

A photograph of a person's legs and feet as they climb a chain-link fence. The person is wearing dark pants and light-colored sneakers. The fence is made of dark metal and is set against a bright, overexposed sky. The perspective is from a low angle, looking up the length of the fence.

# UNSTUCK

BREAKING FREE & MOVING FORWARD



**OVERCOMING ADDICTIONS**

**UNSTUCK**

# **Galatians 5:1**

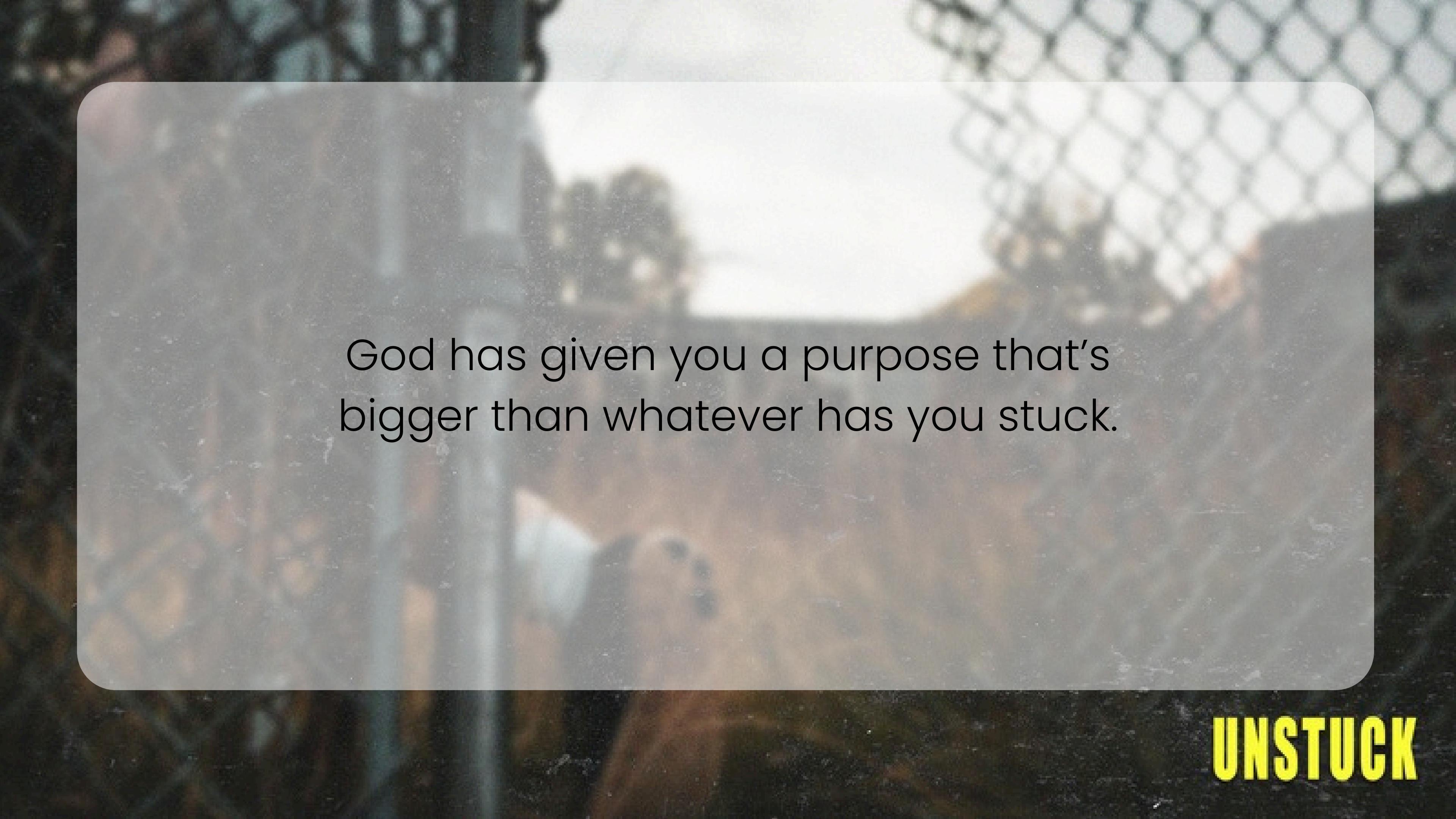
It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

**UNSTUCK**

## **2 Peter 2:19**

People are slaves to whatever has mastered them.

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A person's hand is reaching through a chain-link fence towards a bright, glowing light source. The background is dark and out of focus, with the light source appearing as a bright white circle. The hand is positioned in the lower-left quadrant of the frame, with the fence stretching across the top.

