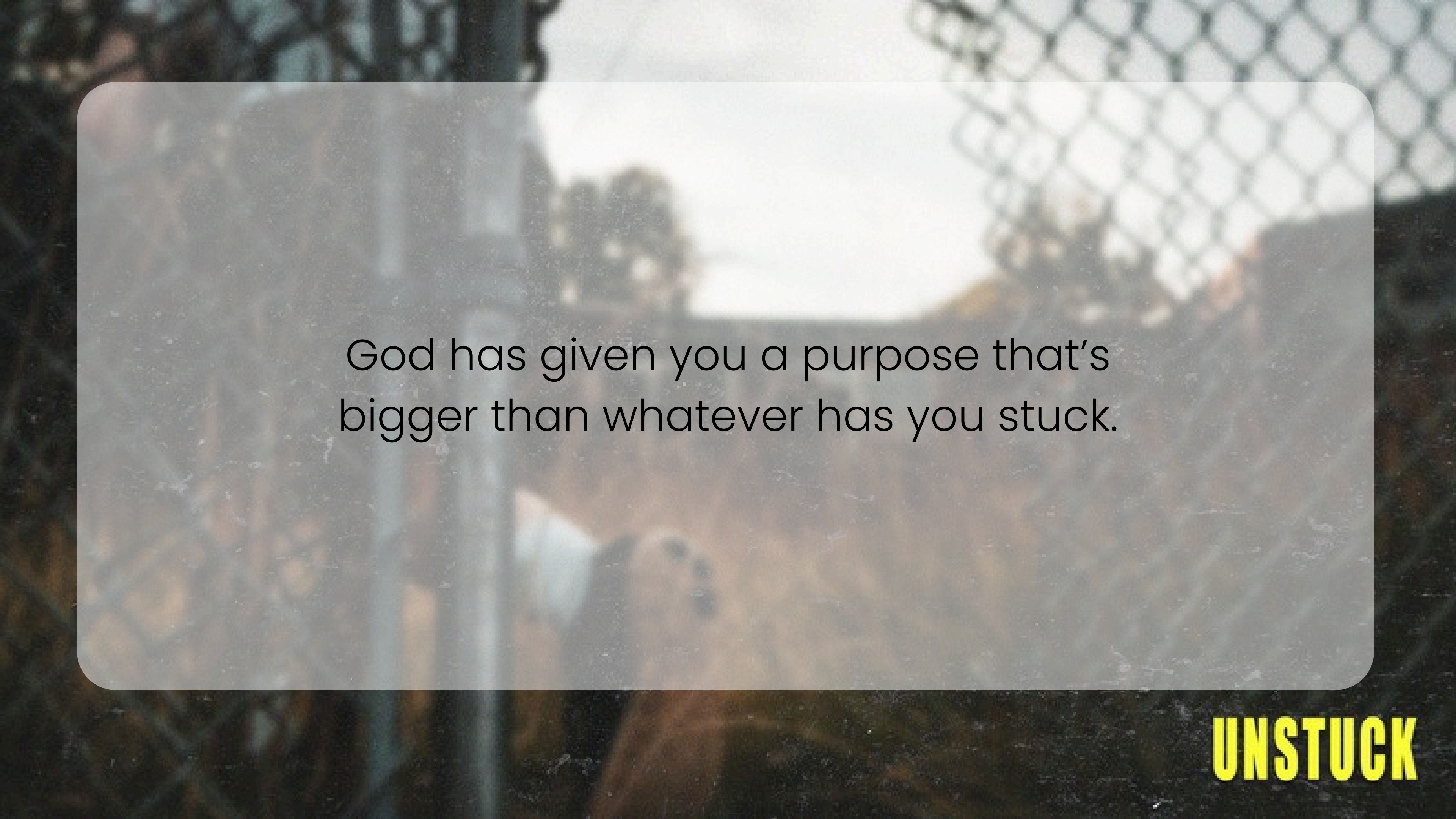
It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

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2 Peter 2:19

People are slaves to whatever has mastered them.

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A blurred background image showing a person climbing a chain-link fence. The person is wearing a dark shirt and light-colored pants. The fence is made of metal and has a diamond-shaped mesh. The background is out of focus, showing some greenery and a bright sky.

