

Angie's Marriage Column ~ August 25, 2010

Conquering Addiction (Overcoming Anger) through Jesus Christ Understanding the Twelve Steps of AA

Ask Angie: Angie- My husband & I married last October. We had known each other since jr high school but went our separate ways. I was involved in a 27 yr relationship- never married & believed in the Lord but never went to church or walked with the Lord during that time. When my now husband and I got together- he had been born again- is currently a recovering alcoholic. He attends AA mtgs on a regular basis and I believe he has that part under control. However, his anger, rage, verbal abuse have really come to head since we got married. It's almost as if he repressed all those emotions until we married & now they've come to light. We can't communicate w/out him going into a violent rage and storming out of the house- he has no interest in a physical relationship- we tried talking to our pastor & he even flew into a rage there. Every day I walk on eggshells. I'm at a loss and don't know where to turn. I pray all the time- read the word- as does he but somehow we seem to be under attack by Satan. Any advice you could give me would be greatly appreciated. I love your website...thank you for all your help.

Please email this marriage column to your husband. He should know how you feel and should also be given the encouragement to do something about his anger problem so you can start to love one another in the ways designed by the Architect of marriage. You can't change or control what your husband does but you can encourage him and be supportive if and when he does decide to get the healing that he needs. Proper expression and [communication](#) is very much needed here. Click on all of the links within this marriage column for a better understanding of this issue.

Marriage Guidance: I am sorry that you are going through such a difficult time in your marriage. Your husband still has much healing to do for total sobriety, which is being healthy, not just physically, but emotionally and spiritually as well. Try and not be around him during his angry moments—I know it is hard not knowing if or when he will explode, but try and overlook these offenses through emotional detachment.

A very informative ebook for helping you to detach is called "[How Do I Detach From My Alcoholic Spouse](#)". The same principles apply to any addiction and even to those with abusive and angry behavior. [There are ways to productively release anger and there are ways that a spouse can help with this.](#) It is difficult to dredge up past experiences, no matter how traumatic they may be...it makes us vulnerable and fearful because we don't know how to handle these past experiences and is probably why some of us hold in negative emotions and then explode.

What is reality telling us? Do you think that your husband would be hurting himself or his wife with his angry outbursts and explosions if he were *walking in God's Truths and in God's Spirit*? Being born again means we are "new people" with "new minds" and with "new attitudes of the heart", which means yes, we may get angry but we will also know the right ways to deal with our [negative emotions](#) and will not make anger our lifestyle.

"Therefore if any man be in Christ, he is a new creature; old things have passed away; behold all things are become new." (2 Corinthians 5:17)

Please do not take offense with what we are saying here...we are only trying to help those who have not yet put their faith into action to "see" what they are doing to themselves and to their families. It is to your benefit to try and understand what it is God wants you to do, and then pray about it and sincerely ask Jesus Christ to show you the way He wants you to go. Jesus will take away your pain but you have to actually give Him your pain—quit hanging on to this life. Let Go and let God! God does not want superficiality—He wants your heart and your mind, which is your [faith and trust in Him](#).

Addicts become addicted to a substance of choice to help them deal with past painful issues and traumatic experiences. Emotionally alcohol is used as a band aid to temporarily cover-up the pain. It's like taking aspirin for a headache without ever finding out what the cause of the headaches are from. In other words, "the drinking" is how your husband treated his inner issues and now that he is not drinking his emotions are coming out in angry explosions. But without actually going back into his inner self and releasing these traumatic pangs that he is feeling, he will continue to be an angry and bitter person.

Your husband is living in his anger and that means he has not given his burdens up to the ONLY One that can heal him. Unfortunately, you can't do that for him—he has to realize and accept that He needs God's healing for himself. He has to take his faith to a whole new level. Right now he is reading the word but he is not doing anything different with his life. He must put that passive faith into action through [trust and faith in God](#), which brings us blessings!

"But be ye doers of the word, and not hearers only, deceiving yourselves. For if any be a hearer of the word, and not a doer, he is like unto a man, beholding his natural face in a glass. For he beholdeth himself, and goeth his way, and straightaway forgotteth what manner of man he was. But, whosoever looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed." James 1-22-24

"Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven." Matthew 7:21

If God says He will heal us then why are we going to counselors, psychologists, therapists, doctors, and AA meetings? It's because these are the things we are putting our trust and faith in...but they are not working!!!

We call out Lord, Lord but instead of letting the Lord go to work in our lives we put our faith in other things and look, we're still hurting; we're still in pain! Why are these things not working? Because these things don't really know us, or care about us, or know how to fix us, Because God is our healer!

