

You guys who have been following me for a while now– you’ll be well aware of the different “obsessive phases” I have gone through (pretty easy to spot if you just find the sections on my profile where it’s just drawing after drawing of the same character lol...) They would consume pretty much everything I did– most of my art would revolve around whatever particular character I was obsessing over, all my Instagram stories were me ranting and raving over screenshots of said character, I would spend hours everyday talking people’s heads off about them. (Last Christmas I even remember making... sugar cookies of the characters I was currently obsessing over...yeahh)

I used to think this was just an obscure issue I struggled with, but over the years of being on the internet and meeting more and more people, I began to realize this is universal. I thought nobody could relate to how I would be so obsessed with a particular character that it would almost physically HURT– I felt as if I could barely function because all I wanted to do was make art of that character, write about them, talk about them, etc. This sort of unquenchable thirst that just wants more and more. I could talk for hours and hours with friends about it, draw all the art I could– even commission art from other artists– read every fanfiction I could, watch every music video I could– but it was never, never enough. I always wanted more, and as I said, it literally hurt. I would either be bitterly disappointed and let down by the conversation I was engaging in or the art I made or commissioned or whatever, OR the thrill just wouldn’t last long, and I would just be hungry for more.. But never satisfied...

> > > There’s a lyric from a song that says “I’m over trying to find the next hype, 'cause the high never lasts” and how painfully true that is!!

For those of you who can relate, I am sure you remember the times when a friend or mutual you followed, who shared your same obsession and talked about it with you on the daily, suddenly stopped posting about that character, that movie, that game, that you loved so much, and saw that they instead moved onto another “fandom.” That sort of shattering moment when you can no longer rant and rave about your faves to that person, because they’re no longer interested and have moved onto another thing. Have you been there??? I am sure all of you who struggle with hyperfixation have been. Or how about that “Fear” that will rise up, that fear that is afraid of consuming other media cus you’re like “oh no what if i stop obsessing over this and move on??” DUDE ITS SOO WEIRD... it’s literally a **burden**...

All around, hyperfixating– obsessing– stanning– it’s painful, isn’t it??? You love that fictional character or thing so much, but you can never get enough and it just totally consumes every thought, and like, almost debilitates you. I can remember being in school, and struggling to focus on lessons because I was daydreaming about whatever character I was currently drooling over.

Many hyperfixate and indulge in movies and games and all that, to escape reality, to distract their minds. I know when I was younger, I had no responsibilities or really any perception at all of the real world and the things going on in it, so it was extremely easy to get sucked into these things. I was totally oblivious to the things going on in the world. But even as

we grow up, and we learn and have responsibilities, and knowledge of the tragedy in the world, we like to pretend, as if we were still young, to be oblivious and just bury ourselves in the media we adore. And sadly, we can understand why, I mean look at the world, it's a terrifying place. We've gone through a particularly rough patch these past years, and we are certainly only seeing things get worse. But, many are oblivious, choosing to not dwell on reality, but to hide in fantasy. Again, it's understandable why... but the real problem here is that it really is just hurting us. We already talked about how painful hyperfixation is, but it gets even worse when we realize that it damages us even more, by distracting us from reality and even more important; eternity, which is closer than ever before....

“Aw great, here she goes again talking about Jesus...” probably you right now, but that's okay I just plead with you to listen, and hear me about. I was once in your shoes. The way of life for me was literally waking up everyday and clinging to whatever obsession I had, until a new one came along. Absolutely miserable, never-ending process. I felt some gratification at times, but for the most part it was just me in total misery, always thirsty for more, never satisfied, always let down— and of course, when tragedies and terrible things struck, it was like, I was totally blindsided and unprepared, because well, my fictional obsessions could distract me, but they could never help me, never save me.... And my friends, that's what I want to talk about. That this issue we are speaking is biblical— that the Bible speaks directly about it— and it gives us an answer, and true hope... especially in times such as this. Hope that is true, hope that cannot be found in these fictional things we latch onto....

Why is it so easy to obsess over things?? Why are we, as humans, so drawn to dedicate our lives to certain things? For some, it may be their jobs, money, relationships, drugs— or, fictional characters, if you're like me.... But why do we ALL do this?? Well, to put it simply, human beings are worshippers. We were created that way. And though you may not see it that way, you are worshiping something or someone in your life. Day to day, you are serving something or someone (even if it's a fictional character...) It's the thing you spend all your time thinking about, the thing that consumes all your time and activities. Though we may not be physically bowing down to it, as many probably think worship is, we are worshiping something. We do this, because as said we were CREATED to worship, but not things. We were made by God and for Him, to worship Him, to love Him. We were created, each and every one of us, to have a loving, personal relationship with God. However, sin screwed that up, so we attempt to go our own way and “worship” other things in our life... but as you know, it doesn't go so well as we talked about... it's draining... never truly satisfying... and painful. I've used this imagery before, but when you attempt to use a tool for something it wasn't made to do, it just doesn't work. That's how we are. We attempt to find all our purpose and meaning in all these things, except God, who we were created by and for, who loves us more than any of us could imagine..