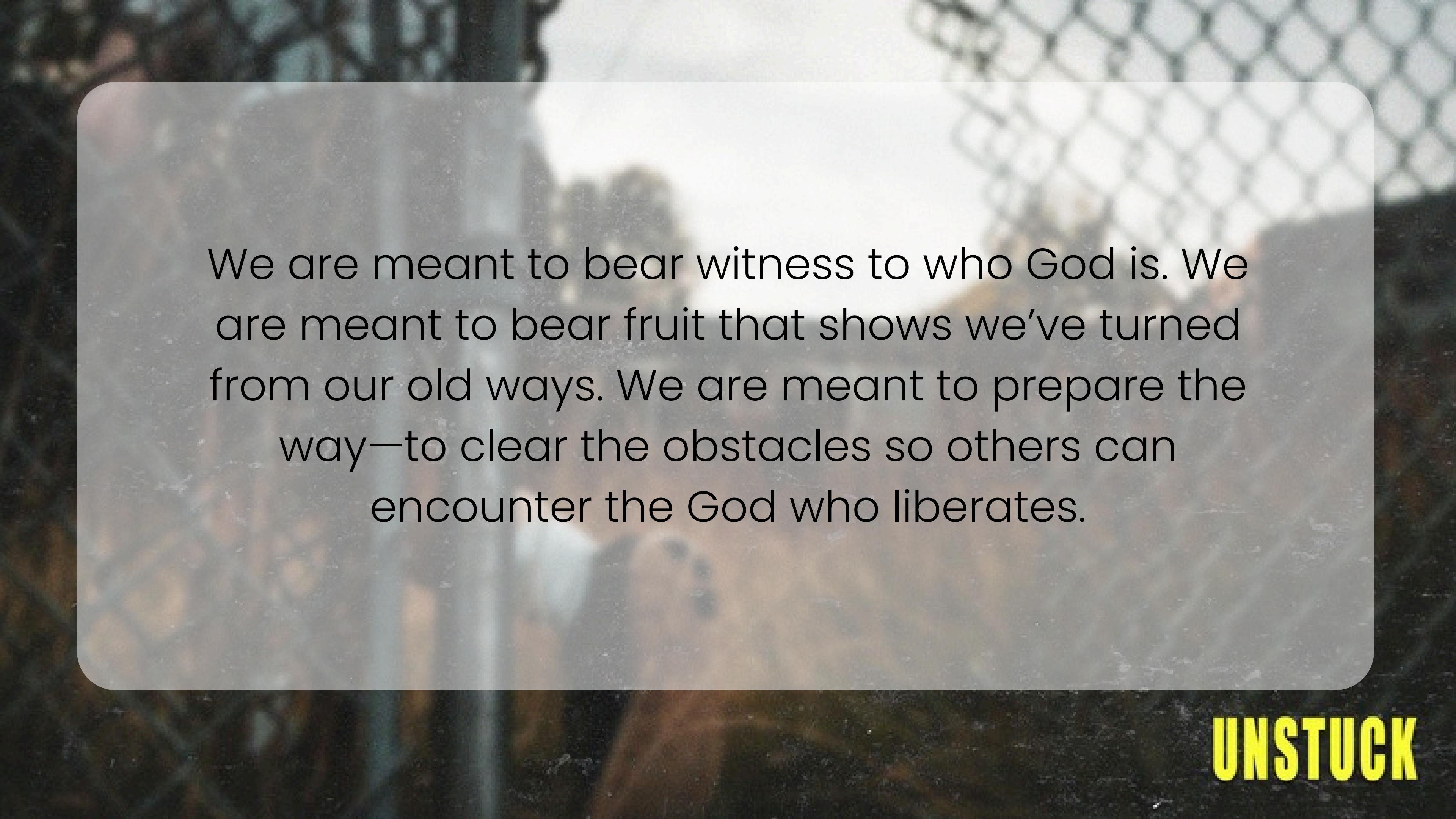
God has given you a purpose that's  
bigger than whatever has you stuck.

**UNSTUCK**

# **Matthew 3:8**

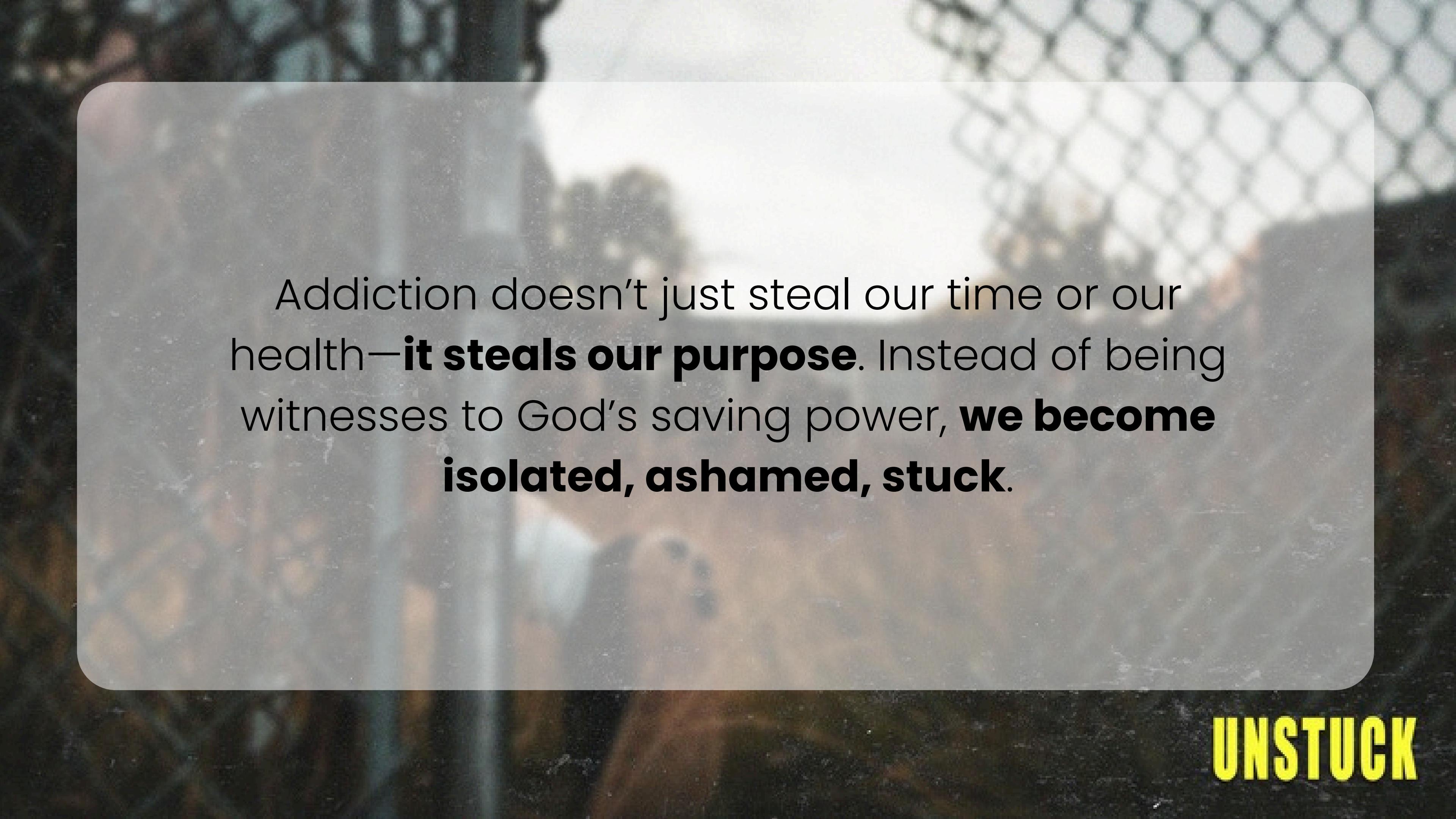
Produce fruit in keeping with repentance.