Who his own self bare our sins in his own body on the tree that we, being dead to sins should live unto righteousness: by whose stripes ye were healed. 1 Peter 2:24

Yes, we talk about our belief in God but we are not truly putting our faith into what He can do for us! We have not yet died to our sins if we are still living our lives in sin—slavery to sin. We're essentially controlling our own lives through our own understanding and knowledge rather than putting our trust in God and [receiving wisdom and knowledge from Him!](#) Where is our faith to believe what God says for us as truth for our lives!?

“Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water. Let us hold fast the profession of our faith, without wavering; (for he is faithful that promised.).
Hebrews 10:22,23

Does AA Really Work?

First of all, do we really need to go to AA meetings to get sober? Not really. But let us not discourage you from going to AA meetings because of what we say. I personally did not get sober through AA. It was only through my pleading for God's mercy for my wretched and sinful life, was I given the ability, through the Spirit of Jesus Christ to abstain from alcohol and become happily and peacefully sober for good. And you can do the same. My personal testimony is in these two books [The Alcoholism Trap](#) and [Journey on the Roads Less Traveled](#)

If a person were to go through the process of the 12-steps, believing that God the Father of creation is their higher power, and if they accept Jesus Christ as their personal Savior while doing these steps in faith and sincerity, the 12-steps would actually work! It is of my opinion that many people superficially walk through the 12 steps, not really walking in true faith in Jesus Christ. For if they were, more people would be happily and peacefully sober. The 12-steps *can* be an important part of sobriety when used in the proper ways.

How to Work the 12-steps

You say that your husband has the AA meeting part under control. Does he really? Is he working the 12 steps? How long has he been going to AA? What step is he at now? Let us show you a new way to go through the 12 steps from the comfort of your own home.

The 12-steps, to work in our lives must be applied through biblical application and understanding. An example of this is shown below. Without understanding the biblical application the 12 steps are something that one does in vain.

Step 1: We admitted we were powerless over alcohol—that our lives had become unmanageable.

To understand the first step is to understand where we are at in our life, in our addiction and with our negative emotions, such as anger. You see addiction, addictive behaviors and symptoms of addiction (anger) all keep us from God. Sin keeps us separated from God's love for us.

So not until we admit and realize in our hearts and minds that we are powerless over our addiction and powerless over our anger can we even begin to see God's truths for our lives! So this step is very important. We must realize that we cannot control our lives to an outcome we want, or *think* that we want and need. And that is because God created us, He knows what we need!! That means we have to give up control.

Step 2: Believed that a power greater than ourselves could restore us to sanity.

This is where faith in God through Jesus Christ comes in. We have to truly "know" that God is our healer!

"This is a faithful saying, and worthy of all acceptance, that Christ Jesus came into the world to save sinners; of whom I am chief." (1 Timothy 1:15) AA doesn't save us, God does! We don't, or we can't truly get sober through our own will—it is only through God that we are freed from this life of sin.

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood him!

We Have to Give Up Control By Denying Self—Dying to Our Sins

Step three is the same as denying ourselves, taking up our cross and being crucified with Christ. How can a person be born again if they have not died? This is not just a decision but an act in faithful acceptance. We cannot serve our own will and do God's will at the same time...it will not work!

"Knowing this that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin. For he that is dead is freed from sin." (Romans 6:6-7)

Step 1: Admit and acknowledge that we need God because our lives have become unmanageable. Love God with all of our heart, mind, and soul.

Step 2: Put our faith in Jesus Christ because of our love for God

Step 3: Carry out our faith by actually “giving up” our selfish desires and being crucified with him (Jesus)

If someone is still trying to control their addiction in some way through putting their faith and trust in themselves and living their lives through their own understanding then they have not yet even conquered step one. If someone is trying to control their anger through their own will and understanding then they have not yet even conquered step one yet.

We cannot proceed with healing until step one, two and three have been conquered. Why? Because the rest of the steps would be meaningless without first overcoming step one!! “If a man say, I love God, and hateth his brother (friend, spouse, neighbor, etc) whom he hath seen, how can he love God whom he hath not seen?” (1 John 4:20)

He that loveth not knoweth not God; for God is love. (1 John 4:8)

Do you see how we could not proceed to do any of the other steps without first conquering step one, then two and three? If we do not deny ourselves—our sinful, angry, addicted self to God then true healing will NEVER take place. Step three is about denying ourselves and handing our will and life over to God. But we have to do more than just **decide** to turn our will and our lives over to God, we have to **do it** for it to take effect!

Healing our hearts, minds, and souls is what God does—it’s His job! Do not think you can do Christ’s job for Him. He is in control and He knows what you need! So instead of just talking about deciding to give up your sinful life and saying that this is what He does, go to Him and let Him heal your soul and liberate you from your pains and troubles of this life.

“WHEREFORE seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us. Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.” (Hebrews 12:1-2)

“Whoever shall confess that Jesus is the Son of God, God dwelleth in him, and he in God. And we have known and believed the love that God hath to us. God is love...”(1 John 4:15,16)

God Bless!
In Christ,
Angie and Frank

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