



He Did Deliver Me From Bondage

Colleen C. Harrison

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Using the Book of Mormon and the Principles of the Gospel of Jesus Christ as they Correlate with the Twelve-Step Program to Overcome Compulsive/Addictive Behavior ...

He Did Deliver Me From Bondage Details

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From Reader Review He Did Deliver Me From Bondage for online ebook

Christy says

I'm not working through a 12-step program, but I've found this book on CD to be extremely insightful. I've been surprised at how much I have to learn about the Savior and my relationship with Him.

I highly recommend it for anyone who is trying to live the LDS faith but struggles to feel the joy that should accompany that chosen lifestyle or is confused by the trials they are experiencing. I feel so grateful to have re-discovered this book and for the hope I've been able to feel as I've been listening to it.

VeeDawn says

I am a missionary leading an addiction recovery support group for my church. So I read this book to help me understand what my group members were going through. I learned that we all have "addictions" or weaknesses to overcome. The scriptures call them "the natural man." Whether we struggle with fear, worry, impatience, intolerance, self-criticism, self-pity, over-spending, pride, selfishness, controlling others, over-eating, whatever it is--we can't overcome it on our own. The Savior can and will help us.

Along with the scriptures, and "A Guide to Addiction Recovery and Healing," this book, has taught me how desperately I need my Savior.

Alysia says

More than a book, this is a course that takes you through journaling activities based on Book of Mormon verses and principles from the 12 step programs that reinforce each other. I would not have considered myself a compulsive or addicted person, but this book showed me how simply by being human, with natural-man tendencies, I and all other humans are fallen and have problems that we can't overcome on our own, and we are in need of the same help from the Lord that an alcoholic would be. It also opened my eyes to the various 'socially acceptable' addictions that most of us indulge in - overeating, perfectionism, workaholism, codependency, PRIDE, and others. THis book helped me to understand the atonement better, become closer to the Lord, have greater peace and faith, and opened up the truths of the book of Mormon to me in a new and powerful way. This book is one I hope all my loved ones will experience when they are ready.

Mattaca Warnick says

This book is literally a God-send...Colleen Harrison's willingness to be so open about her personal struggles and subsequent journey through the repentance process and toward God gives hopes even to those who see themselves as "the most lost of all mankind." The Church of Jesus Christ of Latter-day Saints used this as an unofficial manual for the church-sponsored addiction recovery program until it published its own church-approved manual in 2006. Though a few of her arguments overstep declared church "doctrine," the principles

contained in He Did Deliver Me From Bondage will, nonetheless, help anyone struggling with behaviors they can't seem to overcome on their own.

Diane says

This is best read with a group of people. Doing weekly discussions. The book is a 12-week program, in which there is extra reading, journaling and assignments. You can do it on your own, but it usually stirs up such strong emotions and deep thoughts that one yearns to share.

Clay Craig says

This book is not intended to be a quick read. If you really want to understand the love your Savior has for you no matter what, this is the book for you. I have lived a good portion of my life thinking that God's love was conditional. When I made a mistake God was frowning down on me. He wants me to make good choices but when I fall He is still there hoping I pick myself up and try again. perfection is not an event but a process. a process that will take a lifetime. Don't give up on yourself because God never will.

Jamie says

This book can not only be the twelve step program but for ANYTHING. It is a book about a woman who struggles with an addiction to an eating disorder, she talks about the hardships she has to over come. I guess anything we over do can become an addiction, whether it be from too much time on the email/blog *jk*, eating disorders, or really any real hard addiction. The 12 step program is really the repentance process and what a beautiful thing it is. I hope to one day be able to serve a mission in one of these meetings to help wonderful people. That is what this life is all about, helping one another through this earth life to make it back together.

Jill says

This book is one that has the appearance of simplicity and may be easily skimmed through. If one takes that approach, however, the profound changes it has to offer will be completely missed. I took my time with this book, it's not that long, the text is not difficult to understand, but its precepts are powerful and have the potential to change your heart completely...how? Because it leads you to Christ and allows you to examine your life, your heart, YOU. That can be painful and scary, but it's also very healing and cleansing. I honestly feel like a different person than I was before I opened the book - the great thing is it's a lasting difference. Highly recommended. Great companion to the Book of Mormon.

Jenny says

Read this to help with depression, which I realized was a compulsive and self-destructive behavior. The

scripture references it gives as homework, combined with my independent in-depth study of the subject they brought up, gave me a new perspective that helped push me through the toughest times. Since I wasn't overcoming an addiction, it became somewhat tedious sometimes as she talked about her struggles with compulsive overeating, but I simply applied the scriptures to my life and that made all the difference. Recommended for anyone that would like to come to a fuller understanding of the love God has for them, how we are created for greater things and how healing the atonement of Jesus Christ can be.

Heather Fisher says

I recommend this to anyone who is struggling with a problem they cannot overcome. Mine is emotional eating. I recommend it to anyone who desires an intensely personal relationship with their Savior and who really wants to learn the meaning of the Atonement in their lives, rather than just reading about Jesus Christ in the scriptures. This will change your life. It is more of a study guide that is journal driven than just a read. I HIGHLY recommend it. It has helped me to grow in the last 6 months than anything else I have tried to manage my weight and emotional eating issues that in the past 21 years. This book will help with any trial that feels like bondage you cannot free yourself from.

Britt says

Some books I read again because I love them, some I read because I NEED them.

I initially read this book to help me understand what a loved one was going through. I learned that we all have "addictions" to overcome. The scriptures call them "the natural man." Whether we struggle with impatience, intolerance, self-criticism, over-spending, pride, selfishness, laziness, crankiness, over-eating, procrastination, self-centeredness, cruelty, whatever, we can't overcome it on our own.

No other book that I have ever read has taught me how desperately I need my Savior.

I think I'll read it again every five years.

Rachelle says

Absolutely the best book I have ever read. If you want a book that helps you understand how to survive in today's world then this is the book. It has changed my life! I am such a better happier person today because I worked this book. If you want the most out of it then you have to do what the book tells you to do. You have to do the journaling! I promise and testify that this book will change your life. For those of you who are LDS and want to know how to really use the atonement and how to have that miraculous change of heart, this book teaches you how! Other than the book of mormon this is the book to read!

Lisa says

Seriously this book taught me more about the Atonement of Jesus Christ than anything other than the scriptures themselves ever has.

I have read it at least three times and hope to read it many many more. I highly recommend it to anyone who wants to be a little better than they are now. It is not just for those struggling with serious addiction. It literally teaches you how to put off the natural man and become one with God so that you can enter into His rest and have joy in this life and hope for the life to come.

Shawna says

This is a great practical guide to overcoming weaknesses and anything and everything in-between. It's a daily, step by step approach to understanding the atonement. And I can say for 100% surety that it has changed my life. I recommend it to ANYONE.

Nancy Fuller says

Wow, I never truly understood the atonement and how to make it work in your own life until I read this book.

This book takes the 12 steps of Alcoholics Anonymous and scriptures from the Book of Mormon.

To really understand this book you must do all the assignments. It is a little bit frightening to do so as it has you look into your past, but it is truly freeing if you have the courage to go there.

I have read this book three times through along with doing the exercises and each time I gain new understand of both myself and the atonement, and the Book of Mormon