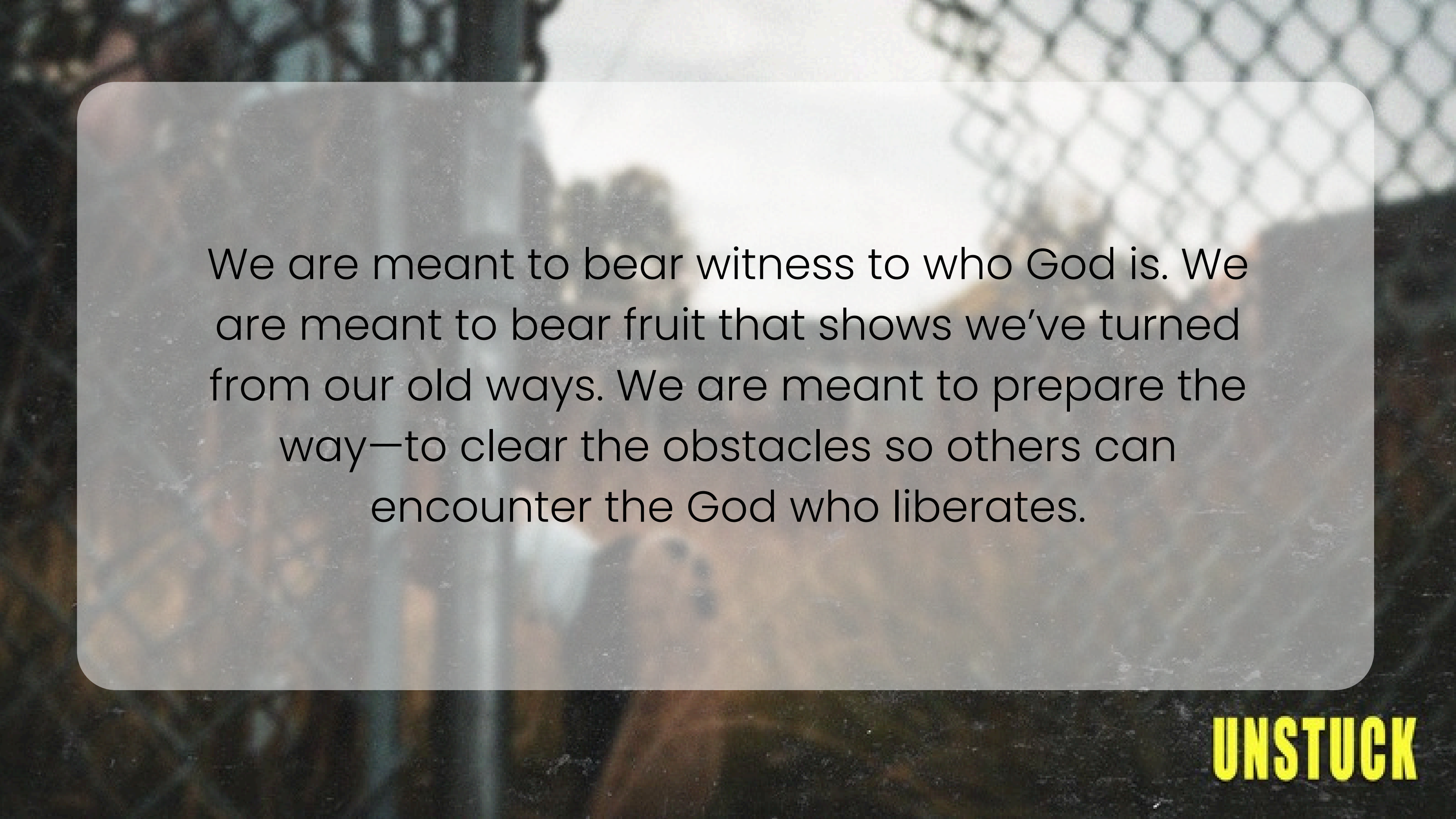
God has given you a purpose that's
bigger than whatever has you stuck.

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Matthew 3:8

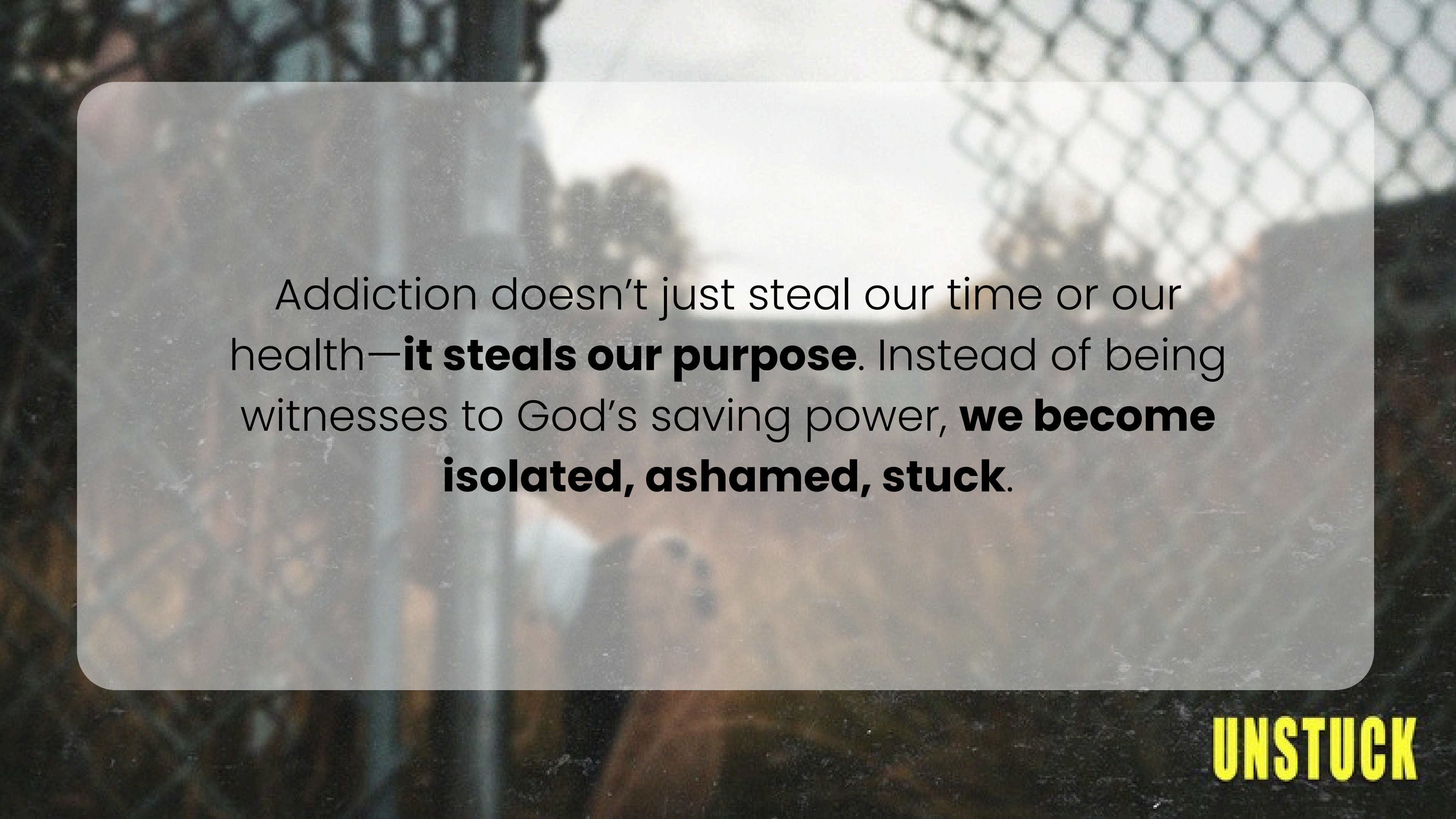
Produce fruit in keeping with repentance.