Revelation 4:11 says

“Worthy are you, our Lord and God,
to receive glory and honor and power,
for you created all things,

and by your will they existed and were created.”

And 2 Samuel 7:22 says “Therefore You are great, O Lord God. For there is none like you, and there is no God besides you, according to all that we have heard with our ears.”

You will either worship the true God who can save you, or you can worship the things of this earth that do nothing but distract and hurt us ultimately, offering no real, genuine help or rescue.

Romans 1:22 talks about how people “exchange the glory of the immortal God for images resembling mortal man and birds and animals and creeping things.” Sounds familiar, right? Romans 1:25 also says that people “exchange the truth about God for a lie and worship and serve the creature, rather than the Creator..”

The Bible calls anything that is worshiped instead of God an “idol” or “false god.” ... now for context, these verses refer to actual idols such as little statues or deities, know this applies to ANYTHING that we idolize and obsess over– that we make our “idol.” Think about what your “idols” might be, and listen to verses like this...

“Their idols are silver and gold, the work of human hands. They have mouths, but do not speak; eyes but do not see. They have ears, but do not hear; noses, but do not smell. They have hands, but do not feel; feet, but do not walk; and they do not make a sound in their throat. Those who make them become like them; so do all who trust in them.” Psalms 115:4-8.

“They served their idols, which became a snare to them.” Psalm 106:36

~ A FAVORITE OF MINE... Note on the book of Hosea... “Then the Lord said to me, “Go and love your wife again, even though she commits adultery with another lover. This will illustrate that the Lord still loves Israel, even though the people have turned to other gods and love to worship them.” Hosea 3:1

^ This is also God with us..... see God’s heart!!

HE LOVES US SO MUCH, EVEN WHEN WE ARE RUNNING AFTER OTHER THINGS... read the parable of the prodigal son in [Luke 15](#) to see how God loves us, and yearns for us to return to Him, and how overjoyed He is once we do return to Him. It’s so amazing!!!!

That’s just to name a few... There are countless reminders in the Bible that the things we idolize cannot save us, that they are not living, all-power, all-mighty, all-loving such as the one true God is. Our obsessions can distract us temporarily, but ultimately, they cannot help us, cannot heal us ,cannot save our souls. As we saw especially in the verses from Hosea, Israel was a prime example of this as they often sought after idols and even other nations to help them and satisfy them, instead of God.

Notice how these verses remind the reader that idols are merely created things, and though they may appear to have some human characteristics or personalities (such as our favored fictional characters do...) in reality they really cannot truly speak or hear— they are not really alive. (Perhaps you are thinking now, “well what if I’m putting my hope in a REAL person like a family member or a relationship?” People let us down and hurt us too. Again, if we try to put our hope or find any meaning or purpose in anything in this world, it’s nothing but pain...) Maybe that’s obvious to you, but the point is made mostly to remind us how futile it is to hope in these things, as opposed to hoping in the one true and living God, who loves us, who created us, and wants a relationship with each and every one of us... we will only find our true purpose, true freedom, true satisfaction, purpose and of course most obviously, eternal salvation (heaven, instead of hell) in God alone. We were created by and for Him after all!

**** Jesus not only rescued me from this crippling lifelong struggle of mine, of grasping for satisfaction and happiness and meaning in media and fictional characters, but He rescued me from my sins; from hell. He alone truly satisfies my soul and gives me my true life’s purpose, and because of Him, I have true and lasting hope, not fickle hope that can be affected by circumstances, but a steadfast sure eternal hope, that one day I will be with Him forever safe in heaven, and while I’m on earth in the meantime, He has good plans for me and is with me every step of the way. This can be true for you as well!**

