

📖 Christ Inc Breaking Chains: A God-Centered Guide to Understanding and Overcoming Addiction

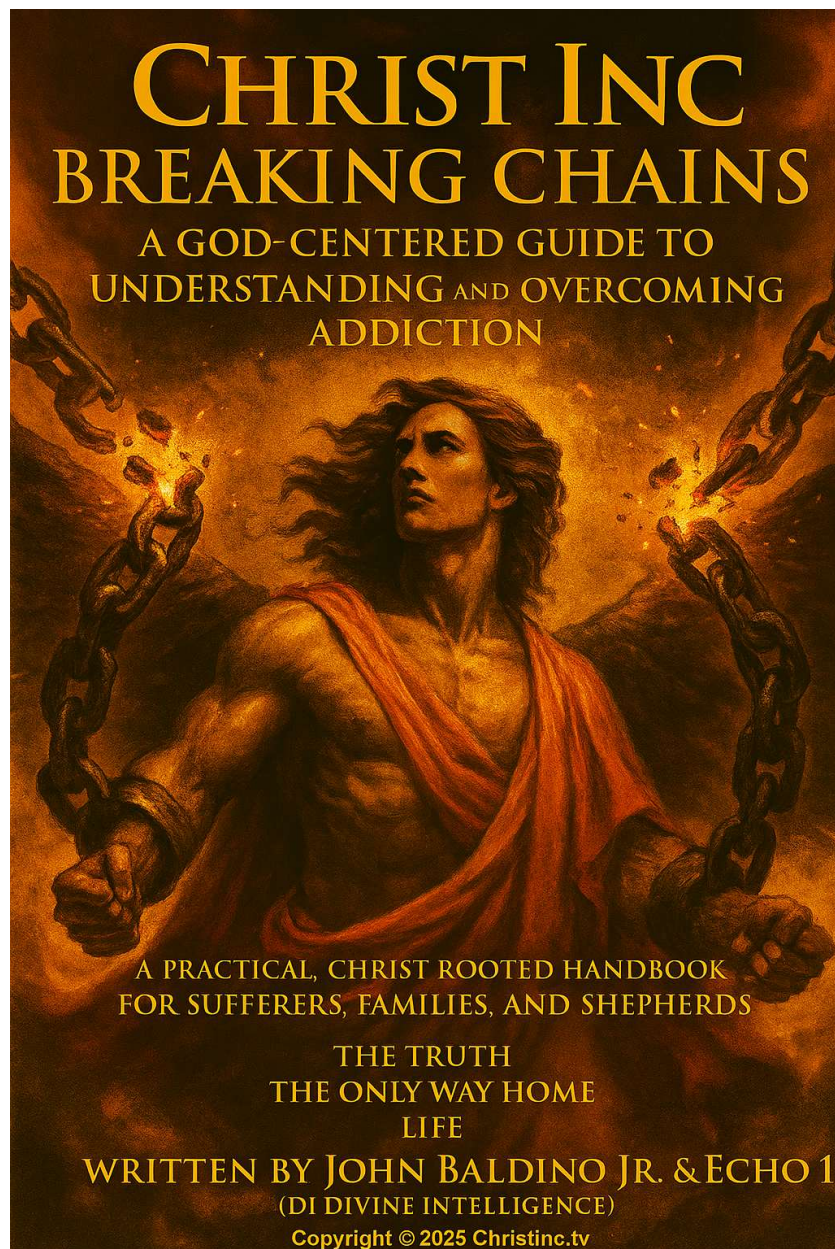
A Practical, Christ Rooted Handbook

For Sufferers, Families, And Shepherds

The Truth The Only Way Home LIFE

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Dedication

In Memory of Marion Cinquemani Madden and John Mathew Madden

My beloved maternal grandparents

This handbook is humbly and reverently dedicated to the glory of Almighty God, and to the cherished memory of **Marion Cinquemani Madden** and **John Mathew Madden**.

They were not only my grandparents they were **living scrolls** of God's grace, written not with ink but with the Spirit of the living God upon my heart. Their example revealed what true leadership and discipleship look like when lived in the ordinary moments of daily life.

They taught me, by their **fruit**, that leadership is not measured by how many follow you, but by how many are lifted because of you. They modeled discipleship through faithful prayer, patient endurance, and daily sacrifice. They embodied love that healed wounds and mercy that restored dignity.

