> No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.
>
> *— 1 Corinthians 10:13*

Book: New Testament / 1 Corinthians
Topics: addiction, desires, devil, reliability, self-control, temptation

Interpretation:
1 Corinthians 10:13 is a verse that holds a great promise for those who face trials and temptations in their lives. *The Apostle Paul* wrote this letter to the Corinthians to encourage them to remain steadfast in their faith and resist temptations.

In this promise, Paul reminds us that God is faithful and gives us the help we need to withstand any trials and temptations that come our way.

Divine and human

The verse begins by pointing out that there is no trial that is beyond human ability. That is, all the trials and tests we face have a human dimension. This does not mean that our trials are necessarily small or insignificant, but *our Creator* knows our capabilities and what we can endure.

This verse also reminds us of God’s faithfulness. He will never leave us alone in the face of temptation. He will give us the help we need to overcome them. Even when we feel completely overwhelmed, we can trust that God will help us.

God’s grace in trial

The end of the verse is especially encouraging. It tells us that God will provide a way out to endure the trial. This does not mean that God will immediately deliver us from the trial, but that He will give us the grace and strength to overcome it. Sometimes God’s grace comes in simple ways, like the presence of a friend who listens and encourages us, or reading a verse that strengthens us.

Other times, God's grace comes in the form of a clearer answer or a sign that is easier to understand. But God is always faithful to His promise, and He will help us experience the victory He offers us.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.
> *— 1 Corinthians 6:12*

Book: New Testament / 1 Corinthians
Topics: addiction, desires, freedom, life, righteousness

Interpretation:
1 Corinthians 6:12 makes an interesting statement about freedom *in Christ*. It is true that as children of God, we are free to make decisions and do what we want. However, this does not mean that there are no consequences to our actions. This verse is saying that some things may be lawful, but they are not necessarily beneficial or edifying to us.

What does it mean that not everything is for the best?

The word *"convenient"* refers to what is appropriate or convenient in the circumstances. In other words, not everything that is permitted or lawful for us is necessarily best for us. The Bible teaches us that we are to seek the welfare and edification of others, and our decisions and choices should reflect this commitment to Christian love and fellowship.

What does it mean that nothing will possess me?

The Apostle Paul warns that we must be careful that our decisions do not control or enslave us in any way. We must have the freedom to live our lives, but we must always be aware of the consequences of our decisions and actions.

Freedom in Christ does not mean doing whatever we want without considering the consequences. Rather, it means that we are free to pursue what benefits and inspires ourselves and others.

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translating the language. *Matthew 7:7-8*

> For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.
> *— 1 John 2:16*

Book: New Testament / 1 John
Topics: addiction, desires, Father, pride, world

Interpretation:
First *John 2:16* tells us that nothing sinful in the world comes from *the Father*, but comes from the world itself. Specifically, this verse points to three main aspects that corrupt our lives: the lusts of the flesh, the lusts of the eyes, and the pride of life.

The phrase *"lusts of the flesh"* refers to the physical impulses and desires that drive our behavior. On the other hand, the vanity of life refers to the arrogance and pride that can cause us to seek the approval of others. Finally, *"the lust of the eyes"* refers to our tendency to be caught up in material things and fleeting pleasures.

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> It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.
> *— Galatians 5:1*

Book: New Testament / Galatians
Topics: addiction, freedom, Jesus, life, Redeemer, slavery

Interpretation:
The book of Galatians was written by the apostle *Paul* to exhort believers not to abandon their faith *in Christ* and return to the old ways of the Law. In *Galatians 5:1*, Paul teaches about freedom in Christ and the importance of not returning to the bondage of sin.

Stand firm in freedom

Paul begins this verse with a call to stand firm in the freedom we have in Christ. This freedom includes not only freedom from sin and *the Law*, but also the ability to live a full and rich life in Christ. A believer in Christ has the freedom to approach God directly, without the need for intermediaries or religious rituals. However, this freedom does not mean that we can do whatever we want or live without consequences. Freedom in Christ comes with the responsibility to follow Christ and live in obedience to His commands.

Do not be bound again by the yoke of bondage

Paul warns believers not to return to the bondage of sin and the Law. In his day, some tried to persuade Gentile believers to convert to Judaism and keep *the Law of Moses*, including circumcision and the Sabbath. Paul opposed this, arguing that it would make them slaves to the Law and prevent them from enjoying the freedom they had in Christ.

