



There is no easy button for life...but there is a way.

*Don't look for shortcuts to God. The market is flooded with surefire, easygoing formulas for successful life that can be practiced in your spare time. Don't fall for that stuff, even though crowds of people do. The way to life, to God, is vigorous and requires total attention. - Matthew 7:13-14 (The Message)*

SUNDAY, FEBRUARY 5 – 2 Corinthians 12:6-10

Sermon: Stop!

*What do our addictions do to us?*

MIND, BODY, and SOUL:

Prayer To Overcome Addictions

Dear God, I come to You as I come to no one else. I am so sorry. I have nearly thrown away my life, my body, my soul—through addiction. But recognition of my addiction has never given me power to control it. You know this. You never blame me. You know the truth.

It seemed to promise so much, this thing I became addicted to. I wound up there because I was trying to escape pain, or I was trying to experience something transcendent, and I got stuck.

But there is a better way to escape pain, and there is a better way to be with You. I can receive an authentic calling from You.

I surrender myself to what I can be—to that highest level to which You call me. I demand, now, in this moment, Father, that You call me—that You call me loudly. And I will come to you. Amen!

- ADMIT TO YOURSELF IF YOU HAVE AN ADDICTION.
- FIND AN ACCOUNTABILITY PARTNER. TELL SOMEONE YOU CAN TRUST. A pastor, teacher, parent, spouse, or school counselor.
- Alcoholics Anonymous – [aahouston.org](http://aahouston.org)
- Pornography Addiction – [xxxchurch.com](http://xxxchurch.com) (tests, help for teens, men and women)
- Read Romans 8:28 - *And we know that in all things God works for the good of those who love him, who have been called according to his purpose.* Continue to read Romans 8:31-39

Share with us your insights (anonymously): [www.cypressunited.org/pages/events/the-easy-way](http://www.cypressunited.org/pages/events/the-easy-way)



Cypress United Methodist Church  
13403 Cypress N. Houston Rd | Cypress, TX 77429  
281.469.0730 | [www.cypress-umc.org](http://www.cypress-umc.org)