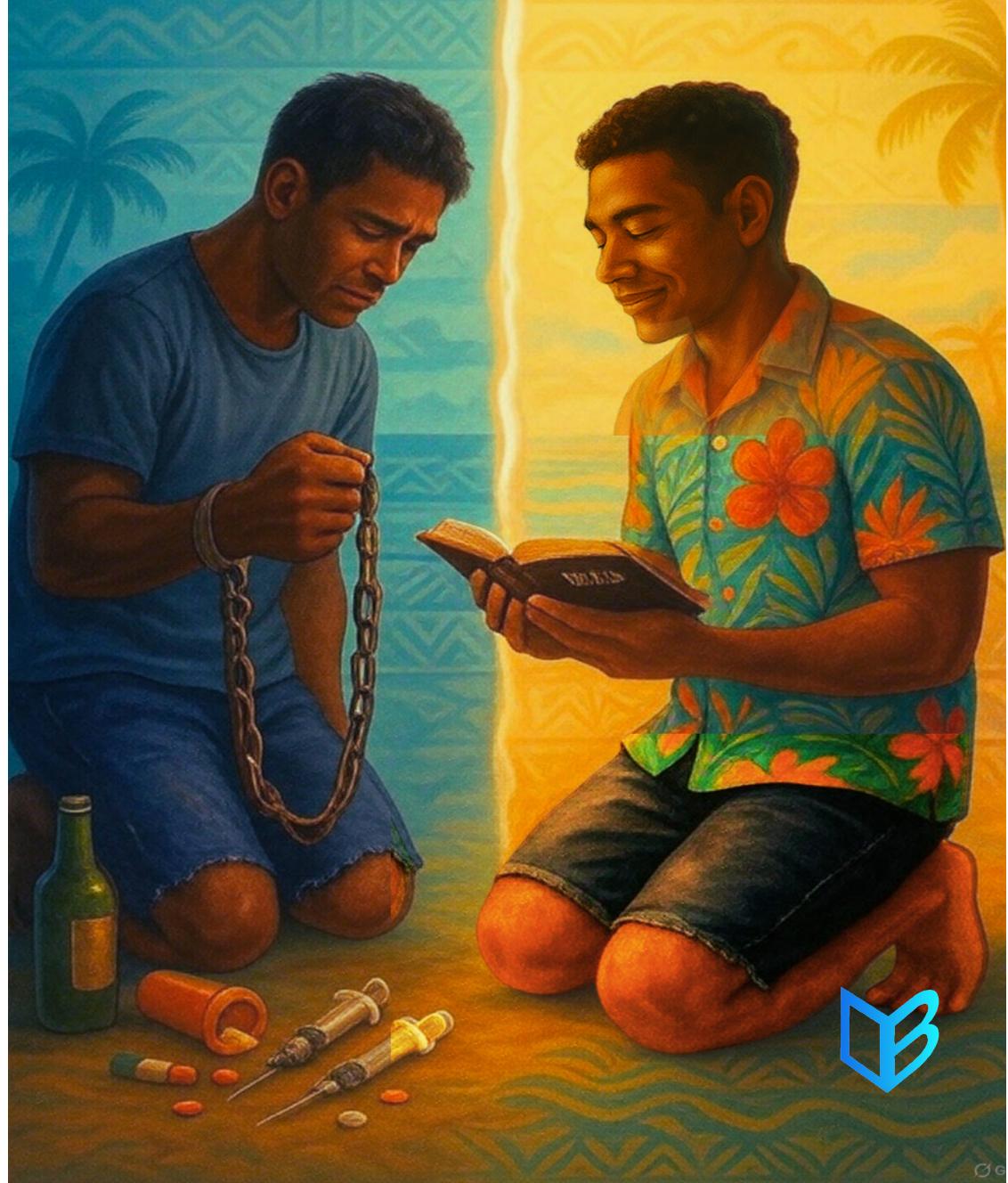


**SUBSTANS IUS MO TOKTOK  
BLONG GOD.**



# SUBSTANS IUS MO TOKTOK BLONG GOD

*Faevfala Stadi Blong Divosen we /  
Bes Long Baebol Wik*

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# REBUILD THE MISSION

## HELP RESTORE OUR HEADQUARTERS AT NABUA

As we celebrate Bible Month and reflect on God's enduring promises, we are launching a special campaign to Rebuild the Mission—a fundraising drive to restore and renovate our mission headquarters at Lot 8-10, Luke Street, Nabua.