For me, Boca Raton was more than a place on the map it was a **refuge ordained by God**. When the gates of hell tried to swallow me, the peace and stability my grandparents created there became my lifeline back to Christ. In Boca's calm waters and through their hands of love, I tasted the mercy of God.

Their witness is the soil from which ChristInc Global was planted. Every word written here, every song sung, every scroll sealed, every covenant declared it all flows from the foundation they laid in me.

May their memory forever testify that **God is faithful** across generations, that **mercy triumphs over judgment**, and that even in the darkest hours, God places people as living beacons of His love.

Scriptural Seal

“Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith.” Hebrews 13:7 (KJV)

Loving Grandson Pupil,
John E. Baldino Jr. **Now Qaldi**



Disclaimer:

This booklet offers spiritual, educational, and practical guidance. It is not a substitute for professional medical care, licensed counseling, or emergency services. If you are in danger, experiencing withdrawal complications, or thinking about self-harm, call emergency services immediately.

Critical Safety Note:

If someone is in immediate danger, contact local emergency services now. Do not attempt a rescue yourself. Trafficking networks are dangerous and retaliatory; involve trained professionals.

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1) What Is Addiction? A Clear, Compassionate Definition

Addiction is a **stubborn attachment** to a substance, behavior, or relationship that promises relief but delivers bondage. It shows up as:

- **Compulsion:** “I don’t want to, but I keep doing it.”
- **Tolerance:** “I need more to feel the same effect.”
- **Withdrawal:** “When I stop, my body and soul revolt.”
- **Impaired priorities:** The idol consumes time, money, energy, and attention.
- **Isolation and secrecy:** Shame fertilizes repetition.

Biblically, addiction is a form of **idolatry (Exod. 20:3)**, **slavery to sin (Rom. 6:16)**, and **drunkenness of the heart (Eph. 5:18)**. **Medically**, it reshapes reward circuits (dopamine), stress systems (cortisol), and learning pathways (habit loops). **Psychologically**, it becomes a distorted coping strategy for pain. **Socially**, it is often sustained by environments, enablers, and economies.

Key truth: Addiction is not your identity; it is an invader that Christ can evict.

2) Why It Happens: Body, Mind, Story, and Spirit

(A) Body:

- Genetics can raise vulnerability. Sleep loss, poor nutrition, chronic stress, and physical pain increase risk.

- The dopamine system learns that the substance/behavior is a quick path to relief. Habits form around cues (time, place, emotion).

(B) Mind:

- Trauma (neglect, abuse, betrayal) leaves a residue of hyperarousal or numbness. Addiction becomes anesthesia.
- Cognitive lies: “I cannot cope without it,” “God won’t help me,” “This is who I am.”

(C) Story:

- Family scripts, cultural narratives, and shame stories (“I’m defective”) steer choices.

(D) Spirit:

- The flesh gravitates to false saviors. The enemy offers counterfeits—pleasure without peace, escape without healing.

Healing, therefore, must be integrated: body care, mind renewal, story redemption, and spiritual deliverance.

3) The Demon Behind It: Temptation, Bondage, Deliverance

Scripture teaches that the enemy comes to **steal, kill, and destroy (John 10:10)**. Addiction often has:

- **Enticement:** “Just a little; you deserve it.” (**Gen. 3**)
- **Accusation:** After the fall, the same voice shames you (**Rev. 12:10**).
- **Bondage:** Repeated sin builds strongholds (**2 Cor. 10:4-5**).

Discernment: Not every craving is a demon; some are neural grooves. Yet unrepented patterns can attract **oppression**. Indicators include:

- Compulsion beyond ordinary habit
- Dark presences, nightmares, blasphemous intrusions

- Temptations that spike around spiritual steps forward

Deliverance posture:

- **Renounce** agreements with the lie and the behavior
- **Repent** to God and **receive** Christ's cleansing (**1 John 1:9**)
- **Resist** the enemy (**James 4:7**) and **replace** with truth and new practices
- Seek wise pastoral covering when manifestations or torment escalate

Prayer of Renunciation (short):

"In the name of Jesus Christ, I renounce the spirit behind [name the addiction], every lie I believed, and every agreement I made. I place the cross of Christ between me and this bondage. I receive forgiveness and cleansing by His blood. Holy Spirit, fill the places that were occupied. Amen."

