

CAYA RECOVERY

December 3rd, 2025
by Bradley Sansoucie



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Recent

- CAYA RECOVERY
December 3rd, 2025
- THE LIFE OF A PAST...
December 2nd, 2025
- The Gift of Jesus
December 2nd, 2025
- Letters to the Editor - ...
December 1st, 2025
- Breaking Free from th...
December 1st, 2025



Addiction is one of the most common diseases in our country and it has steadily gotten worse. This disease has or is affecting a majority of houses and families in some way shape or form with negative effects, but yet is so steered away from, but why? Why do we choose to let such a real problem get brushed under the table? In my opinion, we often hide from things we don't understand, things outside of our power to control or to change. It's often easier to accept defeat, than go to the lengths necessary to overcome an obstacle. Personally I cannot say that I have met an addict whose goal in life was to be one.

It's my goal to help bring light and understanding to those who God would have me reach. I want people to know there is a solution!! Millions of people worldwide have combated and overcome addiction worldwide using one simple solution, one that has been far more effective and life changing than any medicine on the market. **That solution is God.**

We find, in recovery, the beautiful restorative healing power of God, who is very much active and willing to help, if you have the faith to come to Him. The Twelve Steps are a common solution. When done correctly, they offer a solution to addiction based solely off of spiritual principles. I personally used to laugh at them,

Archive

- ▼ 2025
 - November
 - December

Categories

- Christmas
- Forgiveness
- Patoral Life

Tags

- Christian spiritual growth
- Letters to the Editor
- Matthew 18 forgiveness teaching
- addiction recovery
- biblical forgiveness
- faith-based healing
- forgiveness
- how to forgive
- others
- overcoming addiction
- overcoming unforgiveness
- religious freedom in schools
- rural ministry Uganda
- spiritual growth
- student rights and free speech
- twelve steps

until I reached my turning point of being broken enough that I was willing to try anything. I've been sober for 2 years, 4 months, and six days as of the writing of this article.

I have seen people delivered in an instant, I have seen people who have had to work harder in some cases, but people are being delivered. I have seen people who know a lot about Jesus be delivered, and I've seen Jesus heal people who did not even know Him yet! What an amazing God I serve! My life has been filled with walking with God, and getting to watch people overcome a seemingly hopeless state, to a fully recovered state of mind and spirit!! What a blessing life is. If you are struggling, it's ok. It's ok to ask for help. It's ok if you have made mistakes, and it's ok if you don't know what to do. It's a choice, to do nothing about it! Reach out, find a twelve step meeting, and learn about addiction and ways to overcome it! Remember, you are loved!


You are welcome at CAYA Recovery meetings. Caya Recovery meets every Monday at 6pm at the CAYA Fellowship building: 15960 US HWY 160 Forsyth, MO 65653.



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