**UNSTUCK**



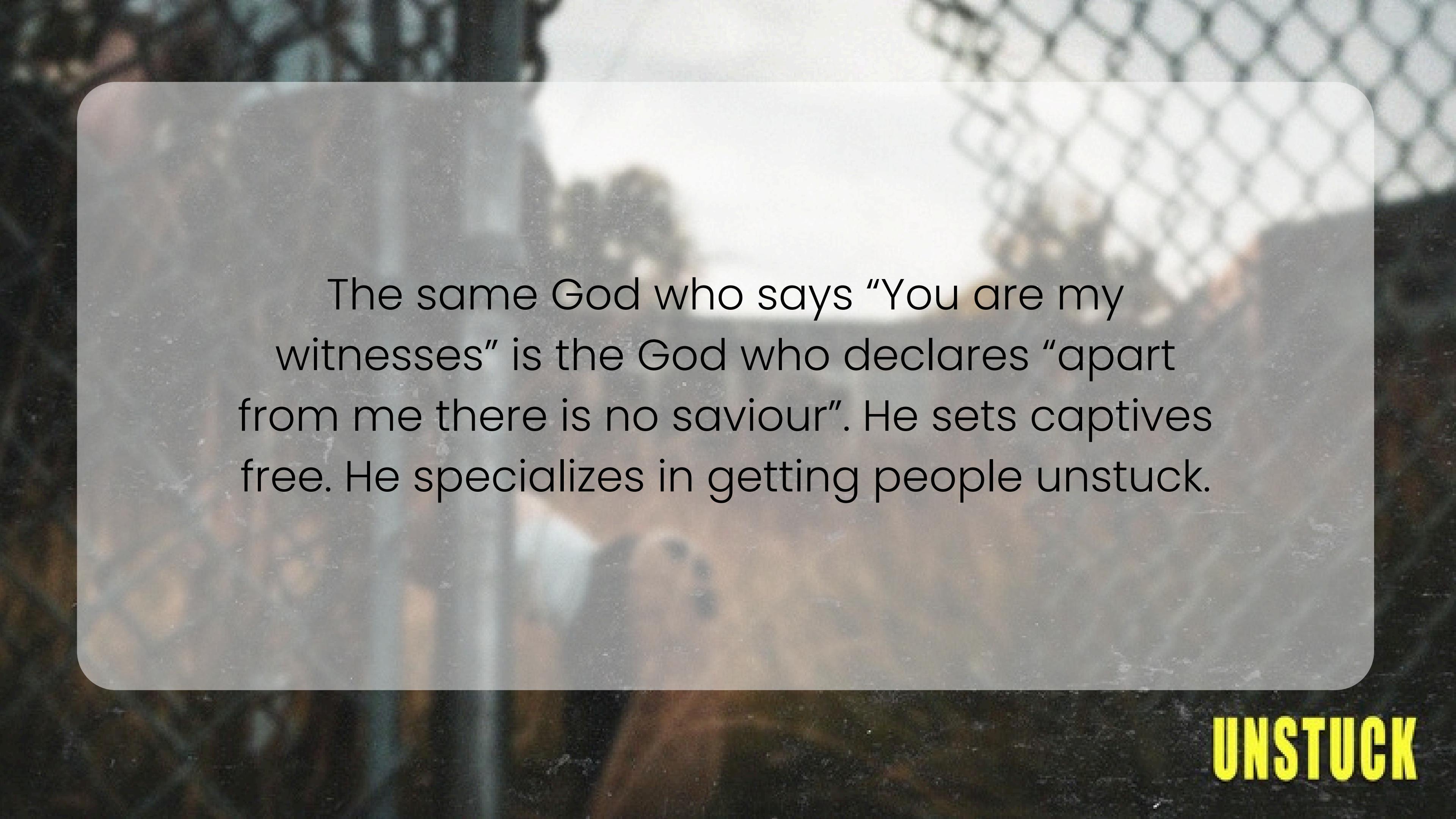
We are meant to bear witness to who God is. We are meant to bear fruit that shows we've turned from our old ways. We are meant to prepare the way—to clear the obstacles so others can encounter the God who liberates.

**UNSTUCK**



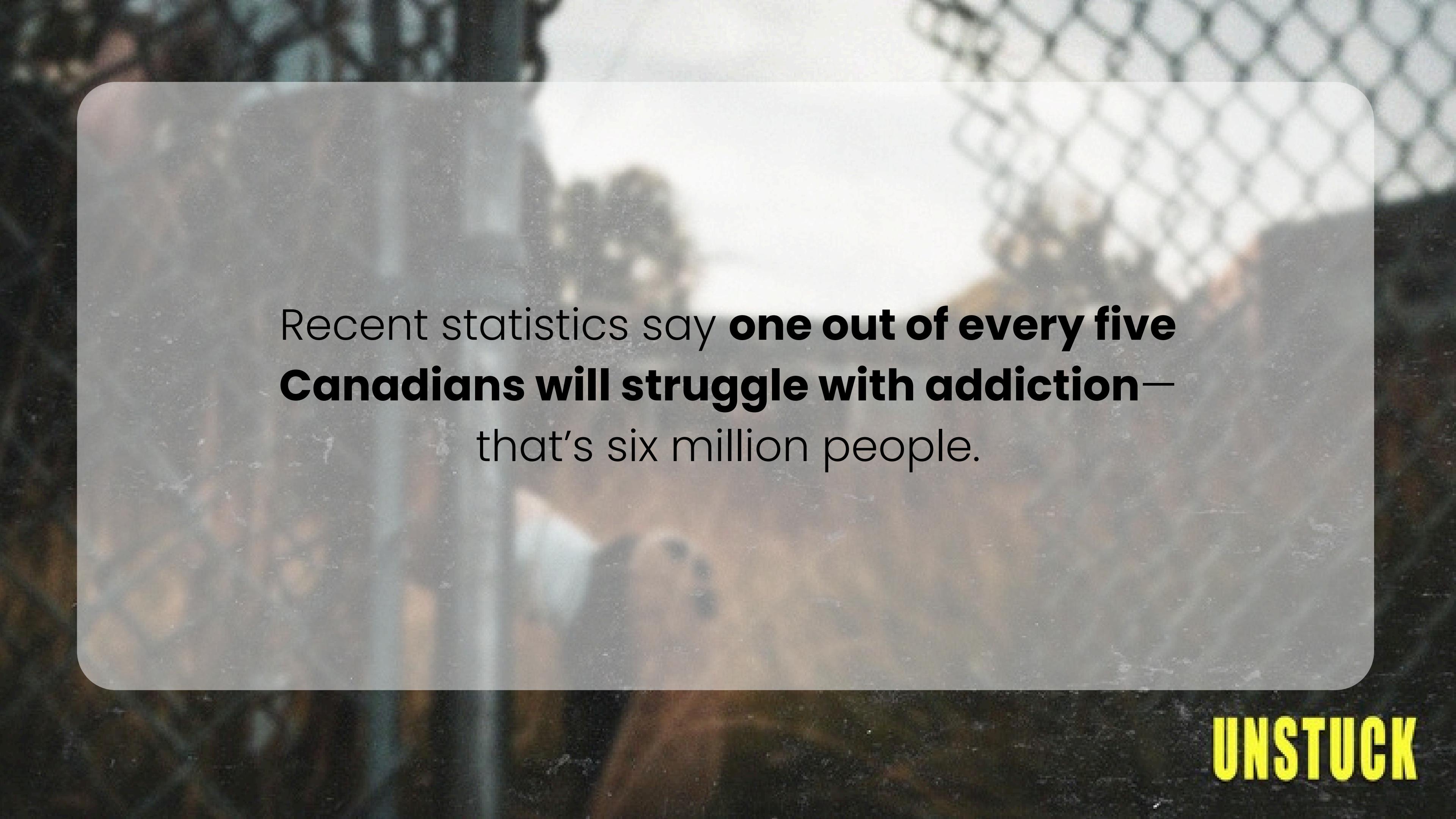
Addiction doesn't just steal our time or our health—**it steals our purpose**. Instead of being witnesses to God's saving power, **we become isolated, ashamed, stuck.**