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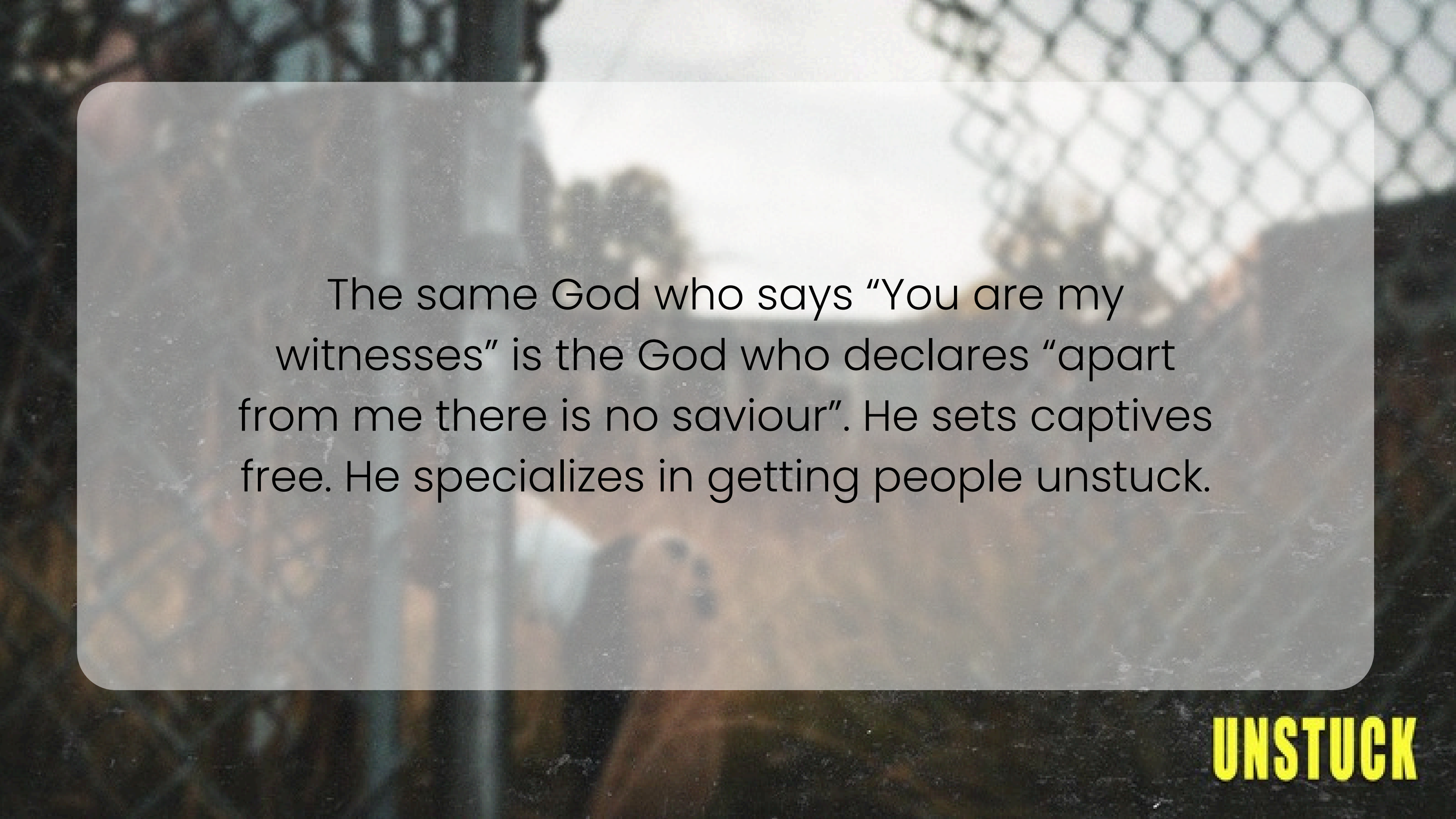
We are meant to bear witness to who God is. We are meant to bear fruit that shows we've turned from our old ways. We are meant to prepare the way—to clear the obstacles so others can encounter the God who liberates.

