

Biblical Insights into Addiction

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Introduction

Goal: Glean insights about addiction from the *Source Book* for biblical disciple-making and learn how the hope of the Gospel is the answer for the heart of addiction.

I Cor. 6:9-11 *Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality,¹⁰ nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God.¹¹ And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God. (ESV)*

Galatians 6:1-3 *Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted.² Bear one another's burdens, and so fulfill the law of Christ.³ For if anyone thinks he is something, when he is nothing, he deceives himself. (ESV)*

I. Addiction Counseling

A. Defining Addiction Biblically

1. Sin/Idolatry: Isa. 44:9-20; **Ephesians 5:18** *And do not get drunk with wine, for that is debauchery, but be filled with the Spirit... (ESV)*

a. Disordered _____; self-seeking rather than serving Christ

b. Focusing energy/time on something other than God for selfish gain involving _____: "the act of giving up something that you want to keep, especially in order to get or do something else or to help someone"¹

¹ Merriam-Webster definition: <http://www.merriam-webster.com/dictionary/sacrifice>

2. A Biblical Re-definition of Sin in the Heart

- “The persistent, _____ thoughts, words, and actions associated with excessive pleasure-seeking which are *known* by the user to be harmful and physically enslaving, sinful, and willful choices to disobey God (whether one acknowledges it or not).” – Shaw, 2012

B. Understanding Your Addicted Counselee using Proverbs 23:29-35

1. _____ in v. 29

- a. *Who has woe?* (recklessness; impending doom)
- b. *Who has sorrow?* (deep sadness; hurt, bitterness, anger leading to depression)
- c. *Who has strife?* (relational problems)
- d. *Who has complaining?* (ungrateful)
- e. *Who has wounds without cause?* (physical; also, forgotten cause of initial pain)
- f. *Who has redness of eyes?* (physical; also, hopelessness)

2. Addictive Behaviors in v. 30

- a. *Those who tarry long over wine;* (time spent searching and drinking)
- b. *Those who go to try mixed wine.* (seeking the hard liquor/drugs)

3. Three Warnings about _____ Your Heart in v. 31

- a. *Do not look at wine when it is red,*
- b. *when it sparkles in the cup*
- c. *and goes down smoothly.*
- d. Homework: _____ List – list the ways your pleasure of choice *sparkles* to you. What do you like about it? What does it give you? etc.

4. Dire Consequences in v. 32

- a. *In the end it bites like a serpent and stings like an adder.*
- b. Homework: _____ List – list the ways your pleasure of choice has bitten (harmed) you. What consequences have come? Have you almost died? What is the future outcome likely to be (see Eph. 5:18; Prov. 14:12)?

5. Twisted Perception in v. 33

- a. *Your eyes will see strange things, and your heart utter perverse things.*
- b. Outlook changes, reality is twisted, and spoken words reveal wrong theology (i.e. “God is unfair”).

6. _____ in All Areas of Life in v. 34

- a. *You will be like one who lies down in the midst of the sea, like one who lies on the top of a mast.*
- b. Physical, Emotional, and Spiritual instability.
- c. Dr. Jekyll or Mr. Hyde?

7. _____ to Choose to Continue to Sin Despite Consequences in v. 35

- a. *“They struck me,” you will say, “but I was not hurt; they beat me, but I did not feel it.*
- b. *When shall I awake? I must have another drink.”*

C. Recommended Resources

- 1. *Freedom That Lasts* by Jim Berg.
- 2. *Addiction: A Banquet in the Grave* and *Crossroads: A Step-by-Step Guide Away from Addiction* by Ed Welch.
- 3. *New Wine* workbook by Mike Cleveland.
- 4. *A Walk of Repentance* workbook by Steve Gallagher.

5. Mark E. Shaw (5 booklets, 7 books on "Addiction")

a. How to Use My Books:

1) Written to the Addict/Counselor and used in this order:

- a) *Relapse: Biblical Prevention Strategies* workbook is starting point
- b) *Cross Talking: A Daily Gospel* (devotional) is read at least 2x
- c) *The Heart of Addiction* and Workbook²
- d) *Understanding Temptation: The War Within Your Heart*

2) Written to the Family:

- a) *Addiction-Proof Parenting* (prevention)
- b) *Divine Intervention: Hope and Help for Families* (confronting the desire to enable & not trust God)

3) Specific Issues in Booklet form: *Hope and Help for Sexual Temptation, Hope and Help for Gambling, Hope and Help for Video/Internet "Addiction," and Hope and Help for Self-injury/Cutting.*

² *The Leader's Guide for The Heart of Addiction* is also available for those desiring to meet in small groups.