

How to Counsel All Types of Addiction

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I John 2:15-17 *Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. The world is passing away, and also its lusts; but the one who does the will of God lives forever. (NASB)*

I. Introduction

- A. Teaching for _____ counselee's heart (Jer. 17:9)
- B. All persons struggle with all _____ temptations (James 1:14-15)
- C. Tendency toward one temptation as a _____
- D. Addiction can be seen in these temptations as _____

II. How Our Flesh is Tempted by This World

A. Our _____ is the Problem

Mark 7:20-23 *And he said, 'What comes out of a person is what defiles him. 21 For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, ²²coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. ²³All these evil things come from within, and they defile a person.'*

B. World appeals to our sinful bent toward pleasing self (Gen. 5:3 & 6:5; Ja. 1:14)

1. Must teach them to die to self and live for Christ by abiding in Christ (John 15:6-10; Gal. 2:20; Col. 3:3)
2. The physical component of addiction does not negate the fact that it is primarily a _____ problem called *sin* (not a DISEASE) acc. to Eph. 5:18; Prov. 23)

C. Choices in three areas: thoughts, words, and actions

1. Must counsel the heart (Matt. 5-7) at the _____ level

2. God must reveal and then transform the desires of our _____ (Heb 4:12)
 - a. Accomplished through cultivating one's heart (Prov. 4:20-23; Prov. 23:19-21)
 - b. Provided by God's grace (Rom. 2:4; Acts 11:18)

III. Three Common Temptations

A. Found in Genesis 3:6, Matt. 4:1-11, Luke 4:1-13, and I John 2:15-17

B. The World's System & Satan say your counselee should:

1. Do whatever he wants to do, (usually in the form of _____)
2. Have whatever he wants to have (usually in the form of _____)
3. Be whatever he wants to be (usually in the form of _____)

C. Like Adam and Eve, the BAIT that Satan uses to lure you to the world will appeal to your flesh in these three ways (Genesis 3:6)

1. To Do (Comfort)
2. To Have (Covetousness)
3. To Be (Control, love of)

IV. Lust of the flesh: To Do (COMFORT)

A. Temptation _____ anything you want to do (no limits)

1. Satan asked her in Gen. 3:1 *Did God actually say, you shall not eat of any tree in the garden?*
2. Desire to satisfy a physical craving in the wrong way
3. Consuming desire to experience pleasure

Genesis 3:6a *So when the woman saw that the tree was good for food...*

B. Accusation against God's _____

1. God's goodness and love are challenged in this temptation
2. God is holding back His best for you. His provision is not as good as it could be: "I feel (i.e. tired, lonely, sad) so I am going to satisfy my physical desire no matter what God says."

C. Satan in Matthew 4:3

Matthew 4:3 *And the tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.'*

D. Jesus in Matthew 4:4

Matthew 4:4 *It is written, 'Man shall not live by bread alone but by every word that comes from the mouth of God.'*

E. The only answer is to read and obey the Word of God over and above one's own feelings

1. Can only be accomplished by a Christian in the power of the Holy Spirit; not one's own strength
2. God's _____ is the antidote

V. Lust of the eyes: To Have (COVETOUSNESS)

A. Temptation _____ anything you desire to possess

1. Satan exclaimed to her in Gen. 3:4 you will not surely die
2. Desire to possess something God has not given yet
3. Compelled to Possess what is visible despite consequences
4. Living by what is seen rather than living by faith
5. Idolatry at the core; living for self
6. Gen. 3:6b *that it was a delight to the eyes...*

B. Accusation against God's _____

1. God's wisdom and omniscience is challenged...
2. "I see it, I want it, I've got to have it no matter what..."

C. Satan in Luke 4:5-7

Luke 4:5-7: *And the devil took him up and showed him all the kingdoms of the world in a moment in time, and said to him, "To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will be yours."*

D. Jesus in Luke 4:8

Luke 4:8 *And Jesus answered him, "It is written, "You shall worship the Lord your God, and him only shall you serve."*

E. The only answer is to serve God and worship Him alone

1. Must trust in Him and His wisdom rather than in oneself
(Prov. 3:5-8)
2. _____ of God is the antidote

VI. Pride of Life: To Be (LOVE OF CONTROL)

A. Temptation _____ anything you want to be

1. Satan encouraged Eve in Genesis 3:5

Genesis 3:5 *to be like God* – For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.

