

The Most Excellent Way

You're Not Addicted

You do not have an addiction if you can answer **No** to **All** of the following questions.

- Do you have some behavior that you are ashamed of?
- Do you have some behavior that you hide, and keep secret?
- Do you lie to cover any of these secrets?
- Do you try to stop, but always go back?
- Has any family member or friend told you that you have a problem?
- Do you have trouble being honest about how you feel?
- Do you stuff or cover feelings, so you are not even sure what you feel?
- Do you ever blame others, and justify your own behavior?

If you answered yes to any of these questions: The Most Excellent Way could help you with the solution and Biblical answers to these things. You do not need to have a major problem to benefit from The Most Excellent Way.

We know that an “addiction” meeting is uncomfortable; but we are **not** our addictions; our identity comes from Christ. We are however Christians who struggle with the issues of life and need victory in Christ.

We have Biblical answers to life's difficulties and troubles that come our way. Jesus said that in this life we will have trouble, but he has overcome the world. (Jn 16:33) And that He has come to set you free. (Jn 8:31-36)