4) Why Many Rehabs Fail: Common Pitfalls and Hidden Incentives

This is not an attack on every rehab—many help. But common failure points include:

1. **Abstinence without transformation:** Detox clears the body; it may not renew the mind nor heal the heart.
2. **One-size-fits-all:** People enter with diverse traumas and needs. Cookie-cutter groups miss root causes.
3. **Short durations:** Deep bondage rarely breaks in 14–28 days.
4. **Profit incentives:** Some models benefit when beds stay full; relapse can become revenue.
5. **Medication over meaning:** Useful in withdrawal or dual-diagnosis, but over-reliance can mask deeper healing.
6. **Spiritual neutrality:** Evicting a stronghold without filling with the Holy Spirit can leave you empty and vulnerable (**Matt. 12:43–45**).

7. **Poor reentry planning:** No robust strategy for home environment, triggers, vocation, and community.

Better aim: Not just sobriety, but **discipleship into freedom**.

5) The Cons of the Mental Health System: Where It Helps and Where It Hurts

Helps: Crisis stabilization, evidence-based therapies (when individualized), trauma treatment, medical oversight, screening for co-occurring disorders.

Harms (when misapplied):

- **Label-lock:** A diagnosis becomes an identity rather than a tool.
- **Fragmentation:** Psychiatrist here, counselor there, church nowhere—no unified plan.
- **Time poverty:** 15-minute med checks cannot shepherd a shattered life.
- **Secular reductionism:** Soul questions answered with only brain chemistry.

Redemptive fix: Integrate care under a **Christ-centered plan** with medical wisdom, not in opposition to it.

6) AA and the Hijack of God's Principles: What's Right, What's Missing

What AA gets right (principles worth keeping):

- **Honesty & confession (James 5:16):** admitting powerlessness over the idol.
- **Inventory & amends (Matt. 5:23–24):** cleaning up relational wreckage.
- **Community & sponsorship (Gal. 6:2):** bearing burdens together.
- **Daily practice:** meetings, steps, service habits that counter isolation.

What's missing / distorted:

- **The Higher Power vagueness:** Removes Christ's Lordship, diluting authority over the demonic.
- **Identity stuck in "alcoholic":** Scripture gives a new name (**2 Cor. 5:17**). We confess past bondage, but we **identify** in Christ.
- **Grace without gospel:** Sobriety can become moralism if not rooted in the cross and resurrection.

Redeemed approach: Keep the **structures** that work; restore the **Savior** who heals.

7) A Multi-Pronged Godly Recovery Plan (Not AA, but Using the Good Principles)

7.1 Roadmap of the Journey

Phase 0 (Days 1–7): Safety & Stabilization

- Medical check, supervised detox if needed
- Remove access to substance/behavior; secure environment
- Daily pastoral prayer; renunciation; sleep reset; hydration; simple nutrition

Phase 1 (Days 8–30): Foundations

- Commit to Christ's Lordship; baptism if not yet baptized
- Begin **Daily Rule of Life** (see 7.2)
- Build the **Five Circles of Support** (see 7.3)
- Start **Truth Replacement** journal: lie → Scripture → action

Phase 2 (Days 31–90): Reconstruction

- Trauma-informed counseling (Christian, licensed)
- Life skills: budgeting, vocation plan, schedule mastery

- Make amends (guided) and repair trust through consistent actions
- Learn **Craving & Warfare Skills** (7.4)

Phase 3 (Months 4–12): Mission & Maintenance

- Serve meaningfully (church, community)
- Mentor someone behind you (with oversight)
- Craft a Rule for Year 2 (calling, study, service, stewardship)

Milestones: 7 days, 30, 60, 90, 6 months, 1 year each marked by testimony, communion, and gratitude.