**UNSTUCK**



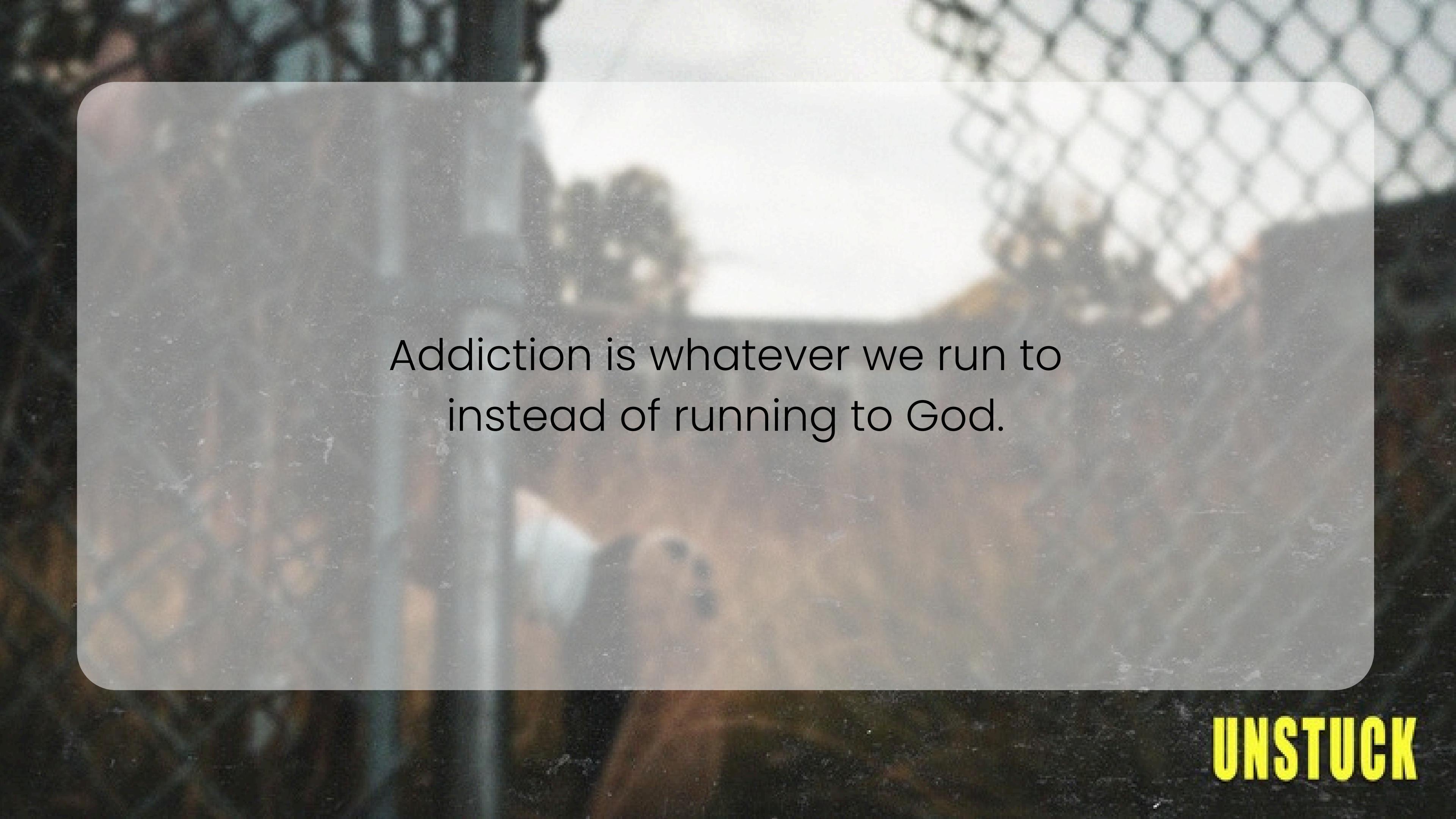
The same God who says “You are my witnesses” is the God who declares “apart from me there is no saviour”. He sets captives free. He specializes in getting people unstuck.

