

# GOSPEL GROWTH | LUKUS COUNTERMAN | FEBRUARY 2, 2020

## ADDICTION, TRAUMA, TREATMENT, & HEALING

### 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.**

- **Self-denial in my pursuit of Christ is worth it; I'd rather be deprived of my addiction than deprived of Christ.** "For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal."  
(2 Corinthians 4:17-18)
- **Satisfaction isn't found in my addiction; it is found in Christ.** "I would have despaired, unless I had believed that I would see the goodness of the LORD in the land of the living." (Psalm 27:13)
- **I will be tempted to fall into sin or to give up, but by God's grace, I will take the way of escape by doing the next right thing.** "No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it." (1 Cor. 10:13)
- **In Christ, I am fully forgiven and never condemned.** "There is therefore now no condemnation for those who are in Christ Jesus." (Romans 8:1)
- **I'm not who I was and I'm not who I will be,** "But by the grace of God I am what I am, and his grace toward me was not in vain." (1Cor. 15:10)
- **I am a new creation, with a new heart, spirit and identity so I don't have to go back to my addiction.** "Therefore, if anyone is in Christ, he is a new creation; the old has passed away, behold, the new has come!" (2 Cor. 5:17)

### 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

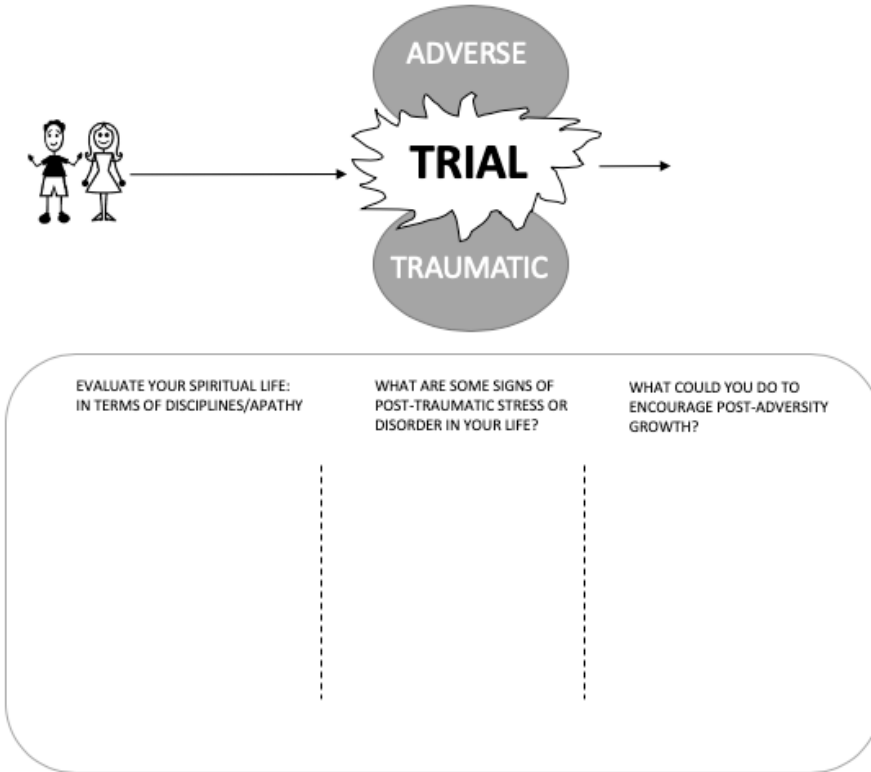
Trauma reactions are the ways we respond in behavior and relationships under stress. These responses are directly linked to our \_\_\_\_\_.

- 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.



### TREATING THE HEART

In addiction treatment, a multi-layered approach is often needed. While medical professionals can handle the detox and in-patient care, and while therapists may be able to offer some common grace aid, a Christian needs theological and biblical truth. The sort of truth that reaches the heart, teaches the heart, and changes the heart. Something that moves from regret to real repentance (2Cor. 7:2-13).

#### What brings about sorrow that leads to repentance?

- Sometimes a concerned \_\_\_\_\_
- Always the divine working of God in a \_\_\_\_\_ heart

#### What does authentic repentance look like?

- Earnestness                      Eagerness to clear                      Indignation
- Fear                                      Longing                                      Zeal
- Punishment

#### What if someone refuses to really repent?

- Whereas repentance leads to \_\_\_\_\_ or salvation worldly sorrow brings \_\_\_\_\_.