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A close-up, slightly blurred photograph of a person's hand reaching out and touching a chain-link fence. The hand is positioned in the lower center of the frame, with fingers slightly spread. The fence is made of interlocking metal rings and runs diagonally across the image. The background is out of focus, showing more of the fence and some indistinct shapes. The overall tone is somber and contemplative.

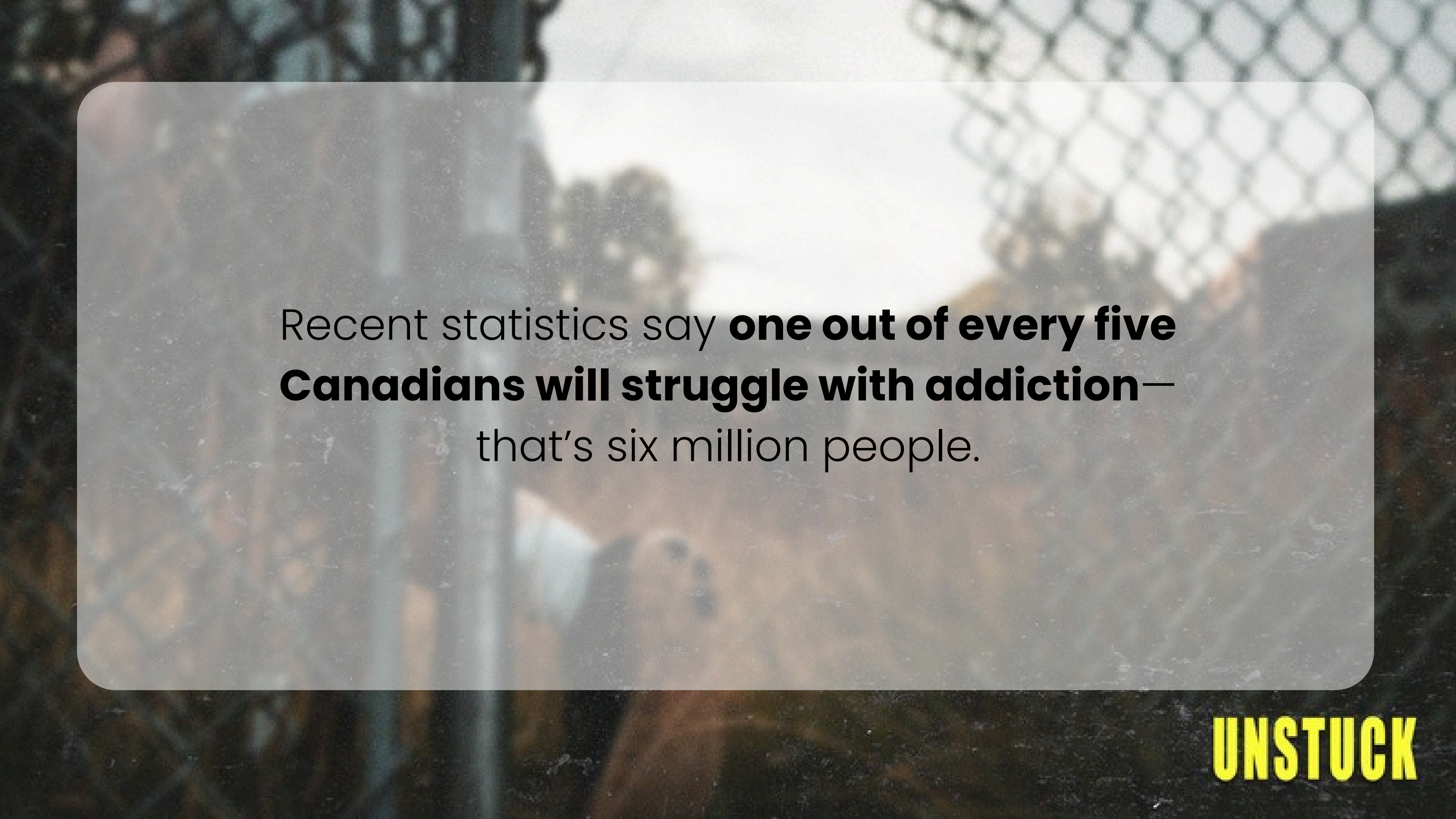
Addiction doesn't just steal our time or our health—**it steals our purpose.** Instead of being witnesses to God's saving power, **we become isolated, ashamed, stuck.**

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A close-up, slightly blurred photograph of a person's hand reaching out and touching a chain-link fence. The hand is positioned in the lower center of the frame, with fingers slightly spread. The fence is made of interlocking metal rings and runs diagonally across the image. The background is out of focus, showing more of the fence and some indistinct shapes. The overall tone is somewhat somber or contemplative.

The same God who says “You are my witnesses” is the God who declares “apart from me there is no saviour”. He sets captives free. He specializes in getting people unstuck.