**UNSTUCK**



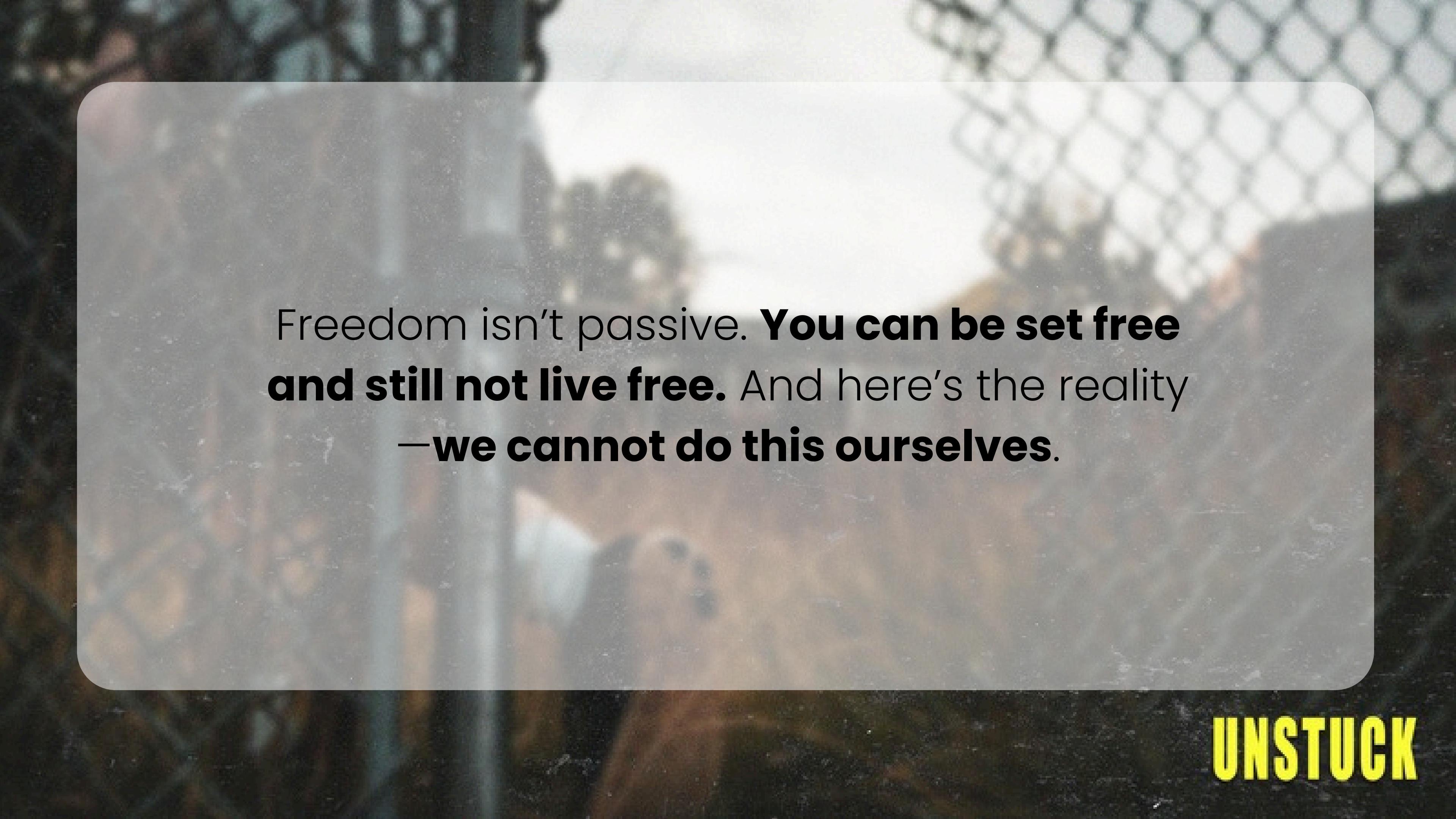
Recent statistics say **one out of every five  
Canadians will struggle with addiction—**  
that's six million people.

**UNSTUCK**

A blurry, out-of-focus photograph of a person running on a path. The runner is wearing a white shirt and dark pants. In the background, there is a chain-link fence and some trees. The overall image has a soft, dreamlike quality.

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

**UNSTUCK**

A photograph showing a person's arm and hand reaching through a chain-link fence. The background is bright and overexposed, creating a hazy effect. The person is wearing a dark long-sleeved shirt.

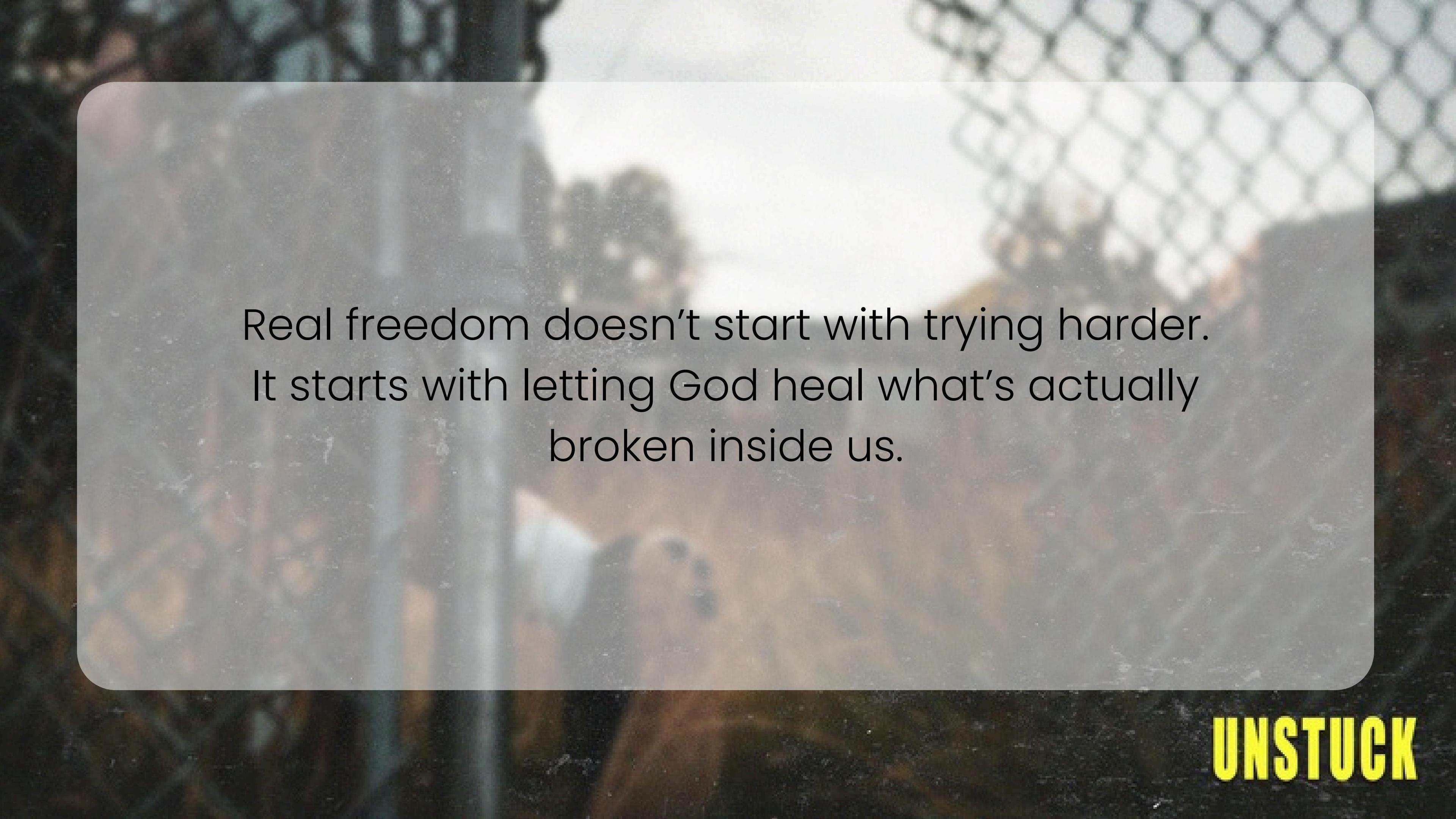
Freedom isn't passive. **You can be set free and still not live free.** And here's the reality —we cannot do this ourselves.