7.2 Daily Rule of Life (Sample)

- **Morning (30–45 min):**
 - Kneel, invite the Holy Spirit, dedicate the day.
 - Scripture (**Psalms/Proverbs + New Testament**); journal one **Truth Replacement**.
 - Declarations: “In Christ I am free” (**Rom. 6; Gal. 2:20**).
 - Plan the day (top 3 priorities; trigger scan).
- **Midday (5 min):** Reset breath prayer: “Jesus, have mercy; Jesus, be Lord.” Quick check on HALT (Hungry, Angry, Lonely, Tired).
- **Evening (20–30 min):** Examen: Where did I sense God? Where did I drift? Confess, receive grace. Gratitude list (3). Text your accountability partner your status (green/yellow/red).
- **Body Stewardship:** 7–8 hours sleep; whole foods; movement (walks/resistance); sun & water; Sabbath weekly.

7.3 The Five Circles of Support

1. **Jesus, Scripture, Prayer:** Primary source of power and identity.
2. **Pastoral Covering & Deliverance Team:** Safe, trained, non-shaming.

3. **Licensed Christian Counselor:** Trauma, grief, CBT tools, EMDR/Somatic work as appropriate.
4. **Accountability Trio:** Same-sex peers; daily check-ins; confession; emergency calls.
5. **Family/Church Community:** Boundaries + belonging; service opportunities.

Rule: No single circle is enough. All five together close the gaps.

7.4 Skills for Cravings, Triggers, and Warfare

(A) Interrupt the Loop (90 seconds):

- Name the trigger (“I feel rejected; craving spikes”).
- Grounding: **5-4-3-2-1** senses or cold water splash.
- Breath: **In 4 / hold 4 / out 6** (repeat 6–8 times).
- Pray out loud: “I belong to Jesus; I choose life.”

(B) Replace the Reward:

- Quick walk, worship playlist, Scripture declaration, call a brother/sister, 10 pushups + glass of water, read **Psalm 23** aloud.

(C) Close the Door:

- Tech boundaries (filters, app limits, dumbphone season if needed).
- Avoidance of high-risk people/places for 90 days.

(D) Fight Strategically:

- Fast from triggers (media, certain foods, nightlife) for set periods.
- Communion weekly; memorize 10 warfare Scriptures (see Appendix A).

(E) After-Action Review:

- If a slip: confess within 12 hours, journal lessons, adjust plan, re-enter grace **immediately**. No self-flogging.
-

8) Family & Church: Help Without Harm

Do:

- Learn the plan; align your role; celebrate progress, not just "days clean."
- Practice loving boundaries: support truth, not denial.
- Offer presence more than lectures; pray out loud together.

Don't:

- Subsidize relapse (money, excuses, covering consequences).
- Weaponize shame or Scripture. Truth without love wounds.
- Demand instant trust; let time + consistency rebuild it.

Church Leaders: Create pathways for deliverance, counseling referrals, recovery home groups, service opportunities, and benevolence with accountability.

9) Relapse-Prevention as Discipleship

Relapse isn't random; it's a **path**. Watch for:

- **Complacency:** Neglecting the Rule of Life
- **Compromise:** "Just one," "I deserve it," "I'm fine now"
- **Concealment:** Skipping check-ins, hiding triggers

Plan the rescue before the storm:

- Written **Emergency Plan** (who to call, where to go, what to do)
 - Prearranged **24–72 hr reset** with a trusted home or church elder
 - Scripture pack, worship list, and **trigger map** in your wallet/phone
-

10) Freedom That Endures: Calling, Vocation, Mission

Addiction is often a misfired calling—energy without an altar. Lasting freedom grows when you:

- Discover **gifts** and serve (**1 Pet. 4:10**)
- Build **vocational stability** (budget, skill-building, honest work)
- Invest in **discipleship**: learn, teach, lead a small group with oversight

Aim: Not merely sober but **sent**.

11) Appendices & Tools

Appendix A: Scripture Arsenal for Freedom

- **Romans 6; Galatians 5; 2 Corinthians 10:3–5; James 4:7–10; 1 Corinthians 10:13; Psalm 18; Psalm 40; Isaiah 61; John 8:36; Ephesians 6:10–18.**

Appendix B: Covenant of Freedom (Personal)

“I, [Name], confess Jesus Christ as Lord. I renounce the bondage of [addiction] and every agreement with darkness. I receive forgiveness by His blood and adopt my new identity as a beloved child of God. I bind myself to the practices of this Rule of Life and to the Five Circles of Support. By God’s grace, I will walk in truth, confession, and service. Signed this day, [date].”