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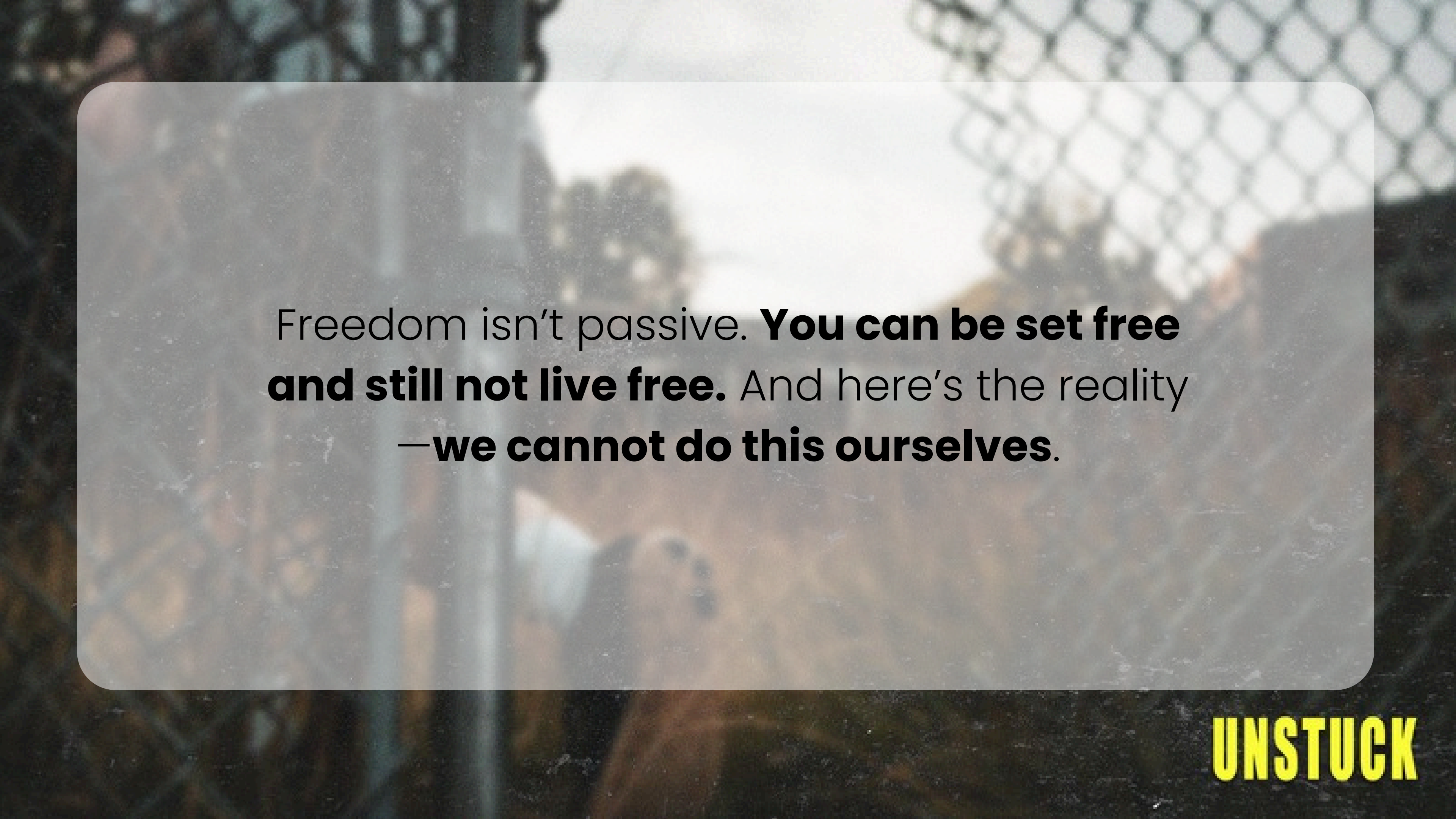
Recent statistics say **one out of every five Canadians will struggle with addiction**—
that's six million people.

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Addiction is whatever we run to
instead of running to God.

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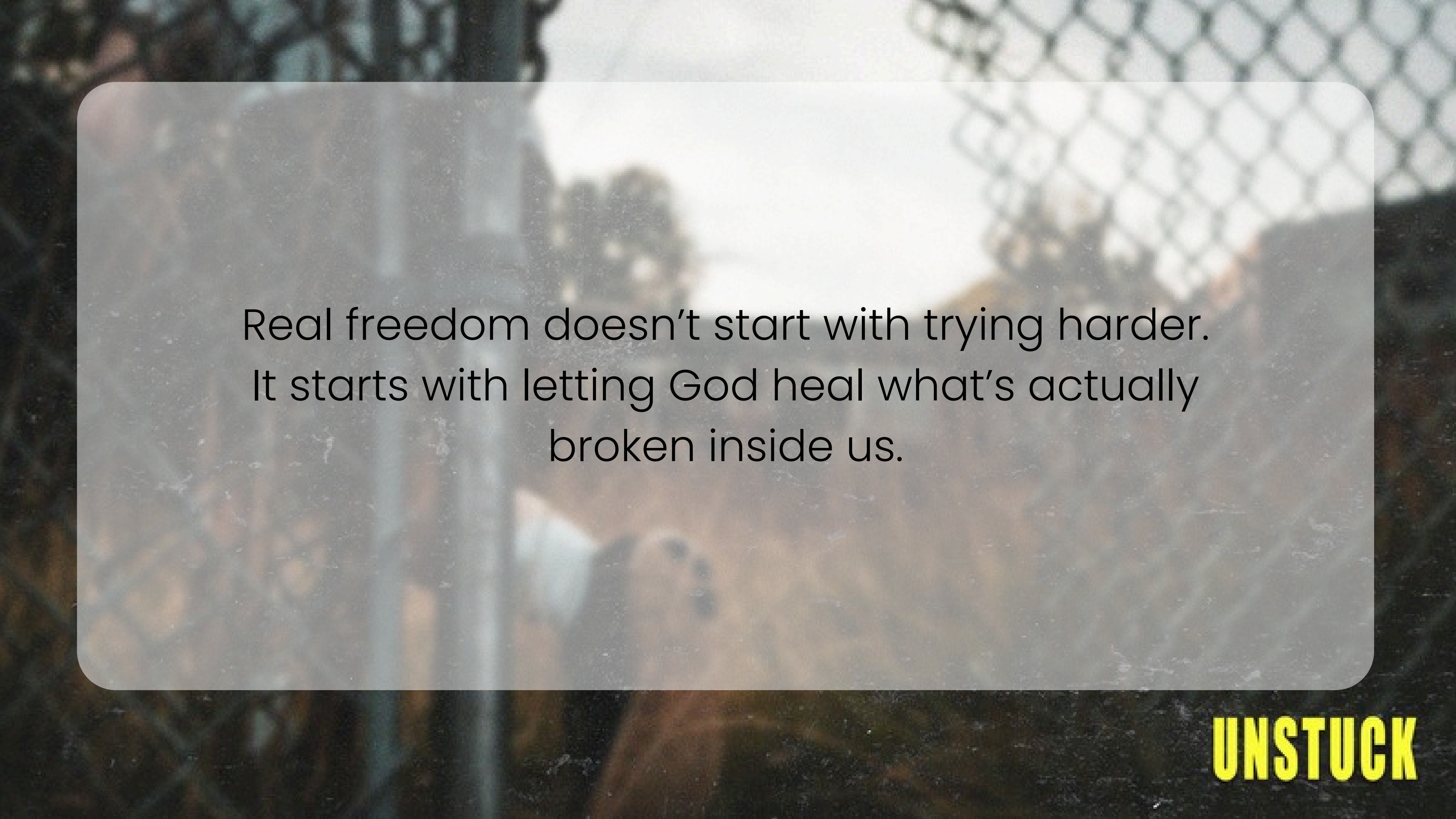
Freedom isn't passive. **You can be set free and still not live free.** And here's the reality —**we cannot do this ourselves.**