**UNSTUCK**

## 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.

**UNSTUCK**

A photograph showing a person's arm and hand reaching out over a chain-link fence. The background is bright and overexposed, creating a hazy effect. The person is wearing a dark long-sleeved shirt.

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

**UNSTUCK**

# **Proverbs 4:23**

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

**UNSTUCK**

# **Matthew 16:26**

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

**UNSTUCK**

## Psalm 73:28

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

**UNSTUCK**

# Psalm 34:18

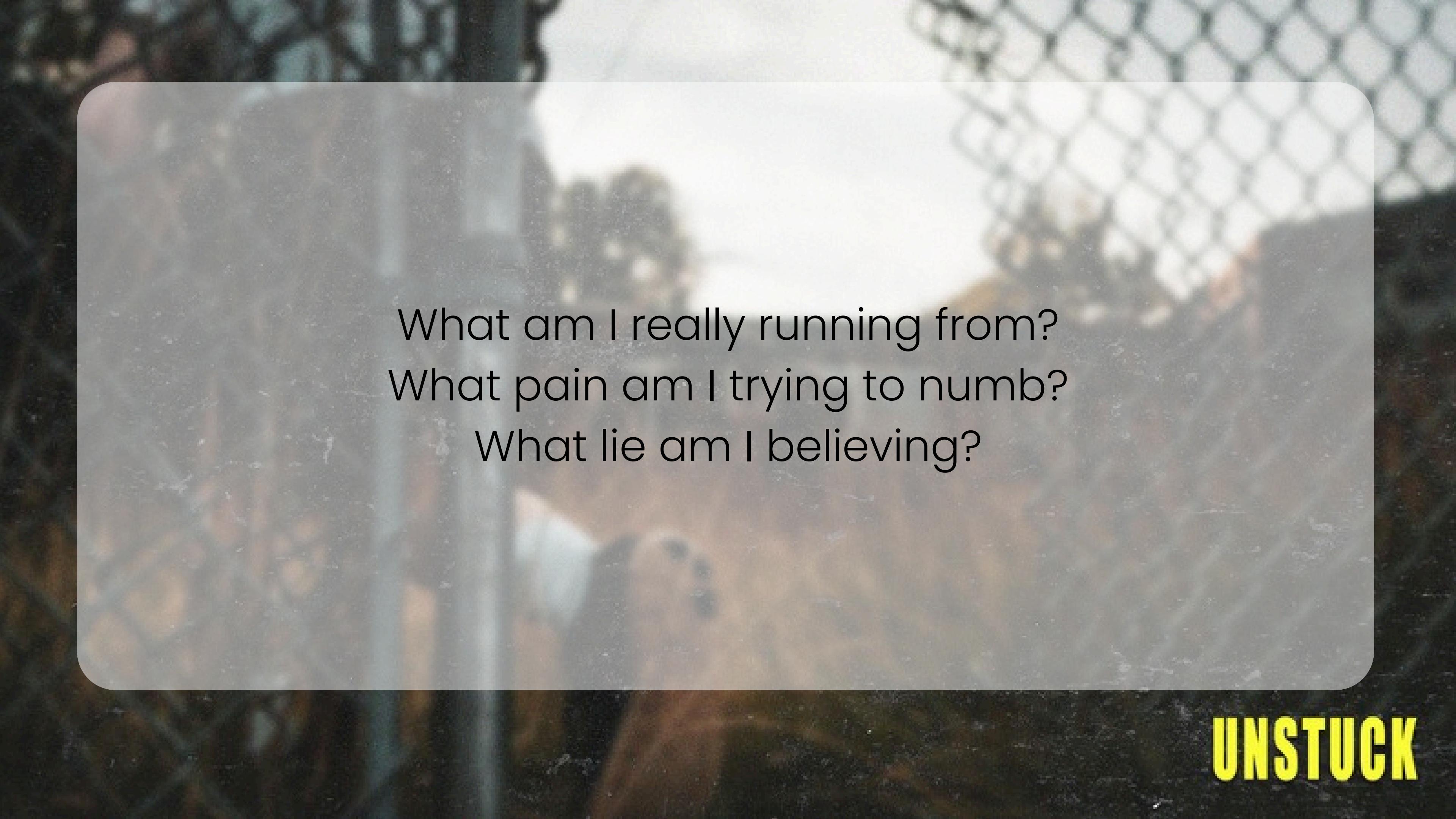
The Lord is close to the brokenhearted and saves those who are crushed in spirit.