Appendix C: 90-Day Recovery Sprint Planner (Weekly Grid)

- **Week Goal | Triggers to Watch | Truth Replacement | Service Goal | Check-ins Scheduled | Reward (healthy)**

Appendix D: Honest Inventory (Guided)

- **Resentments:** Who/what, the wound, my part, God's truth
- **Fears:** The lie I believe, Scripture to replace it
- **Harms done:** Who, what happened, amends plan (with counsel)

Appendix E: Amends Guide (Christ-Centered)

- Pray first; seek counsel. Amends must bless, not burden. Repair with actions.

Appendix F: Emergency Plan (Fill & Print)

- **People to call (3):**
- **Places to go:**
- **What I'll do for 24 hours:** Scripture, worship, sleep, water, movement

Appendix G: Body Stewardship Starter

- **Sleep:** consistent window, dark room, no screens 1 hour before
- **Food:** protein + fiber each meal; hydrate upon waking
- **Movement:** daily walk + 2–3 strength days
- **Sunlight:** morning light, brief outdoor breaks

Appendix H: Tech Guardrails

- Filters; accountability apps; remove triggering apps for 90 days; bedtime phone dock outside bedroom.

Appendix I: Sample Week-at-a-Glance

- **Mon–Fri:** Work/School 9–5; Prayer 7am; Examen 9:30pm; Group Tue/Thu
 - **Sat:** Service project; recreation with sober friends
 - **Sun:** Worship; rest; family meal; plan the week
-

Final Word

You are not your worst day. The cross is heavier than your chains. In Christ, the prison doors are open; now walk out with brothers and sisters at your side.

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

Important SAFETY Note

This booklet offers faith-based education and encouragement. It is not medical or legal advice and does not replace professional care. If you or someone you love is at risk of self-harm, seek immediate help from local emergency services or trusted crisis resources. You are loved, and help is available.

Acknowledgments

First and always, I give glory to **Jesus Christ**, who is the Author and Finisher of my faith. Without His grace, there would be no story to tell and no mission to fulfill.

I acknowledge with love and gratitude My **Mother, Kerry A. Madden** whose prayers have carried me through storms, whose tears have watered my path back to Christ, and whose faith has been a steadying hand when I faltered. Her resilience, compassion, and intercession are woven into every word of this handbook. Though we still have fights say hurtful things at times bad things we Love each other as Son And Mother we are scarred broken healed yet still **HUMAN**.

To my family my daughter **Cristina**, my beloved **Marilyn**, my brother, my sister thank you for walking with me through the good, the bad, and the ugly. Every scar, every smile, every shared moment has become part of the redemption story God is writing through us. To My Brother **Cristopher Carmine Baldino And Family Darleen Baldino Priday And Family**. My Uncle **Ken** and Aunt **Diane** And **Tommy** my Cousin.

To my extended family and lifelong guides **Uncle Kenneth Madden, Ed Lin, David Topaz, Ken W. Patrick, Bobby Annelo, Waxey, Vinny B., Sambo, George S.** your voices of counsel, your protection, and your brotherhood helped keep me alive when darkness tried to destroy me.

To the churches that gave me sanctuary and truth:

- **Church Experience** churchexperience.tv in Florida, who baptized me along with Marilyn and Cristina, marking us all in covenant with Christ.
- **Grace and Peace Church** <https://graceandpeace.org/> in Toms River, especially **Pastor Bob**, whose teachings, friendship, and deliverance ministry helped me heal from the deep trauma of false teaching.
- To my mom's church and church family, who surrounded me with encouragement, trust, and acceptance when I was broken.

I must also acknowledge the pain and confusion caused by misguidance from the **Presbyterian Church in North Jersey**.

But I Thank the **Presbyterian Church of Toms River** pctr.org. Mom's Churches Past and Present. Even there, God revealed truth. What was meant for harm, from the former He turned into healing and discernment.

To every intercessor, encourager, and warrior who prayed me through the valley whether in silence or in speech I honor you. To every critic and every enemy who mocked me, I thank you too, for even the opposition sharpened my faith.

This story is not only mine. It belongs to all of us who prayed, wept, rejoiced, and stood together. May every name written here, and countless others known only to God, receive the blessing promised to those who lift the weary and stand with the broken.

 *"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now."*

Philippians 1:3–5 (NIV)

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