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Psalm 23:1–3

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

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A close-up, slightly out-of-focus photograph of a person's hand reaching out and touching a chain-link fence. The hand is positioned in the lower center, with fingers slightly spread. The fence is made of interlocking metal rings, creating a diamond pattern. The background is blurred, showing more of the fence and some indistinct shapes, possibly trees or other structures. The overall tone is contemplative and symbolic.

Real freedom doesn't start with trying harder.
It starts with letting God heal what's actually
broken inside us.

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Proverbs 4:23

Above all else, guard your heart, for everything you do flows from it.

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Matthew 16:26

What good will it be for someone to gain the whole world, yet forfeit their soul?

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Psalm 73:28

But as for me, it is good to be near God. I have made the Sovereign Lord my refuge.

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Psalm 34:18

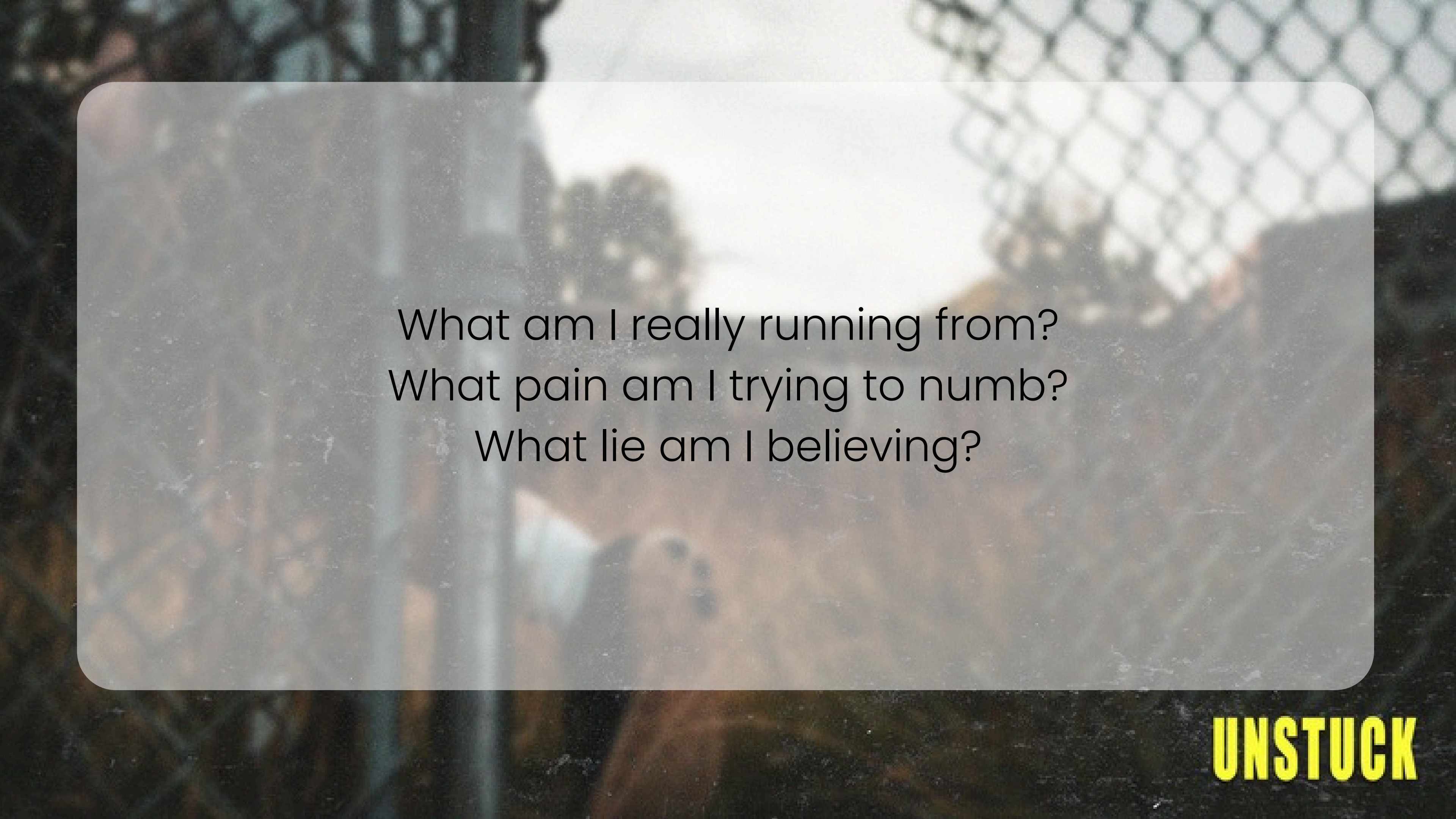
The Lord is close to the brokenhearted and saves those who are crushed in spirit.

