

“Addiction”

Hebrews 12:1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

The past can't really affect us, but our present feelings about the past can, and it's called “Baggage”.

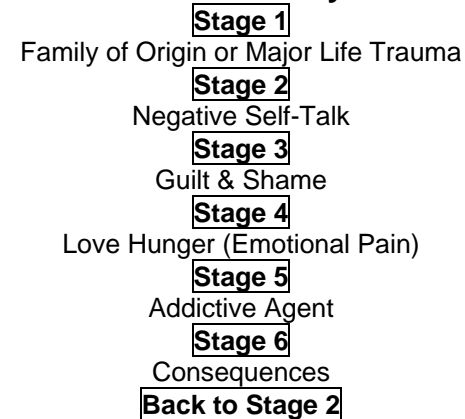
Romans 7:18-25 **2 Peter 2:19** **1 Cor. 6:12**

Addiction: dependence upon a substance, or a person, or a behavior that provides a temporary sense of well-being.

Addictive agents:

- Drugs and alcohol
- Food (compulsive overeating, bulimia)
- Sex
- Work and success
- Control
- Money (overspending, hoarding, gambling)
- Approval (the need to please people)
- Rescuing behavior
- Dependency on toxic relationships
- Physical illness (hypochondria)
- Exercise, diet, and physical conditioning
- Perfectionism
- Cleanliness and avoidance of contamination
- Obsession with being organized and structured
- Materialism (obsession with acquiring things)
- Preoccupation with entertainment (video, computers, movies, music)
- Obsession with physical beauty (cosmetics, sun tanning, clothes, style)
- Academic pursuits and excessive intellectualizing
- Religiosity or religious legalism

The Addiction Cycle:



Recovery from Addiction: Find a way to interrupt the cycle and get off the terrible emotional merry-go-round through a multidimensional approach. (Mark 9:14-29)

- 1) Get rid of all excuses and believe God's power is greater than your weakness. (Luke 14:18-20; Phil. 4:13; 2 Cor. 12:9-10)
- 2) Work through the painful memories of family of origin and/or major life trauma. (Gen. 19:26 Lot's Wife; Eph. 4:26-27)
- 3) Take every thought captive and begin to renew your mind with the truth of God's Word. (2 Cor. 10:5; Rom. 12:2)
- 4) Satisfy your love hunger through Christ and the support of fellow Believers. (Eph. 3:17-19; 1 John 4:11-12)
- 5) Cut the tie to your addictive agent and any negative influences. (1 Cor. 15:33-34; James 4:7)
- 6) Repair your present relationships. (Matt. 5:23-26; Matt. 18:15-35)
- 7) Take all guilt and shame to the Cross of Jesus Christ. (Rom. 8:1; John 3:16-17; 1 John 1:5-2:2)

Next Weekend “Past Hurts”



Growing

November 05, 2006

desert breeze community church

- 1)** What is “Baggage”? What must I do to live the Christian life with perseverance according to Hebrews 12:1? How does my past continue to hinder my relationship with God and others in the present if not exposed to the grace of God?

- 2)** What are addictions? What can you learn from these verses about addictions? (2 Pet. 2:19; 1 Cor. 6:12; Rom. 7:18-25) Look over the list of addictive agents and choose which one(s) are you most likely to gravitate to?

- 3)** Take a reflective look at the addictive cycle. Why is it called a cycle? What seems to stand out to you about this cycle? Why is it important to use a multidimensional approach to get off the cycle rather than focusing only on the addictive agent?

- 4)** Review the multidimensional approach to recovery from addiction. Which one(s) are you in most need of in your healing process? (Everyone needs healing unless you’re in denial)

- 5)** What has God been speaking to you in this study? What is your next step in the healing process? Talk to God about it and ask Him to give you His peace, power, and presence as He leads you in this liberating journey.