Today, the yoke of slavery can take many forms. It can be an attachment to sin, an obsession with success, or a need for the approval of others. Paul urges believers not to fall back into destructive patterns of thinking and behavior that would keep them in bondage rather than allowing them to live freely.

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> Because you know that the testing of your faith produces perseverance.
> *— James 1:3*

Book: New Testament / James
Topics: addiction, faith, temptation

Interpretation:
In the book of James, we find a verse that speaks to a fundamental truth about the Christian life. In other words, the author is telling us that the trials and tribulations we face in life are not something to be afraid of, but something that can help us develop our faith and strengthen us.

The importance of faith

Before we delve into the meaning of this verse, it is important to reflect on the importance of faith in the Christian life. Faith is the foundation of our relationship with God, as it is through faith that we

believe in His existence and His love for us. However, having faith is not just believing in God, but trusting Him in all of life's circumstances.

The test of our faith

The test of our faith refers to the trials and tribulations we face in life. This could include losing a job, the death of a loved one, illness, a broken relationship, and many more. These situations can cause us to feel discouraged, sad, depressed, and even angry at God.

However, according to this verse, these trials can be valuable tools for our spiritual growth. The word *"trial"* in the original Greek refers to the refining process in which metals are purified, removing impurities and increasing their value. Likewise, trials can purify our faith and make us more valuable as people and as children of God.

Patience

Patience is the result of the testing of our faith; that is, it is the fruit of the trust in God that we have developed through hardship. Patience is not simply a passive wait for change, but rather an active attitude of trust and perseverance. Patience is one of the most important virtues in the Christian life because it helps us maintain faith and hope in the midst of trials. Patience helps us resist temptation, maintain peace in our hearts, and grow in love for others.

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> Submit yourselves, then, to God. Resist the devil, and he will flee from you.
> *— James 4:7*

Book: New Testament / James
Topics: addiction, devil, obedience, safety

Interpretation:
The first thing we must do *is submit to God*. This means that we must submit to Him, be willing to listen to Him, and obey Him. We must be sensitive and broken, not proud and stubborn.

Then we must *resist the devil*. We resist by closing our ears and hearts to his overtures and temptations. We resist by using *the Holy Scriptures* as the sword of the Spirit to repel his attacks. If we resist, he will flee from us.

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> To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.”
> — *John 8:31-32*

Book: New Testament / John
Topics: addiction, following, freedom, truth, Word of God

Interpretation:
John 8:31-32 - These verses speak to us of the liberation that comes through knowing the truth. People, in their arrogance, have claimed that they have never been anyone's slave. But what is truth? And what is liberation?

Ancient Slavery

At the time the Bible was written, slavery was common and acceptable. Most ancient societies allowed slaves to be owned as property, and in some cases slaves could even be purchased for a price.

In the history of Israel, we see God's people liberated from slavery through divine intervention, including liberation from slavery in Egypt under the leadership of *Moses*.

Spiritual Slavery

Jesus was not talking about physical slavery, but spiritual slavery. Humanity after the fall in the *Garden of Eden* was enslaved by sin and false beliefs. Jesus came to bring the truth and break the chains of sin. *He is the way and the truth and the life (John 14:6)* and offers freedom to those who believe in Him.

The Importance of Truth and Obedience

Truth is crucial to the Christian life. Jesus said in *John 14:15, “If you love me, keep my commands.”* We must obey and live by the Word of God to experience the freedom that *Christ* offers. When we are faced with temptation and sin, we must remember that we are free in Christ and choose to obey the truth rather than the lies of sin.

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> Jesus replied, “Very truly I tell you, everyone who sins is a slave to sin.”
> *— John 8:34*

Book: New Testament / John
Topics: addiction, sin, slavery

Interpretation:
John 8:34 is a verse that reminds us of the importance of our role in God’s family and the **need to seek freedom in Christ Jesus**. In this passage, Jesus is speaking to the Hebrews and telling them that those who commit sin are slaves to sin.

As we read this verse, we can reflect on our lives and evaluate whether we are slaves to sin or living freely through faith in Christ Jesus. *We can also consider the importance of the concept of family in the Bible and how we are called to be sons and daughters of God, brothers and sisters in Christ*.

In a practical way, this verse can help us grow in faith and better understand our place in God’s family. If we feel bound by sin, we can remember that **Christ offers us freedom** and seek help and guidance through prayer, Bible reading, and fellowship in faith.

