



UNDER HIS WINGS

SEASON 4

EPISODE 61– Christ, Our Advocate Through Recovery

SHOW NOTE HIGHLIGHTS

Episode Show Notes

The [American Society of Addiction Medicine](#) defines addiction as “a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual’s life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.”

It goes on to say “Addiction is an inability to stop using a substance or engaging in a behavior even though it is causing psychological and physical harm.

The term addiction does not only refer to dependence on substances such as heroin or cocaine. Some addictions also involve an inability to stop partaking in activities such as gambling, eating, or working.”

Symptoms

The [primary indications](#) of addiction are:

- declining grades or difficulty at school
- poor performance at work
- relationship difficulties, which often involve lashing out at people who identify the addiction
- an inability to stop using a substance even though it may be causing health problems or personal problems, such as issues with employment or relationships
- a noticeable lack of energy in daily activities
- profound changes in appearance, including weight loss and a noticeable abandonment of hygiene
- appearing defensive when asked about substance use
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<https://www.medicalnewstoday.com/articles/323465>

“My grace is sufficient for all men [and women and children] that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them” ([Ether 12:27](#)).

Consider how precious a soul must be, when both God and the devil are after it.

Charles Spurgeon

<https://tollelege.net/2021/07/03/what-must-it-be-to-lose-your-soul-by-charles-spurgeon/#:~:text=The%20soul%20is%20an%20everlasting%20thing%20like%20God%3B,both%20God%20and%20the%20devil%20are%20after%20it.>

When we yield “to the enticings of the Holy Spirit” and put off the selfish tendencies of the natural man or woman,⁴ we can receive the Savior’s transforming power in our lives, the power to do difficult things.

<https://www.churchofjesuschrist.org/study/general-conference/2023/04/23renlund?lang=eng>



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“...however late you think you are, however many chances you think you have missed, however many mistakes you feel you have made or talents you think you don’t have, or however far from home and family and God you feel you have traveled, I testify that you have *not* traveled beyond the reach of divine love. It is not possible for you to sink lower than the infinite light of Christ’s Atonement shines.”

<https://www.churchofjesuschrist.org/study/general-conference/2012/04/the-laborers-in-the-vineyard?lang=eng>

What are the 12 Steps?

- Step 1
Admit that you, of yourself, are powerless to overcome your addictions and that your life has become unmanageable.
- Step 2
Come to believe that the power of God can restore you to complete spiritual health.
- Step 3
Decide to turn your will and your life over to the care of God the Eternal Father and His Son, Jesus Christ.
- Step 4
Make a searching and fearless written moral inventory of yourself.
- Step 5
Admit to yourself, to your Heavenly Father in the name of Jesus Christ, to proper priesthood authority, and to another person the exact nature of your wrongs.
- Step 6
Become entirely ready to have God remove all your character weaknesses.
- Step 7
Humbly ask Heavenly Father to remove your shortcomings
- Step 8
Make a written list of all persons you have harmed and become willing to make restitution to them.
- Step 9
Wherever possible, make direct restitution to all persons you have harmed.
- Step 10
Continue to take personal inventory, and when you are wrong promptly admit it.
- Step 11
Seek through prayer and meditation to know the Lord’s will and to have the power to carry it out.
- Step 12
Having had a spiritual awakening as a result of the Atonement of Jesus Christ, share this message with others and practice these principles in all you do.

<https://www.churchofjesuschrist.org/study/manual/addiction-recovery-program-a-guide-to-addiction-recovery-and-healing/the-12-steps?lang=eng>