

GOSPEL GROWTH | LUKUS COUNTERMAN | JANUARY 25, 2020

THE INTERSECTION OF TRAUMA, ADDICTION, AND MENTAL ILLNESS

TRUTH STATEMENTS

A truth statement is an exercise whereby in the process of putting off an addiction and putting on Christ-honoring behaviors, a person can have their mind renewed (Eph. 4:17-24; Col. 3:5-10). **The pattern in both of these texts is put off what is old, put on what is new, and be renewed in your mind.**

- **I did not _____, I was sinned against.** (Deut. 22:25-26) “But if in the open country a man meets a young woman who is betrothed, and the man seizes her and lies with her, then only the man who lay with her shall die. But you shall do nothing to the young woman; she has committed no offense punishable by death. For this case is like that of a man attacking and murdering his neighbor,”
- **My pain needs to push me to _____.** (Ps. 119:71) “It is good for me that I was afflicted, that I might learn your statutes.”
- **My _____ is bigger than my pain.** (Gen. 50:20) “As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.”
- **God doesn’t turn away from me because I was _____, he loves me and listens to me.** (Ps. 22:24) “For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him, but has heard, when he cried to him.”
- **God is able to heal me both emotionally and _____, and give me enough of what I need to be whole again.** (Ps. 103:3-4) “who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy,”
- **I need to trust God’s _____ in the midst of my pain.** (2 Cor. 12:9) But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.”
- **God wants to use this circumstance in my life to _____ me; he has good purposes even in the midst of pain.** (James 1:2-4) “Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.”
- **I can’t change the past...but what I do in the present is my _____.** (Eph. 4:31-32) “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”
- **I will trust God to do what is _____ and fair in my situation; I don’t have to be bitter or try to control.** (Ps. 103:6) “The Lord works righteousness and justice for all who are oppressed.” (Ecc. 12:14) “For God will bring every deed into judgment, with every secret thing, whether good or evil.” (Rom. 12:19) “Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, ‘Vengeance is mine, I will repay, says the Lord.’”

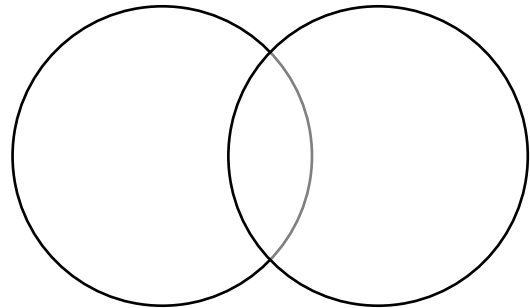
A CHRISTIAN AND ADDICTION

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).

- From the perspective of a _____, we must acknowledge that there are neurological and physiological components connected to addiction.
- From the perspective of a _____, while many addictions can be traced back to a choice (perhaps a clearly sinful choice), the current problem that plagues many addicts is more complex.

I believe that addressing the problem of addiction requires a multi-faceted approach. Maybe you could explain the intersection this way: addictions happen at the crossroads of our heart orientation and the innumerable shaping influences on our lives.

- It seems like sin and shaping influences can develop into an _____ and a neglected addiction over time can morph into a _____ or sickness of sorts.
- Sin is sly – it victimizes and controls us (John 8:34), it captures and overtakes us (Gal. 6:1), it causes us to do things we don't want to do (Rom. 7:15, 17). In other words, sin feels exactly like a disease – almost as if something outside ourselves has taken over (Isaiah 1:5-6). **Addiction, slavery, or disease may include actual physical dysfunction, and there may have been sociocultural, or emotional/personality contributing factors.** But the problem goes much deeper than that - it is an infection of the heart.



TRAUMA, ADDICTION, AND MENTAL ILLNESS

People diagnosed with mood, anxiety, or behavioral disorders are _____ as likely to have addiction problems than the general public.

TRAUMA REACTIONS AND ADDICTION

Trauma reactions are the ways we respond in behavior and relationships under stress. These responses are directly linked to our _____.

- Trauma Blocking
- Trauma Shame
- Trauma Repetition
- Trauma pleasure
- Trauma Splitting
- Trauma Abstinence

TRAUMA HEALER

Whether addiction started with trauma or ended with trauma the addict needs to know who really understands their pain. (Isaiah 53:3-6) describes how _____ can empathize with the broken and traumatized.