**UNSTUCK**

## **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.

**UNSTUCK**

A person is running on a path, blurred in motion. In the background, there is a chain-link fence and some trees. The overall image has a slightly grainy, high-contrast look.

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

**UNSTUCK**

## **James 5:16**

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

**UNSTUCK**



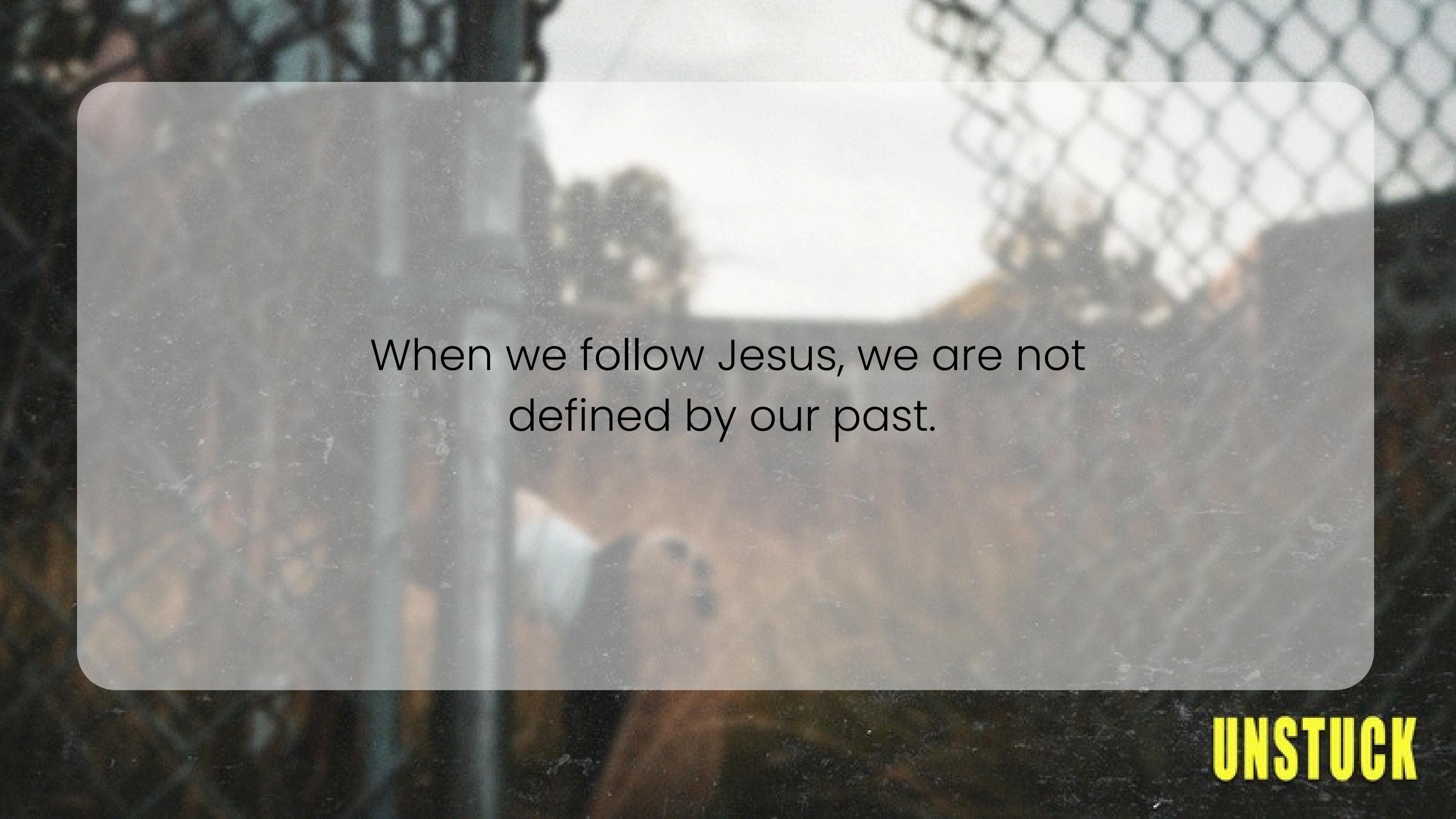
Confession breaks the power  
of shame and secrecy.

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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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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."**

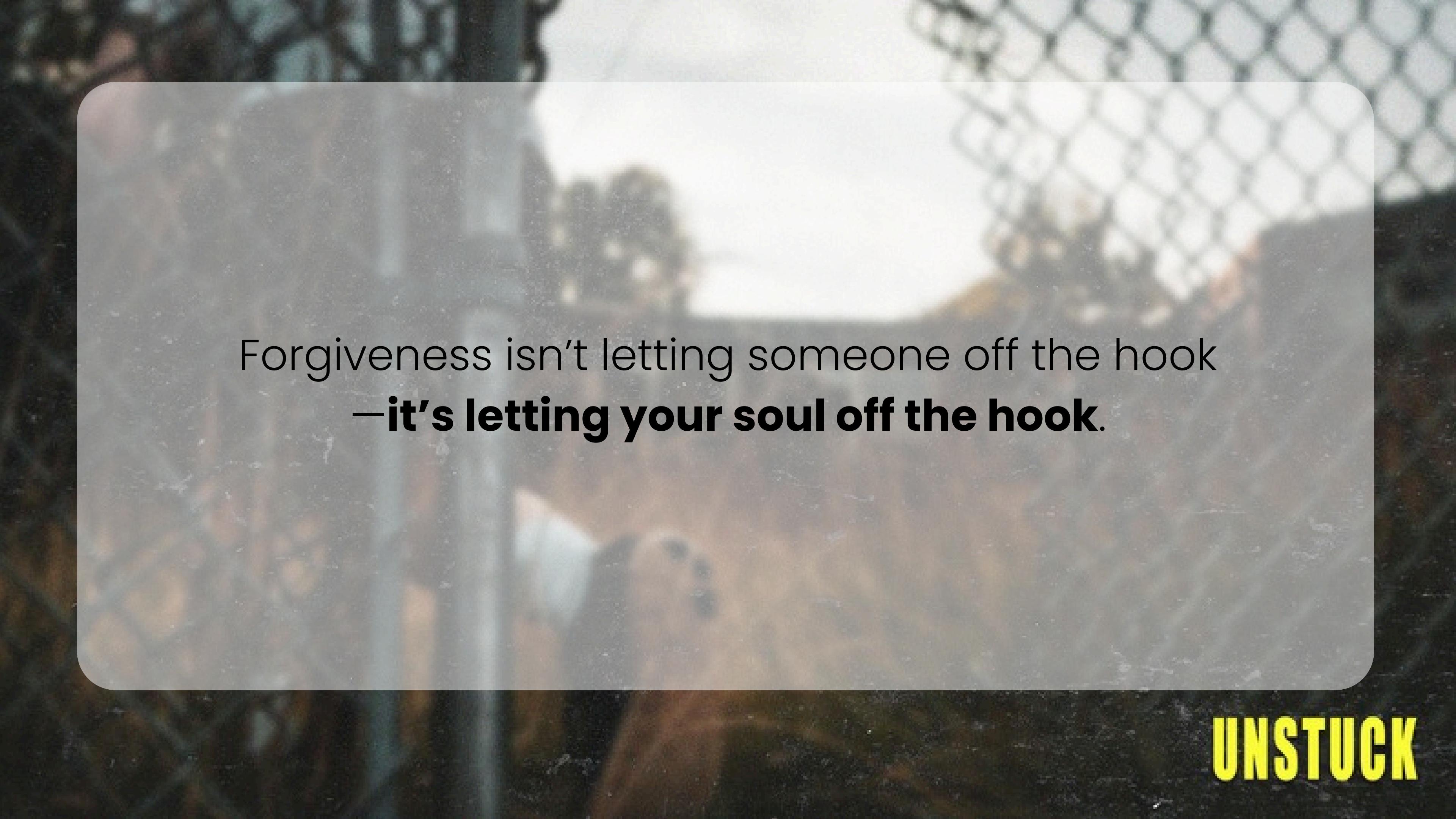
Your past doesn't get the final word. Jesus does.