Our headquarters has been a place of vision, outreach, and spiritual growth for many years. Now, it needs your support to remain a strong foundation for the generations to come.

### How You Can Give:

#### Drop Off Donations

Lot 8-10, Luke Street, Nabua

#### Internet Banking

Bank: **Bank of the South Pacific**

Account Name: **BSSP Sower Project Account**

Account Number: **9042260**

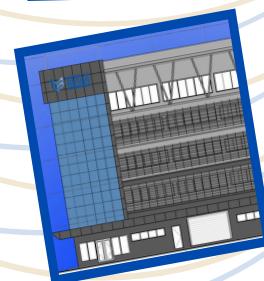
Swift Code: **BOSPFJFJ**

Narration: **Rebuild the Mission**

Every contribution, big or small, brings us closer to a renewed space for ministry, leadership, and community impact.

**"Let us rise up and build." – Nehemiah 2:18 (KJV)**

**Let's build together—for God's glory and the mission ahead.**



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## **OL STADI BLONG BAEBOL WIK 2025**

### **YUS BLONG SABSTENS, ABIUS & ADIKSEN**

#### **Fastok blong Stadi:**

Topik blong yus blong sabstens, abius, mo adiksen hemi kam bigwan tedei long nesen blong yumi, hemi no afektem nomo wan wan man mo woman be hemi afektem tu ol famle mo ol komiuniti. Plante man oli tanem i go long sabstens long tingting se oli save dil wetem harem nogud, stres, mo troma. Sabstens abius hemi stap mo afektem rod we God i mekem blong yumi blong liv long hem, mo oltaem lidim yumi i go long fisikel, emosonal, mo spiritol harem nogud. Be i gat hop long gospel, mo tru toktok blong God, yumi save faenem hiling, fridom, mo restoresen. Wetem 5-dei divosenal stadi ya, stampa tingting blong hem blong gaedem yumi tru blong haremsave biblikol pespektiv long adiksen, blong oferem hop mo praktikol wei blong ova kamem paoa blong sabstens long laef blong yumi. Weta hemi yu wan yu afekt long hem mo save yu wan man, stadi ya bambae i helpem yu blong faenem ol stampa kos blong adiksen mo faenem olsem wanem gladhat blong God mo trut ya save mekem yu yu fri.

**Dei**

**1**

## **Impak Yus blong Sabstens long Bodi mo ol Sol blong yumi**

**Baebol Riding: 1 Korin 6:19-20; Rom 12:1**

Yumi ol man blong biliv, yumi no onem bodi blong yumi; oli ol haos blong Tapu Spirit. Pol i raetem long 1 Korin 6:19-20 se oli pemaot yumi long wan praes, mo from samting ya, yumi mas ona long God wetem bodi blong yumi. Sabsten yus, maet alkol, ol drak, o ol nara fasin nogud, oli save spolem bodi blong yumi, mo kavrempa yumi wetem jajmen, mo putum yumi daon long rod we i nogud. Adiksen hemi no wan fisikel trabol—hemi wan spiritol isiu, olsem oli karemaot yumi long fokas blong God mo mekem rilesensip blong yumi wetem God i nomo strong.

Rom 12:1 Hemi enkarejem yumi blong ofarem bodi blong yumi olsem living sakrifaes, i Tapu mo mekem God i harem gud. Hemia i minim se yumi mas tritim bodi blong yumi wetem rispek, mo luk save olsem instrument blong glori blong God. Taem yumi alaoem sabstens blong kontrolem yumi, yumi nomo liv olsem we God i wantem.

Taem yumi luk sabstans yus olsem rod blong kilim harem nogud, bambae hemi lidim yumi i go long wan ples we i fasem yumi. Be God hemi oferem yumi fridom tru Kraes. Taem yumi putum tingting blong yumi wetem pepos blong God long laef blong yumi, bambae yumi save stat blong go fri from paoa blong adiksen mo onarem hem wetem bodi blong yumi.

**Tokbaot ol Kwestin ia:**

1. Olsem wanem nao yu luk bodi blong yu olsem tempol blong Tapu Spirit mo jensem fasin blong yu taem yu tingabaot sabstens yus?
2. Wanem nao samfala samting nogud we i stap afektem yu olsem adiksen i mekem long bodi, maen, mo spirit blong yu?
3. Long wanem rod bae yu save ona long God wetem bodi blong yu long wik ya?