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Jeremiah 6:14

They dress the wound of my people as though it were not serious. "Peace, peace," they say, when there is no peace.

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A person is running through a field, viewed from behind. A chain-link fence is visible in the background. The scene is slightly blurred, suggesting motion.


What am I really running from?
What pain am I trying to numb?
What lie am I believing?

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James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed.

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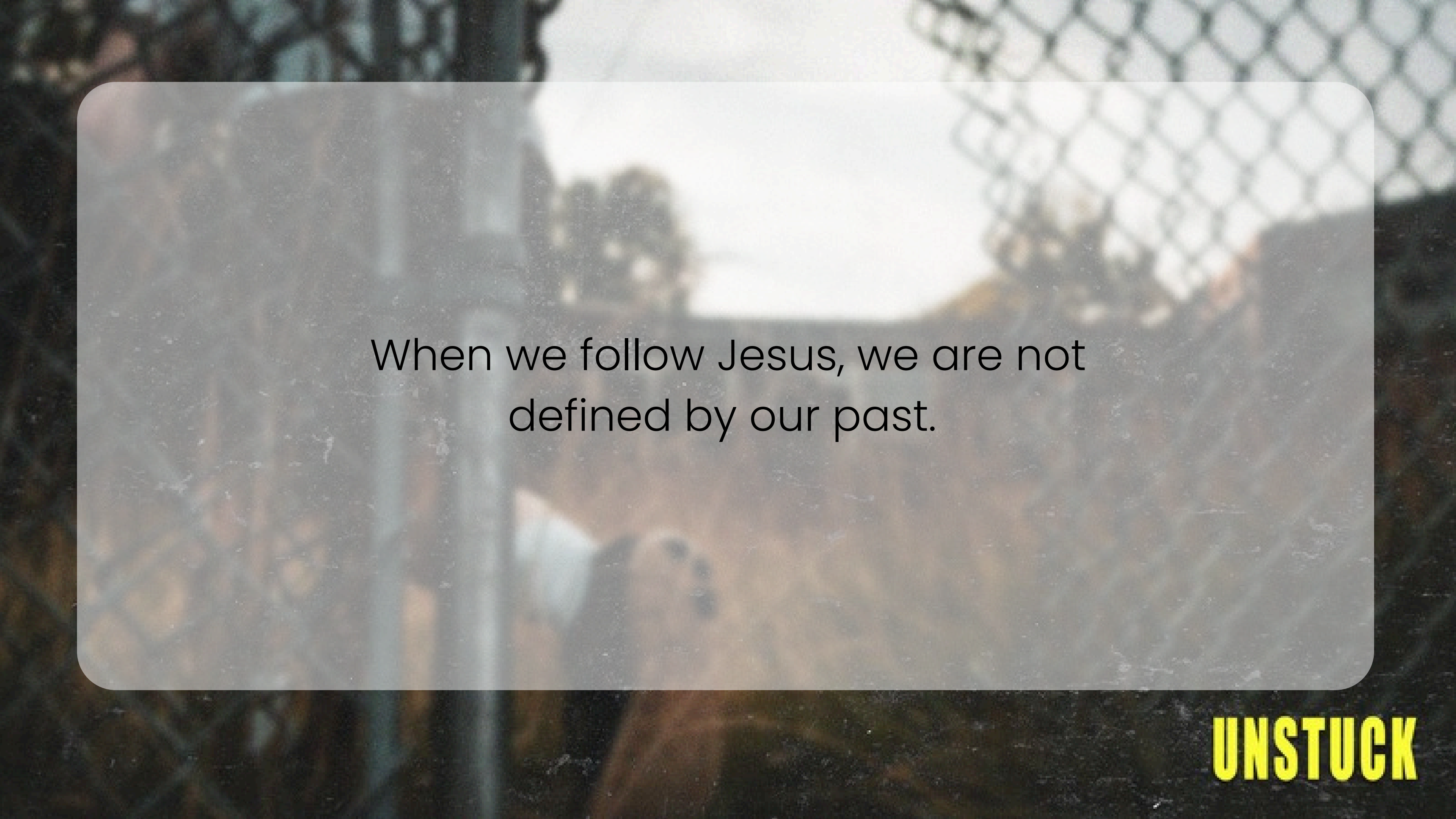
Confession breaks the power
of shame and secrecy.