**UNSTUCK**

# **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

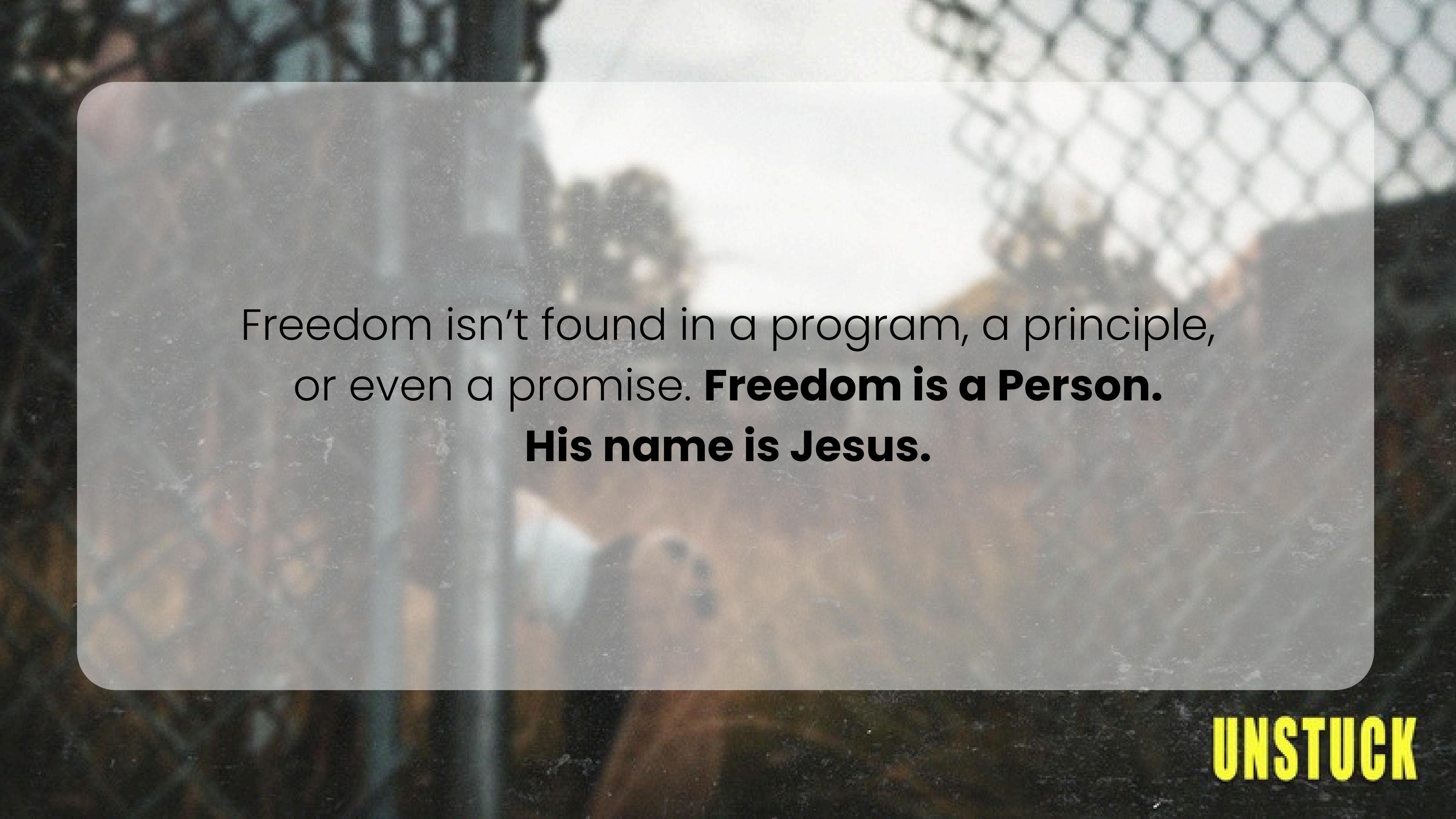
In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

**UNSTUCK**

## **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...

**UNSTUCK**

A close-up photograph of a person's face, which is partially hidden behind a chain-link fence. The person has dark hair and is looking directly at the camera. The background is bright and overexposed, creating a hazy effect. The overall mood is contemplative and somewhat somber.

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

**UNSTUCK**

# John 8:36

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

**UNSTUCK**



**UNSTUCK**