**Dei  
2**

**Diseptiv (samting we ino tru)  
neja blong adiksen**

**Baebol riding: Rom 7:15-24; Jemes 1:14-15**

Adiksen hemi stat taem samting yu luk se hemi hamles mo yu glad long hem. Be, oltaem i gru i kam strong mo stat blong kontrolem laef blong yumi. Long buk blong Rom 7:15-24, Pol i raetem about insaed fasin blong hem wetem wantem blong hem blong mekem gud samting mo rialiti wetem strakel blong hem wetem sin. Hemi luk save se adiksen—weta blong kam sabstens mo fasin nogud—blong lidim yumi blong mekem samting we yumi no wantem mekem. Yumi save gud se i nogud, yet yumi gohed blong folem sem rod ya.

Jemes 1:14-15 I talem long yumi se “Wanwan long yumi i foldaon long sin taem yumi wantem tumas ol samting nogud, mekem se ol fasin ya i holem taet yumi.” Adiksen hemi stat taem temptesen i stat smol blong traem yumi, mo sipos yumi no jekem, i save lid i go long ded. I mekem yumi blong glad smol taem nomo, be long en blong hem, i mekem yumi nogat samting mo yumi kam slev. From samting ya nao yumi mas luksave eli saen blong adiksen mo yumi mas tingting strong long samting ya.

God i singaotem yumi blong faet agens long temptesen mo putumaot fasin nogud. Wetem givhan blong hem, yumi save kamaot long kiaman adiksen mo jus blong liv long fridom we hemi givim.

Tokbaot ol kwestin ya:

1. Yu tink se samtaem yu faenem yu wan long samfala samting we yu no wantem mekem? Yu filim olsem wanem?
2. Wanem nao ol eli woning saen blong adiksen blong yu save long hem?
3. Olsem wanem nao yu save ronemaot temptesen mo faenem paoa long tok blong God?

**Dei  
3**

## **Ol stampa blong kos blong adiksen**

### **Baebol riding: Ol Sam 34:18; Matiu 11:28-30**

Adiksen plante taem i gat bigfala stampa, hemi stat long stampa i go kasem taem yu harem nogud bigwan, troma, mo man i nomo kam visitim yu. Plante man mo woman oli tanem olgeta i go long sabstens blong kaontem ol filing blong olgeta mo blong ronwe long harem nogud blong olgeta blong bifo. Olsem we Ol Sam 34:18 Hemia i talemaot long yumi se, “Hem i stap klosap long ol man we tingting blong olgeta i kam nogud, i stap sevem ol man we tingting blong olgeta i foldaon olgeta. .”

Jisas i singaotem yumi blong kam long hem wetem harem nogud blong yumi, long Matiu 11:28-30. Yufala evriwan we yufala i stap hadwok tumas, mo we yufala i stap karem ol hevi samting, yufala i kam long mi, nao mi bambae mi tekemaot ol hevi samting ya, mi mekem we yufala i spel gud.. Adiksen, long plante rod hemi konfusem yumi mo blong mekem yumi blong no faenem komfort mo rilif from strakol blong laef. Be Jisas i stap talemaot long yumi gudfala rod—long rod we i lid i go long pis we i tru mo yumi spel. Blong yu tanem i go long sabstans, oli singaoten yumi blong tanem yumi i go long hem blong hiling mo harem gud.

Hemi impoten blong luk save ol stamba kos blong adiksen long laef blong yumi—weta oli emosonal harem nogud, rilesonal isiu, mo i no helti kopi mekanism. Taem yumi faenemaot ol kos ya, yumi save stat blong lukaotem hiling mo ristoresen we Jisas nomo i save givim.

Tokbaot ol Kwestin ya:

1. Wanem samfala besik emosenal o spiritol harem nogud we i save lid i go long adiksen long laef blong yu?
2. Olsem wanem nao yu save invaetem God i kam insaed long harem nogud blong yu mo askem hem blong hilim yu?
3. Olsem wanem nao long lukluk taem man faenem res long Jisas be ino tanem igo long sabtens?

