

**“The Bondage Breaker:  
How to Turn Your Defeats into V-I-C-T-O-R-Y”**  
[www.pmchurch.tv](http://www.pmchurch.tv)

- **The \_\_\_\_\_ Principle**
  - Luke 8:1-3
  - Luke 11:24-26
  - You must \_\_\_\_\_ what you \_\_\_\_\_.
  - Re video gaming:
    - Philip Zimbardo in an Aug 2011 TED talk: “Boys’ brains are being digitally rewired in a totally new way, for change, novelty, excitement, and constant arousal. They’re totally out of sync in traditional classes, which are analog, static, and interactively passive. And they’re totally out of sync in relationships [with young women], which build gradually and subtly.” ([www.TED.com](http://www.TED.com) TED Talk, Aug 2011/quoted in *Leadership* Fall 2011)
  
- **The \_\_\_\_\_ Plan**
  - #1—Replace hi-visual/hi-tech stimulation with \_\_\_\_\_.
    - Psalm 46:10—“Be \_\_\_\_\_ and know that I am God.”
    - Richard Foster: “In contemporary society our Adversary majors in three things: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.”
    - *Desire of Ages*: “When every other voice is hushed, and in quietness we wait before Him, the \_\_\_\_\_ of the soul makes more distinct the voice of God.” (363)
  - #2—Replace self-absorbed stimulation with \_\_\_\_\_.
    - *Wall Street Journal* “Can Faith Rewrite an Addict’s Brain?”: “Frequent involvement in \_\_\_\_\_ seems to help in the treatment of those who do abuse alcohol and drugs [according to a research report to be released next month in *Alcohol Treatment Quarterly*]. . . . Our study showed \_\_\_\_\_ spiritual experiences predicted abstinence, increased social behavior and reduced narcissistic behavior. . . . Why might this combination work? Neuroscientists, including Andrew Newberg in his 2010 book ‘How God Changes Your Brain,’ are beginning to uncover what happens to the mind when the unconscious neurological foundations of addiction are short-circuited by [1] spiritual awakening and [2] a new focus on \_\_\_\_\_ others. Neuronal pathways in the brain appear to be instantaneously realigned.” (WSJ 3-28-2014)
  - #3—Replace hormonal stimulation with \_\_\_\_\_ /physical exertion.
  - #4—Replace dietary stimulation with \_\_\_\_\_.
    - “I have come to realize that the ‘lust on/off switch’ primarily starts with my \_\_\_\_\_.” (Graduate student email)
    - “Physical habits have a great deal to do with the success of every individual. The more careful you are in your \_\_\_\_\_, the more simple and unstimulating the food that sustains the body in its harmonious action, the more clear will be your conception of duty. . . . The \_\_\_\_\_ has much to

do with the disposition to enter into temptation and commit sin.” (*Counsels on Diet and Food* 52)

- #5—Replace beverage stimulation with \_\_\_\_\_.
  - The stimulation that \_\_\_\_\_ injects into the nervous and circulatory systems, pumping you up before dropping you down, is an artificial stimulation for both you and your body.
- #6—Replace stress stimulation with \_\_\_\_\_.
  - Blaise Pascal, the French mathematician and philosopher and Christian of the seventeenth century, wrote: “All the unhappiness of men arises from one single fact, that they cannot stay \_\_\_\_\_ in their own room.” (Ruth Barton, *Invitation to Solitude and Silence* 9)
- #7—Replace some of your old friends with \_\_\_\_\_.
  - April 16—Wednesday 7 p.m.—a special prayer and anointing service for all
  - Counseling and Testing Center— (269) 471-3470/  
[www.andrews.edu/services/ctcenter/resources](http://www.andrews.edu/services/ctcenter/resources)
  - [www.MichianaSober.org](http://www.MichianaSober.org) for local Alcoholics Anonymous groups
  - [www.alcoholics-anonyous.org](http://www.alcoholics-anonyous.org) for national directory
  - Sexaholics Anonymous/Sundays 5-6 p.m./call Ed (480) 274-8114
  - Google for local information for other 12-Steps

*Desire of Ages*: “Jesus knows the circumstances of every soul. You may say, I am sinful, very sinful. You may be; but the worse you are, the more you need Jesus. He turns no weeping, contrite one away. He does not tell to any all that He might reveal, but He bids every trembling soul take courage. Freely will He pardon all who come to Him for forgiveness and restoration.” (568)

*You must replace what you remove!*

Replacement, replace, remove, Replacement, silence, still, noise, hurry, crowds, silence, service, spiritual activities, daily, helping, exercise, simple foods, fork/spoon, diet, diet, water, coffee, rest, quietly, new ones,

**"THE BONDAGE BREAKER"**

**CONNECT CARD**

Mr. / Mrs. / Miss / Ms.

Change in contact information

April 12, 2014

Name: \_\_\_\_\_

Email: \_\_\_\_\_

1st Time Guest  2nd Time Guest  Regular Attender  Member

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Best Contact Phone: (\_\_\_\_) \_\_\_\_\_

**YOUR AGE GROUP:**

Junior  High School

Collegiate  20s

30s  40s

50s  60s

70s and up

If guest, how did you hear about PMC? \_\_\_\_\_

(Flyer, TV, Google search, name of person who invited you, etc.)

**Place this card in the offering plate or hand it in at the Welcome Center as you leave.**

**MY NEXT STEP TODAY IS:**

- I choose to implement the seven-point replacement plan through Jesus' power.
- I would like special prayer for my battle with addiction—I hope to be at the April 16 prayer service.
- Please send me "Twelve Steps—A Process for Christian Growth."
- I would like prayer today and will come forward at the end of the service.

**I'M INTERESTED IN:**

- Beginning a relationship with Jesus
- Information on baptism
- Information on church membership
- Becoming a GROW Group leader
- Receiving Bible studies

Comments, Prayer Requests: \_\_\_\_\_

**Place this card in the offering plate or hand it in at the Welcome Center as you leave.**

Feel free to mail this in to:

New Perceptions  
Box 0970  
Andrews University  
Berrien Springs, MI 49104-0970