2. Desire to receive praise and attention of others
3. Desire to be in control
4. Competitiveness to Achieve; trusting self's power
5. **Genesis 3:6c** *that the tree was to be desired to make one wise*

B. Accusation against God's _____

1. God's sovereignty or omnipotence (power) is challenged...
2. ...by presuming upon God for personal recognition
3. "I can do this myself." Or "My will be done." Or "God will rescue me and fix it if it does not work out"

C. Satan in Luke 4:9-11

Luke 4:9-11 *And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, "If you are the Son of God, throw yourself down from here, for it is written, "'He will command his angels concerning you, to guard you,' and "'On their hands they will bear you up, lest you strike your foot against a stone.'"*

D. Jesus in Luke 4:12

Luke 4:12 *And Jesus answered him, "It is said, 'You shall not put the Lord your God to the test.' "*

1. Doing the WILL of GOD rather than one's own will
2. Say to yourself what Jesus said to the Father in Luke 22:42 *Not My will but Your will be done*

E. Only answer is Submission

1. Humility required
2. Doing the _____ of _____ is the antidote

VII. "Addiction" Manifestations

A. Gambling (I Tim. 6:10; 2 Tim. 3:2)

1. Lust of the Flesh – "Going to the casino is fun & exciting!"
2. Lust of the Eyes – "I want the money and I already know how I am going to spend it!"
3. Pride of Life – "I can figure this out on my own and beat the system."
4. Statement combining all three in one: "This is so fun; I can't wait to win all of that money because my friends will see that I am rich and successful!"

B. Drugs and Alcohol

1. Lust of Flesh – “I love partying with my friends.” OR anticipation before getting the drug, “This is going to be so much fun. I can’t wait.”
2. Lust of Eyes – “I have got to have a drink just to feel like I see normal people: relaxed.”
3. Pride of Life – “I can control this addiction because I become who I want to be.”
4. Statement combining all three in one: “I love the way this makes me feel because I become relaxed and more like who I want to be.”

C. Stages of Addiction

1. At first, the lust of the flesh stage is fun when one is simply experimenting with the sin of choice
2. Then, the lust of the eyes says at heart, “I’ve got to have this!”
3. Finally, the pride of life desires the sin of choice because it becomes part of who they are; identity

VIII. Empowered by Christ

**A. All temptations have been _____ by Jesus
(Heb. 4:15)**

B. The Holy Spirit inside of a Christian gives the _____ to will and to do what God requires (Phil 2:12-13)

C. Identify the _____ to sin in your counselee

D. Then, emphasize the three specific _____ for that specific temptation: WORD, WORSHIP, and WILL of GOD

1. Word: instead of my own COMFORT; ultimate source of Comfort is the Holy Spirit understanding of the Word of God
2. Worship: instead of desires of my flesh; ultimate satisfaction found in the worship of the One true God not in the temporal things of this life (Col 3:2)
3. Will of God: instead of my will; my hope is not in what I can control; it’s in the ONE who is in control

E. Ultimately, the _____ is to become more like Christ for God's glory

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Recommended Resources

Shaw, Mark. *Addiction-Proof Parenting: Biblical Prevention Strategies*, Bemidji, MN: Focus Publishing, 2010.

Shaw, Mark. *Divine Intervention: Hope and Help for Families of Addicts*, Bemidji, MN: Focus Publishing, 2008.

Shaw, Mark. *The Heart of Addiction: a Biblical Perspective*, Bemidji, MN: Focus Publishing, 2008. With *The Heart of Addiction Workbook* and *The Heart of Addiction Leader's Guide* 2013

Shaw, Mark. *Relapse: Biblical Prevention Strategies*, Bemidji, MN: Focus Publishing, 2011.

Shaw, Mark. *Understanding Temptation: The War Within Your Heart*, Bemidji, MN: Focus Publishing, 2014.