

Addiction

Part 2 of *Taboo* series

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People are slaves to whatever has mastered them.
2 Peter 2:19 NIV

Signs you might be addicted:

- You're unable to control how much you use it.
- Even though it might cause you or others harm, you continue doing it.
- It causes you to begin making social and/or recreational sacrifices.
- You always make sure you have a good supply of it even if you don't have much money.
- You do it in secret in order to hide how much it controls you.
- When you try to quit, you experience withdrawal symptoms.
- You find yourself obsessing over it.
- You have many or most of the above signs of addiction and yet deny that you have a problem.

What you need to know about addiction:

- Addicts come in all shapes and sizes.
- The Bible acknowledges that addiction is a real problem. (1 Timothy 3:8)
- Addiction is a problem because it causes my life to be centered on something other than God. (Exekiel 20:7-8)

An addiction is a worship disorder. Instead of worshiping the divine King, addicts worship idols that temporarily satisfy a physical, [emotional, or spiritual] desire. Ed Welch

Becoming free from addiction:

- Admit you have a problem. (James 5:16)
- Admit that you can't beat it.
- Admit to God that you desperately need His help. (Isaiah 40:29)
- Get help from people who can help.
- Get in healthy Christian community.
- Stand firm in your Gospel identity as you walk in your freedom.

For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes.
Romans 1:16

If you know or suspect someone is an addict...

- Look into it rather than turn a blind eye because of fear or busyness.
- Lovingly confront.

Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ.
Galatians 6:1-2 NLT

Next Steps

Take some time to answer the following questions with your spouse, children, or small group...

- When we think of addiction, alcohol & drug addiction typically come to mind while other addictions like the internet, food, shopping, sports are quietly dismissed. Why do you think that is?
- What are some ways you've personally experienced the devastation addiction can cause?
- Are there any areas of your life that either are an addiction or have the potential to become an addiction if you're not careful?
- Read Galatians 6:1-2. How can you help one another when it comes to living addiction-free lives?
- What do you need prayer for today?