

# GOSPEL GROWTH | LUKUS COUNTERMAN | JANUARY 12, 2020

## IDENTIFYING SUBSTANCE ABUSE, BEHAVIORAL AND PROCESS ADDICTIONS

### TRUTH STATEMENTS

(Eph. 4:17-24; Col. 3:5-10). The pattern in both of these texts is \_\_\_\_\_ what is old, \_\_\_\_\_ what is new, and be \_\_\_\_\_ in your mind.

- **My life is unmanageable, I can't overcome my addiction alone, so I need a \_\_\_\_\_.** (Psalm 40:2) *"He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure."*
- **While addictions turn into \_\_\_\_\_, they always begin with \_\_\_\_\_, so repentance requires admitting responsibility.**<sup>1</sup> (James 1:14-15) *"[E]ach person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death."*
- **The seedbed for addiction is a hole in the \_\_\_\_\_, so when I'm empty and out of place I need to be filled with \_\_\_\_\_.** (Proverbs 27:7-8) *"One who is full loathes honey, but to the one who is hungry everything bitter is sweet. Like a bird that strays from its nest is a man who strays from his home."*

### PROFILE OF AN ADDICT

Listen to the four vignettes and answer the questions below about addiction and addicts.

What kind of things point to **Barry** being an addict?

What are some evidences of **Jasmine's** addiction?

Does **Trevor** really have an addiction or just a hobby?

What are some signs that **Keri** is an addict?

### DEFINING ADDICTION

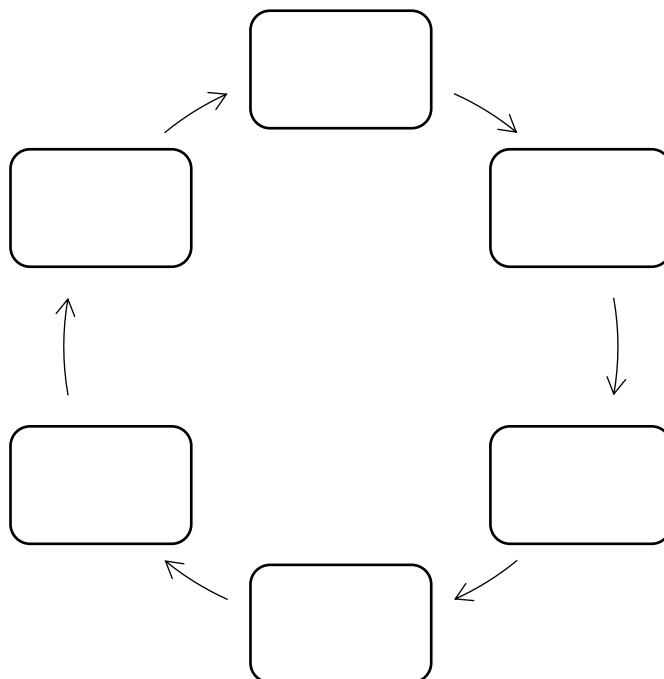
**Addiction can be defined as having an \_\_\_\_\_ or harmful relationship with a mood-altering substance or \_\_\_\_\_.** And often addicts can be described by the words below:

Compulsion	Tolerance	Obsession	Continuation

<sup>1</sup> David R. Dunham, *Addictive Habits: Changing for Good* (Phillipsburg: P&R Publishing, 2018), 15.

## THE ADDICTIVE CYCLE

Most people don't sincerely desire or set out to become addicts and have their lives completely destroyed as a result of their abuse of substances or the behaviors they're engaging in. Yet many end up in that place of isolation and brokenness, and the journey down is a long and empty road that can be illustrated by the **addictive cycle**. Here's how the cycle works:



## SUBSTANCE ABUSE ADDICTIONS

"Chemical dependency" is often used interchangeably with other terms such as "substance abuse," or "drug addiction." **The common feature is an addiction to some mood-altering \_\_\_\_\_** wherein the addict is unable to stop the behavior in spite of significant health-related, economic, legal, vocational, social, and/or spiritual consequences.

## BEHAVIORAL ADDICTIONS

These are non-substance related and often include \_\_\_\_\_ acts that are repeated over a sustained period of time.

## PROCESS ADDICTIONS

Process addictions are similar to behavioral addictions and the two terms are sometimes used interchangeably. **Some features of process addictions include personality orientation, internal beliefs, and unmet \_\_\_\_\_ and relational needs.**

## A CHRISTIAN AND ADDICTION

The apostle Paul understood the battle that rages in a person who feels like a slave to sin, an addict of sorts. He wrote (Rom. 7:14-25). I think there is \_\_\_\_\_ in the last line of the text "*Thanks be to God, who delivers me through Jesus Christ our Lord.*" Christ is the addict's greatest deliverer.