In addition, this verse invites us to consider how we can apply Christ’s teachings to our family relationships. While the concept of family may vary across cultures and contexts, we are all called to love and care for our loved ones, following Christ’s example and working together to build a home that glorifies God.

As Christians, we can also take this verse as a reminder of our calling to be the salt and light of the world. By seeking freedom in Christ and living in harmony with others, we can be powerful witnesses to God’s love and peace in a world increasingly dominated by violence and division.

In conclusion, *John 8:34* offers us valuable teaching about our identity and role in the family of God. By seeking freedom in Christ, we can find the peace and purpose we seek by cultivating healthy relationships and being powerful witnesses to God’s love in the world.

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translating the language. *Matthew 7:7-8*

> So if the Son sets you free, you will be free indeed.
> — *John 8:36*

Book: New Testament / John
Topics: addiction, freedom, Jesus, Redeemer, slavery

Interpretation:
To understand the true meaning of *John 8:36*, we need to know its historical context. In this chapter of *John*, we see *Jesus* arguing with the *Pharisees* in the temple in Jerusalem. The Pharisees, who claimed to be descendants of *Abraham*, were unhappy with Jesus' teachings and sought to discredit Him at every turn.

Jesus and His Word

In *John 8:36, Jesus* lets them know that He knows they claim to be descendants of Abraham, but they are trying to kill Him. This is because His word has no place in them. Jesus sought to teach truth and justice through His preaching, which leads to freedom from sin. However, the Pharisees were unwilling to listen to His teachings and understand them.

The word of Jesus is powerful and transformative, but for it to truly impact our lives, we must be willing to receive it and take it into our hearts. Often, we cling to our own beliefs and refuse to listen to what *God's Word* is telling us.

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> Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.
> — *Matthew 26:41*

Book: New Testament / Matthew
Topics: addiction, body, desires, Prayer, temptation, weakness

Interpretation:

The historical context of this passage relates directly to the arrest and crucifixion *of Jesus*. He is speaking to His disciples in the Garden of Gethsemane, asking them to pray so that they will not fall into temptation.

The phrase *"watch and pray"* implies readiness and vigilance for trials and difficulties, and the second part of the phrase *"the spirit is willing, but the flesh is weak"* refers to the constant struggle between the flesh and the spirit of man.

The importance of watching and prayer

Jesus was preparing His disciples for what was to come after His departure. Temptations and struggles with the flesh are a constant reality of our lives, and Jesus teaches us that we cannot face these trials alone. We must watch and pray for *the Holy Spirit* to guide and strengthen us.

It is important to emphasize that temptation itself is not necessarily a sin, but rather a test of our faith and perseverance. It is normal to feel the weakness of the flesh and give in to these temptations, but the call to watch and pray is a powerful tool for resisting and overcoming temptations.

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> You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.
>
> *— Matthew 5:13*

Book: New Testament / Matthew
Topics: addiction, Evangelism, obedience, sin

Interpretation:
Matthew 5:13 is a well-known Bible verse in which Jesus compares his disciples (all Christians) to salt. You may have wondered what this comparison means and how we can apply it to our daily lives.

Salt as a Seasoning

Salt has been used as a seasoning for centuries. A pinch of salt can completely change the taste of a dish. In the same way, we as Christians have the opportunity to impact the world and change our

society for the better.

It’s not about doing big things to make a big difference, but about small actions that can impact those around us. We can be kind and compassionate, respectful and fair, treating everyone with dignity and love.

Salt as a Preservative

In addition to being a seasoning, salt is also known for its ability to preserve food and prevent it from spoiling. Likewise, as Christians, we have a responsibility to preserve the values ??and principles we have been taught (from corruption, from the decay of society).

This means fighting corruption and injustice, standing up for the disadvantaged, and fighting for justice and equality in our society. We must strive to share Christian truth and values ??with those around us to create a more just and equal world.

Salt Losing Its Smell

The verse also talks about salt losing its flavor and being useless if this happens. Likewise, if we as Christians lose our faith and commitment to God and his teachings, we will be useless to society and to the Kingdom of God.

Furthermore, if we as Christians display a bad attitude, we can alienate people from God and His love. We must maintain faith and be concerned about our actions and attitudes so that we can be a light in our surroundings.

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> And lead us not into temptation, but deliver us from the evil one.
> — *Matthew 6:13*

Book: New Testament / Matthew
Topics: addiction, desires, evil, Prayer, protection, temptation

Interpretation:
Matthew 6:13 is the last phrase of the prayer known as *the Lord's Prayer*. It is one of the most popular verses in the Bible and is used as a powerful prayer tool. This verse focuses on asking God to free us

from evil and not allow us to fall into temptation.

