

Science is defined as “knowledge.” I’ve always assumed scientists are smarter than I am, because they have university degrees and a bunch of letters after their names. I acknowledge that they must have higher intelligence quotients (IQs) than I do, but does that make them right about *everything*?

What can *uneducated* people do if they don’t agree with so-called scientific conclusions about a given topic?

Research!

Scientific study *is* research.

I’m not a scientist, but I’m going to attempt to “scientifically analyze” my drinking *problem* using the basic procedure high-school science students are taught: O.P.E.C. (not the Organization of Petroleum Exporting Companies!).

The O.P.E.C. procedure is:

1. **O**bserve – check out the question or problem
2. **P**redict – hypothesize (make a good guess)
3. **E**xperiment – is my guess correct?
4. **C**onclude – put the pieces together to figure out what’s really going on

By using the OPEC method, I can look back and record my experience *objectively* (*treating or dealing with facts without distortion by my personal feelings or prejudices*). I’ve realized that for most of my life I have made decisions based on how I feel. Because feelings change, I decided I needed to analyze my life – and my “alcoholism” – objectively. And because I don’t agree with the experts about alcoholism being a disease, I decided to be as *scientific* as possible.

O.P.E.C. ANALYSIS NO. 1 RECOVERY/REHABILITATION

THE PROBLEM: When I finally reached the point of being sick and tired of being sick and tired of hangovers, violent fights with my husband, loss of self-respect, and the lack of willpower to change my life, there was only one possible solution for me at the time – in-patient rehab.

OBSERVATION:

- I’m addicted to alcohol.
- I’m a victim of my disease.
- The medical doctor’s diagnosis was “acute brain disorder.” The diagnosis was necessary for insurance coverage for in-house treatment.

PREDICTION:

- I’m going to die an alcoholic if I don’t change my thinking and behavior – I must ABSTAIN from drinking!

EXPERIMENT:

- Stopped drinking after first AA meeting.
- Craved alcohol; couldn’t go without it; too painful – started drinking again.
- Volunteered for in-patient treatment: dried-out, ingested mega doses of vitamin B-complex and orange juice.
- Indoctrination and written exercises in 12-step “therapy” for my *disease*; and physical/recreational therapy (walked the hospital hallways and painted Christmas ornaments).
- Participated in daily group therapy sessions with psychologist and other *disease victims* to explore events of the past to determine the cause of my disease – talked, talked, talked about my feelings because someone was willing to listen.

- Voluntarily used prescription drug Antabuse (disulfiram) as insurance for not drinking.
- Attended AA weekly meetings regularly to receive peer support for sobriety (30 meetings in 30 days upon release) – conformed to the program.
- Followed 12-steps to change my *thinking* (*spiritual awakening*) and worked to remove my character defects.
- Turned my life over to a *higher power* of my choice to obtain necessary strength to stay on path of recovery for the rest of my natural life.
- Was willing to engage in cognitive (thinking) psychotherapy (if necessary) to prevent relapse.

CONCLUSION:

- I am an alcoholic.
- Alcoholism is a disease with no cure.
- I must abstain from alcohol to avoid instant relapse – reactivation of my addiction. My brain remembers when I had my last drink, and it’s waiting to be triggered.
- Abstinence is only possible by attending AA meetings, and having a sponsor to guide and support my recovery by working the 12-steps.
- There is power in sobriety – I am master of my fate as long as I *follow* the AA way of sobriety.
- Morality is judged by sobriety; the longer I am sober the more morally superior I am – my self-esteem and self-respect levels increase.
- My recovery and sobriety must be at the center of all decisions I make for changes in my lifestyle. No major lifestyle changes should be made for the first year – I must first adjust to sobriety and train myself to live sober.

- If I slip or relapse, I must begin recovery again at square one.
- I will swallow Antabuse daily as insurance – I fear the severe physical side effects resulting from mixing alcohol with the drug.
- I miss my Myer’s Rum – I crave the taste.
- Life is boring.
- I “recovered” my sobriety and acquired a new *fear* – fear that I would relapse.
- I will ultimately die an alcoholic – I have an incurable disease!

