

# Why do you want to be numb? Part 1

## Drugs and Alcohol

When you are numb, you don't want to deal with nothing. Instead you are very insensible to your real issues. That is causing you to look for a fixer up instead of dealing with the real issue. One thing we need to learn in life is that short cuts majority of times leads to the road of destruction or death. But what amazes me is that: How we walk around saying I am alright. I don't have no issues. I been there so that why I say we. Do you know what is amazing about this even God know we all have issues. I guess you say how do you know this, Jennifer? Proverbs 4:23 Above all else, guard your heart (Keep your heart with all diligence, for out of it spring the issues of life. We are going to get to our subject in a minute, first I want to give you a nugget or two that can help you. Even friends can make you fall. It is difficult for people to accept the fact that friends and acquaintances might be luring them to do wrong. Young people who want to be accepted would never want to confront or criticize a friend for wrong plans or actions. Many other people can't even see how their friends' actions could lead to trouble. While we should be accepting others, we need a healthy skepticism about human behavior. When you feel yourself being heavily influenced proceed with caution. Don't let your friends cause you to fall into sin. Final nugget: Our heart - our feelings of love and desire - dictates to a great extent how we live because we always find time to do what we enjoy. Solomon tells us to guard our heart above all else. Making sure we concentrate on those desires that will keep us on the right path. Make sure your affections push you in the right direction. Put boundaries on your desires: don't go after everything you see. Look straight ahead, keep your eyes fixed on your goal and don't get sidetracked on detours that lead to sin. Let's get into our subject. I have some questions for you. Why are you doing drugs or drinking Alcohol? Is it, because someone is putting too much pressure on you, that you cannot handle? ~~Is it~~ Is it because you have not dealt with past issues? Is it because the people you're around does it all the time. They are your friends, relatives or mate. Did you started out selling alcohol or drugs but now you are



addicted to it. And you say to yourself I just can't handle life so, I deal with life by drinking alcohol or doing drugs, I just do both in order to cope, every day or night. How do I get untangled from this dark place. I hope I say something from my personal testimony, that can help you live that life of freedom that is right fully yours. Psychologically I was messed up for many years. I didn't know what to do or who to turn to for help because everybody I went to end up ~~giving~~ <sup>putting</sup> more pain ~~added~~ upon the pain I already had. I just couldn't kick the pain on the inside from being molested three times, raped, ~~being~~ being the laugh stock from the other children at school and relative picking on me all the time. I turned to suicide but everytime I tried it I didn't succeed. I felt like I wasn't good for nothing and I was just trash to other people. That when they ~~serve~~ serve their purpose they was done with me. I turn to any kind of over the counter drugs that would make me sleep. Hoping one day I wouldn't have to wake up to the pain I was feeling on the inside because nobody understand how bad I hurt and where I hurt. I got addicted to latex but the more I was becoming deeper into my addiction. I spent countless cash on my addiction and I shelter myself from people sleep ing all the time. Hoping that I would not wake up. The pain on the inside was so hurtful till it was unbearable - it seems like every when I turn I would even get hurt more. I couldn't reach out because that jail me in the past. I was out on bond from criminal charges. My bail bond <sup>person</sup> came looking for me. She said you didn't know you was suppose to be in court. That day I got locked up and sent to a prison. But what she didn't know she rescued me that day, something nobody else cared to do. Just a couple more hours alone I was going to end my pain. I had a room full of pain pills. I had got to the point where I couldn't take another nightmare from all that I had been through the trauma, pains, upsets, disappointments, ostracize by people who I thought loved me. Even though I didn't even think God love me if he did why he let me go through so much pain. But he showed me he loved me through sending the bail bond and looking me up. You see I couldn't get the pain medicine or drugs anymore. I was still having the nightmare from my past of being molested, rape and people jabbing at me. All the words hurting me they would say to me. I couldn't run or escape. I had to face my giants some way, every night my pillow would be drenched with tears from me crying all night. I got tired of my life spinning around and around. I remember setting down in my cell alone while my cell-mate was at her detail. How can I overcome this addiction and the pain on the inside and nightmares. I went to different counseling groups. I learned about Huggers, that lead me to using the pain pills. But in my counseling groups I would not be open with my peers and facilitator because I felt they wouldn't understand my pain. So one day in my cell I decided to pick up a pen and some paper I went back to journaling. I hadn't journalled since I was 13 years old. I had learned







you ~~probably~~ probably say you don't know what I am going through or been through. How do you know have you asked me? I've been through a lot. I just shared so much at a time. I want you to know every storm you have went through or currently going through. Somebody else is encountering the same storm right now. Somebody else has overcome that same storm. Never feel that you are alone in this by yourself. Be encouraged and I love you if nobody else has told you today.

written