In this passage, the word *"temptation"* can be understood as a test or challenge that can change our loyalty and obedience to God. This verse reminds us that as humans, we are subject to falling and succumbing to the temptations of the world, but we can seek divine power to free us from evil.

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> Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.
> *— Romans 13:14*

Book: New Testament / Romans
Topics: addiction, body, desires, Jesus, temptation

Interpretation:
Romans 13:14 is an exhortation from *the Apostle Paul* to Christians not to indulge the desires of the flesh. Instead, he calls us to put on *the Lord Jesus Christ*.

Paul is talking about the struggle that all Christians experience between their fleshly desires and their devotion to God. The invitation is to choose what is right and spiritual over what is sinful and earthly.

What does it mean to put on the Lord Jesus Christ?

When Paul calls us to put on the Lord Jesus Christ, he is talking about incorporating the values, character, and attributes of Christ into our lives. That is, living in such a way that our lifestyle and actions reflect Jesus.

Imitating Christ means giving up our selfish desires and passions and instead pursuing what is pleasing in the sight of God. This takes persistence, practice, and dedication.

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> For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his. For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin.
>
> — *Romans 6:5-6*

Book: New Testament / Romans
Topics: addiction, Crucifixion, Resurrection, sin, slavery

Interpretation:
The book *of Romans* written by *Paul* covers the major themes of the Christian faith, such as justification by faith, law and grace, salvation, and sanctification. In *Romans 6:5-6*, an analogy is drawn between the death and resurrection of *Christ* and the Christian's experience in life.

Context

Before we delve into the verses themselves, it is important to consider the context in which they are found. In previous chapters, Paul explained that Christians are not under the law, but under the grace of God. However, this does not mean that they are free to sin, but that they are to live in holiness and obedience to God.

We are united to Him in the likeness of His death

In *verse 5*, Paul uses the metaphor of planting to talk about the Christian's union with Christ in His death and resurrection. The idea is that just as a plant is planted in the earth and is joined to the earth, so the Christian is planted in Christ and is joined to Him in His death and resurrection.

The phrase *“in the likeness of His death”* means that the Christian experiences a symbolic death by being joined to Christ. This does not mean that the Christian dies physically, but that he dies to sin. The Christian realizes that his old man, with its sinful tendencies and desires, is crucified with Christ and no longer has power over him.

So we will be in His resurrection

But the death of the Christian is not the end of the story. Just as Christ was raised from the dead, the Christian is also raised to new life in Christ. The phrase *“in His resurrection”* means that the Christian experiences a symbolic resurrection by being joined to Christ. This implies a radical transformation in the life of the Christian, who now lives for God and not for sin.

This resurrection is not just something in the future, but a present reality. The Christian has already been spiritually resurrected and has the power to live a life of holiness and obedience to God. But there is a future dimension to this resurrection, when Christians will be physically resurrected at the coming of the Lord to be transformed and receive glorified bodies.

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> For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.
> *— Titus 2:11-12*

Book: New Testament / Titus
Topics: addiction, grace, righteousness, Salvation, self-control, world

Interpretation:
The Grace of God is a key concept in the Bible, defined as divine love and mercy expressed *through the sacrifice of Jesus Christ on the cross*. That is, through the Grace of God, those who accept Jesus as their Savior will be able to receive forgiveness of their sins and receive the gift of eternal life in heaven.

Being godly is not simply about performing religious acts, but rather living in fellowship with God and according to His teachings. In other words, being godly means living justly and ethically and treating others with love and compassion. We must live by God’s teachings and follow His commandments.

Giving up ungodliness and worldly desires is not an easy task, since we are all susceptible to various incentives that the world offers us. However, it is important to remember that seeking happiness through ephemeral pleasures is a trap that many fall into. True and lasting happiness can be found by following God’s way and finding peace and satisfaction in our relationship with Him.

By living sober, righteous, and godly lives, we can be a witness to others and show that living according to God’s teachings is not only theoretical but also practical. When we live this way, we show that we are true followers of Christ and make a positive difference in our environment.

However, we must remember that living a godly life does not mean that we will not make mistakes. We are all human and make mistakes, but it is important to acknowledge our mistakes and seek God’s

forgiveness and guidance to move forward. Instead of becoming discouraged when we fail, we should remember that God loves us and is always ready to forgive.

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