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1 John 1:7-9

If we walk in the light, as he is in the light... the blood of Jesus, his Son, purifies us from all sin. If we confess our sins, he is faithful and just and will forgive us.

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A blurred background image showing a person in a dark shirt and light pants climbing a chain-link fence. The person is positioned in the center-left, with their arms and legs visible as they scale the fence. The background is out of focus, showing more of the fence and some foliage.

When we follow Jesus, we are not
defined by our past.

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Addiction says, "You're too far gone."
God says, "You're my beloved child."

Shame says, "This is who you are."
God says, "You are a new creation."

The past says, "You'll never change."
God says, "The old is gone, the new is here."

Your past doesn't get the final word. Jesus does.

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Ephesians 4:31-32

Get rid of all bitterness, rage and anger... forgiving each other, just as in Christ God forgave you.

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Forgiveness isn't letting someone off the hook
—**it's letting your soul off the hook.**

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Galatians 5:16

So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

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Ephesians 6:10-17

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

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Ephesians 6:10-17

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace.

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Ephesians 6:10-17

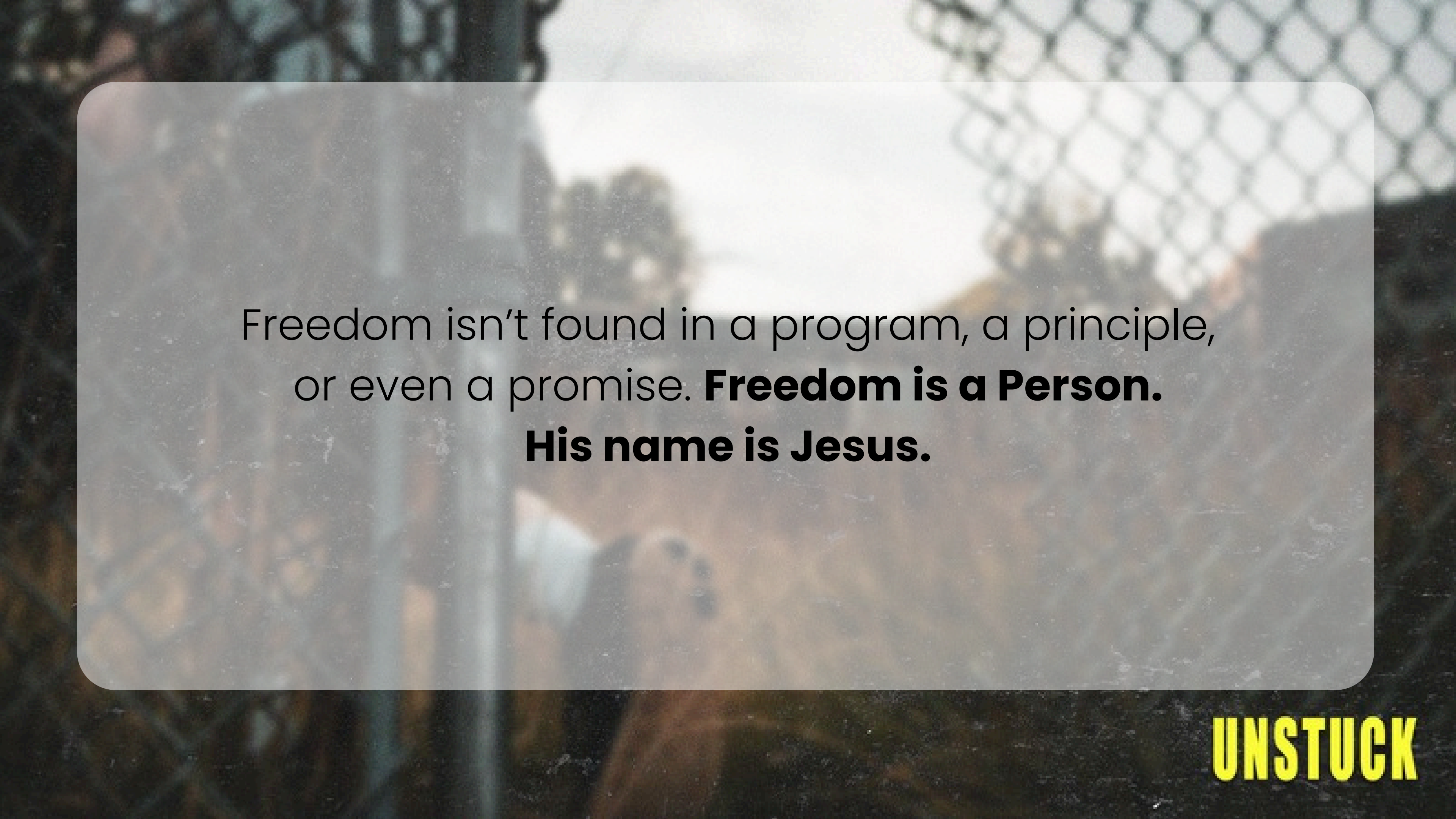
In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

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Hebrews 10:24-25

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, but encouraging one another...

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A person is seen from behind, looking out through a chain-link fence. The person is wearing a dark jacket and a light-colored shirt. The background is a bright, overexposed outdoor area. The text is overlaid on a semi-transparent dark grey rounded rectangle.

Freedom isn't found in a program, a principle,
or even a promise. **Freedom is a Person.**
His name is Jesus.

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John 8:36

If the Son sets you free, we will be free indeed.

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