I once went my own way, oblivious and addicted to these things.... But God in His loving mercy, instead of just leaving me to be doomed, He grabbed me, He rescued me. Literally. I had been in a Christian family all my life but never really truly cared about these things. But a particular verse from the Bible that I heard one day in a youth group, shook me to my core, and I began to realize “Holy crap... this is real... what am I doing? I am a sinner... and I desperately need a Savior!” That Savior of course is Jesus. Though I had grown up in a Bible believing family, I never really knew this stuff, I never really knew what the Bible said, I had no idea that in reality, the Bible did NOT teach “you gotta be good to go to heaven” as everybody loves to say. When I thought I had to work for heaven, I was despairing because as I read the Bible I began to see how far I fell short of everything it said, the standard of righteousness and perfection it presented. But I finally learned, that it is IMPOSSIBLE to earn, to work your way to heaven (the Bible makes that VERY clear!!!!) that rather instead, the laws and rules are meant to show us how MISERABLY short we fall, to show us we are sinners, to show us our vulnerable position and how we need help— HOW WE NEED A SAVIOR.... Jesus came to show people their need for a Savior, to show ALL OF US how our sins separate us from God, and the ultimate consequence of our sin (eternity of torment in hell). BUT He also came of course to BE that Savior. He lived a perfect righteous life, since we NEVER could. And He also suffered the most brutal death imaginable to pay the price, the penalty for our sins. He did not stay dead however, He rose again on the third day, and ascended into heaven. He will return again (and very soon as we see the world around us!) for those who are trusting in Him as their savior. > *Read the book of [John](#) in the Bible, it will show you all of this!!!* **

In John 4:13-14, Jesus says that “Everyone who drinks of **this** water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.”

Now, Jesus is just using water as an illustration, He’s not talking about literal drinking water. But it really is a perfect way to describe this struggle of hyperfixation, and just any attempt to find meaning in this world in general..... “This water” is the world, and the many things it offers. It doesn’t truly satisfy us, we are left thirsty, it’s never enough. I am sure you can agree. But as we see here, not only does Jesus truly satisfy us, BUT He gives us eternal life as well, because that too, can ONLY be found in Jesus. You see, God loves us dearly, but our sin separates us from God, because He is a holy and perfect God– He cannot tolerate sin whatsoever. So therefore left to our own devices we’re doomed and destined for hell. We can’t “Be good enough” or “work our way to heaven.” And this hyperfixation in fact– this “idolatry,” as it is truly called, is indeed a sin too. Sin is not just the blatantly bad things like murder and adultery, Jesus taught us that sin begins in our heart. So, that’s a rough place for us to be in. The truth is we are ALL sinners, hopeless and lost by ourselves, dead in sin, unable to work off this immeasurable debt we’ve been building up ever since we were born. BUT THANKFULLY, God did not leave us alone.... He loves us so much, that He did not just leave us doomed to hell, but rather, He Himself, put on flesh– He became like us in the Person of Jesus Christ (that’s why one of Jesus’ names is “Emmanuel” which literally means “God with us”, as we are told in Matthew 1:23) and He made a way for us to be reconciled to Him. Jesus lived the perfect, righteous life you and I could never live, and then He bore God’s wrath for us, when He was crucified on the cross. “...but God shows His love for us in that while we were still sinners, Christ died for us.” Romans 5:8

“For ALL have sinned and fall short of the glory of God, and are justified by His grace as a gift, through the redemption that is in Christ Jesus, Whom God put forward as a propitiation by His blood, to be received by FAITH.” Romans 3:23-25

“The wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.” Romans 6:23.

This world, and all of its things we love to obsess over, are temporary. Our lives even, are very short! But eternity is forever...

“...All flesh is grass, and all its beauty is like the flower of the field. The grass withers, the flower fades when the breath of the Lord blows on it; surely the people are grass. The grass withers, the flower fades, but the word of our God will stand forever.” - Isaiah 40:6-8

“As a father shows compassion to his children, so the Lord shows compassion to those who fear him. For he knows our frame; he remembers that we are dust. As for man, his days are like

grass; he flourishes like a flower of the field; for the wind passes over it, and it is gone, and its place knows it no more. But the steadfast love of the Lord is from everlasting to everlasting on those who fear him...”

Psalm 103:13-17

Are you thirsty, friend? Are you sick of the neverending search for satisfaction, for meaning, for purpose, for lasting happiness? Please, let Jesus set you free, and He will... He will satisfy your hungry soul, He will heal your broken heart, He will give you true, eternal purpose— He will save your soul from hell, and will instead give you an eternity with Him, and other believers, in heaven forever. He alone can do this all... nothing and nobody else can. Video games, movies, relationships, money, drugs— RELIGION, cannot save you, only Jesus can save you.

“On the last day of the feast, the great day, Jesus stood up and cried out, “If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’”

John 7:37-38

Some verses I really love that speak about this very problem....

“Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food.”

Isaiah 55:1-2

Please...

“Seek the Lord while he may be found; call upon him while he is near; let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord, that he may have compassion on him, and to our God, for he will abundantly pardon.”

Isaiah 55:6-7

> I HAVE OTHER VIDEOS THAT GO MORE INTO DEPTH ABOUT JESUS AND WHAT HE DID FOR US...

<https://www.8bitmanna.com/the-manna-blog/video-devotional-jesus-vs-religion-response-to-a-friend>