**Dei  
4**

**Jensem Tingting blong yu mo  
Karemaot fasin Nogud**

**Baebol riding: Rom 12:2; Efesas 4:22-24**

Blong kamaot long fasin blong adiksen hemi no brekem wan fasin—hemi me-kem tingting blong yumi i kam niu mo jenisim wanem we yu wantem oltaem. Rom 12:2 Hemi talem long yumi se “Yufala i no mas letem fasin blong yufala i kam olsem fasin blong ol man long wol. Yufala i mas letem God i jenisim tingting blong yufala, blong mekem tingting blong yufala i niuwlan olgeta.” Trans-fomesen ya i tekem ples taem yumi putum yumi go insaed tru fasin blong God mo letem Tok blong hem blong stretem ol tingting blong yumi, fasin mo ol disisen blong yumi. Fasin blong adiksen i kamaot long maen/tingting we ino niu, be tru long Tabu Spirit yumi save go tru long wan tru jenis.

Efesians 4:22-24 Hemi tijim yumi se “Nao from samting ya, yufala i mas finis long olfala laef ya blong yufala bifo, we yufala i stap folet ol fasin blong yufala nomo.” Long Semak fasin i gud yumi tekemaot olfala fasin, nogud fasin, God i singaotem yumi blong holem strong niufala fasin long Masta Jisas Kraes. Niufala fasin ya i save givim paoa long yumi blong brekem daon ol jen blong adiksen mo liv long fridom ya we God i givim.

Blong mekem tingting blong yumi i kam niu hemi tekem taem mo paoa, be wetem givhan blong God, yumi save faenem gudfala laef. Proses ya i no isi, be hemi posibol taem yumi givim laef blong yumi i go long will blong God mo trastem paoa blong hem.

Tokbaot ol Kwestin ia:

1. Olsem wanem nao yu save jenisim tingting blong yu wetem trut blong God evridei dei?
2. Wanem olfala fasin mo tingting yu nidim blong “putumaot” blong yu save faenem fridom blong adiksen?
3. Bambae yu luk olsem wanem taem yu liv long niufala fasin blong Masta Jisas Kraes?

**Dei  
5**

## **Wokbaot long Viktri mo Fridom**

### **Baebol riding: Galesia 5:1; Jon 8:36**

Tru Kraes, yumi kam fri finis long paoa blong fasin nogud, wetem adiksen. Galesia 5:1 Hemi talemaot long yumi se “Taem Kraes\* i mekem yumi fri, hem i mekem blong yumi stap fri oltaem..” Fridom hemi no wan taem mo ivent; hemi wan rod we bambae yu wokbaot long hem i go long viktri we Jisas hemi winim blong yumi finis i stap.

John 8:36 Hemi talem long yumi se, “Mi mi Pikinini blong God, mo sipos mi mi mekem yufala i fri, bambae yufala i fri man tru” Fridom ya we Jisas i givim, hemi fulwan mo bambae i stap oltaem, be yumi mas stanap strong blong jus blong wokbaot long hem. Hemia i nidim blong yu mas sarenda oltaem, prea, mo sapot blong ol narafala man insaed long ol Kristin Komuniti blong yumi. Yumi no nid blong faetem batel ya wan wan—God i putum yumi ol man blong bilif blong enkarejem mo givhan long yumi long rod ya i go.

Viktri ova long adiksen hemi save kam tru nomo long paoa blong Kraes. Hemi brekem jen ya finis, mo naoia yumi mas liv aot long fridom ya mo rilae long hem evri dei. Mo taem yumi wokbaot long paoa ya blong hem, yumi save ova kamem eni obstakel, wetem temtesen blong adiksen.

Tokbaot ol Kwestin ya:

1. Olsem wanem nao yu save rimaenem yu wan evri dei se Kraes i mekem yu yu fri finis long adiksen?
2. Wanem rod nao bae yu save tekem tedei blong wokbaot oltaem long fridom ia we God i givim?
3. Olsem wanem nao ol narafala man i save givhan long yu blong stap fri long adiksen?

Stadi ya stamba tingting blong hem i blong givhan long yu i go  
moa insaed blong lukimsave blong olsem wanem blong ova kamem  
sabstens yus mo adiksen, mo rilae long paoa blong toktok blong God  
mo jenism laef blong yu. Mo i gud yu faenem paoa mo wokbaot i go  
long fridom we I fulwan tru Jisas Kraes.