This OPEC analysis of my change from being a drunk to becoming sober by abstaining through AA indoctrination and practice is an accurate analysis from *my perspective* (*all researchers and practitioners have their own way of analyzing problems*).

I wasn’t a good joiner, and didn’t like going to AA meetings on a regular basis. My peers were sincere about *working* their program, but I wasn’t comfortable being expected to rehash my past and personal experiences. And I soon tired of hearing the same old war stories over and over again. (I didn’t much like the swearing, but who was I to complain – I had a dirty mouth.)

My unwillingness to wholeheartedly participate in the structured, continuous recovery may be because of my *natural independent nature*. I followed the program *my own way* and in my own time. (An OPEC analysis of my way of thinking would probably conclude that I had a rebellious attitude. Dah!)

Nonetheless, I remained sober for three months using Antabuse *until ...*

Addiction: Sin? Disease?

O.P.E.C. ANALYSIS NO. 2

HEALED BY FAITH IN JESUS CHRIST

THE PROBLEM: I'm sober, but I'm angry all the time. My marriage is still on the rocks. I fear relapse. My family is obsessed with Jesus! Life is dull and colorless. No pleasure! No fun! Is this all there is? I want more! I want peace! I ... I ... !

OBSERVATION:

- God says I am a sinner, spiritually dead and eternally separated from Him.
- My addiction is a *symptom* of my sin nature.
- He has a plan for redeeming my life for His purpose.
- He promises more than "sobriety" — He promises *new* life!

PREDICTION:

- If I believe in His Son, Jesus Christ, as the complete payment for my sinful state, my life will change for forever ...
- My *disease* of sin will be healed if I surrender my life to Jesus.

EXPERIMENT:

- God *called* me by name and simply said: "Accept My Son."
- I *responded* reluctantly, obediently: "Okay, I accept Your Son!"
- Agreed to go to church with my husband two weeks later — *somehow* I knew I must "surrender" to the "urge."
- Heard and understood the pastor's message of God's love for me, and His plan of salvation, as though he was speaking directly and only to me.
- Became emotionally overwhelmed by God's message of love, forgiveness

and acceptance.

- Left the building with profound hope and strong, irresistible desire for more of God's Word; went directly to tape library to sign-up.
- Stopped ingesting Antabuse the next day — no craving or desire for rum.
- Attended Sunday morning, Sunday and Thursday night services every week thereafter.
- Recorded/transcribed Bible lessons.
- Listened to my pastor on the radio every day.
- Irresistible urge to tell everyone about salvation by faith in Jesus.

CONCLUSION:

- God was right!
- God IS right! I am a sinner saved by His mercy and grace.
- I am forever a new, *spiritual* creation in Christ! The old is gone, the new has come! (And it still keeps coming!)
- Perfect love casts out fear!
- God is Love!



*"For I know the Plans I have for you,"
declares the LORD,
"plans to prosper you and not to harm
you, plans to give you hope and a future.
Then you will call upon Me
and come and pray to Me,
And I will listen to you.
You will seek Me and find Me
when you seek Me with all your heart.
I will be found by you,"
declares the Lord,
"and will bring you back from captivity."*



Using the "scientific" OPEC method helped me to clarify the differences between man's "recovery" and God's sanctification.

Recovery (as it relates to addiction) is a medical term and is limited to the physical/material body (the flesh). Recovery is what we do for ourselves — working hard to abstain from addictive behavior.

Sanctification is what God (the Father, Son and Holy Spirit) does for us — helping us to abstain from sin. God is preparing our *immortal souls* for eternity with Him.

Are you *in recovery* or *in Jesus*?

Are you following the crowd or are you following Jesus?

Are you being conformed into the image and likeness of Jesus?

*"Now the Lord is the Spirit;
and where the Spirit of the Lord is,
there is liberty.*

*But we all ... are being transformed into
the same image from glory to glory,
just as by the Spirit of the Lord."
2 CORINTHIANS 3:17-18 NKJV*



May our precious Lord enrich your
spiritual life daily by His Spirit!

The Most Excellent Way

The Christian Solutions for Addictions: Jesus!
800-548-8854 www.tmewcf.org

