

# NSD Notes

*For though I be free from all men, yet have I made myself servant unto all, that I might gain the more. (1 Cor. 9:19)*  
Volume 5, No. 10 March 07, 2010

## Services

- Bible Study ..... 10 a.m.
- Morning Service.....11 a.m.
- Evening Service.....6 p.m.
- Wednesday Meeting.....7 p.m.

## News @ NSD

- **Dema Franklin** – elbow surgery went well; will be in a cast for a few weeks.
- **Robyn Hamilton's** sister, Cathy is awaiting surgery for a broken pelvis and two broken legs.
- **Dema's** sister-in-law – liver and bone cancer.
- **Scott Shaw's** dad, Tommy – battling liver cancer.
- **Martha Holloway's** recurring back and heart ailment.
- **Janna Wells** – back problems.
- Marie Adams – will probably have knee surgery.
- Jeanne Lynne – facing more surgeries.
- Aaron Gibson's brother-in-law, Chris, will have rehab for some time.
- **Jason Henderson** – needs encouragement; keep him in your prayers.
- **Ernest Peeples** – needs prayers of encouragement.

**Sunday Morning Class**  
Psalms

**Wednesday Night Class**  
Character Studies

## ADDICTION – THE SURPRISING TRUTH

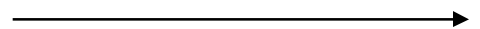
Noted psychologist, Stanton Peele rankled his contemporaries in his 1975 book "Love & Addiction." In his new book "Seven Tools To Beat Addiction" his findings will once again fly in the face of what has become the accepted "standard" that addiction is a virtually permanent brain disease. When the word addict is applied to an individual it incorporates the assumption that he or she can't or won't change. However, as Peele sets forth, this line of "accepted thinking" doesn't correspond with the facts. In the book, he presents data that clearly shows more people overcome addictions than do not and the vast majority do so without therapy! While it is true that quitting a certain behavior or habit may take several tries, eventually most succeed in shaking dependence if that is truly their desire.

<sup>20</sup>But you did not learn Christ in this way, <sup>21</sup>if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, <sup>22</sup>that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, <sup>23</sup>and that you be renewed in the spirit of your mind, <sup>24</sup>and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.

Successful treatment places the responsibility for change firmly on the shoulders of the individual. Therein lies the rub. For currently in our society we have been conditioned to believe that nothing is inherently our fault. We search desperately for excuses as to why; excuses that will ideally deflect the blame. The end result being that the individual is not responsible for their behavior; it is a disease. A recent example of this line of reasoning can be seen coming from the state of Ohio, where a judge, who is an admitted alcoholic,

"sentenced" a pedophile to probation, because as the judge put it, "he has a disease just as do I." With that sentence the judge absolved the guilty party of any "guilt". He couldn't be held responsible for his actions because of a disease over which he has no control! Oh, please, give it a rest! Clearly we have control over what we chose to do.

Adam tried to blame both God and Eve when he transgressed (see Genesis 3:12), but it was to no avail. When David was presented with a situation by Nathan, at first he was enraged at the man portrayed in the example set forth by Nathan. When Nathan said to David, "*you are the man*", David no longer tried to conceal what he had done with Bathsheba and the events that followed. Moreover he took ownership and resolved to make dramatic changes in his life (see **2 Sam. 12:1-25**).



# North San Diego church of Christ

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All are welcome to our worship  
and study meetings!

*... singing psalms and hymns and spiritual songs  
with thankfulness in your hearts to God. Col 3:16*

Who is like the LORD our God,  
Who dwells on high,  
Who humbles Himself  
to behold the things  
that are in the heavens  
and in the earth?  
He raises the poor  
out of the dust,  
and lifts the needy  
out of the ash heap,  
that He may seat him  
with princes  
With the princes of His people.

Psalm 113:5-8

Once far from God and dead in sin  
No light my heart could see  
But in God's Word the light I found  
Now Christ liveth in me

With longing all my heart is filled  
That like Him I may be  
As on the wondrous tho't I dwell  
That Christ liveth in me

Christ liveth in me, Christ liveth in me  
O what a salvation this  
That Christ liveth in me

James McGranahan

## [Addiction...]

People change when they want it badly enough and are willing to exert the strength required to make the change. To take ownership of contrary behavior and to bring self under control. To under go a process where there is a change of mind. Notice what Paul wrote to the brethren in Rome.

*For the mind set on the flesh is death, but the mind set on the Spirit is life and peace. (Rom. 8:5)*

Lay that passage along side with what he penned to the Galatians as seen in the fifth chapter and verses 22 through 24.

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self control; against such there in no law. Now those who belong to Christ have crucified the flesh with its passions and desires. (Gal 5:22-24)*

A renewal of mind, wherein the focus is not on carnal desires, rather it is focused on spiritual matters. As a result there is a bringing of self under control, then surrendering that control to the Master, Who is Christ.

*That in reference to your manner of life, you lay aside the old self, which is being corrupted in accordance with lusts of deceit, and you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of truth. (Eph. 4:22-24)*

Peele in his book outlines the principles of change. What is so striking is the parallel in what he presents and what is found in the pages of God's Word. With the key element being, a resolve on the part of the individual who is willing to accept situations in their life that need correcting and not hide behind a wall of rationalization.

[www.winetkachurch.com](http://www.winetkachurch.com)

**Because Christ Jesus came to the world clothed in humility, he will always be found among those who are clothed with humility. He will be found among the humble people.**

**ELDERS:** Dan Austin, Robyn E. Hamilton

**DEACON:** Matt Wells

**MINISTER:** Dan Austin