

Deep End

Week #4: Addiction 101: Hurts, Hang-ups & Habits

Weekly Summary: *Addiction of any kind (alcohol, drugs, sex/porn, food, technology) is one of the fiercest battles that God's people will ever fight. Why can't I just stop? Why do I keep going back to the same sins? Paul's vulnerable confession helps us answer those questions with hope for the future. We are in a constant battle with a nature that is addicted to sin. Thankfully, we have a Savior who erases the sins of addicts and promises to send us the powerful Holy Spirit.*

Addiction: **a compulsive, chronic, physical or psychological need (craving) for a habit-forming substance, behavior, or activity having harmful physical, psychological, or social effects**

Addiction: **a need for a substance or behavior that becomes a habit and has harmful effects**

Addiction 101

Addiction's **lure** is the **reward**.

2 Timothy 3:1-7 (various) - But mark this: There will be terrible times in the last days. 2 People will be lovers of themselves...without self-control...lovers of pleasure rather than lovers of God... Have nothing to do with such people. They are the kind...who are loaded down with sins and are swayed by all kinds of evil desires.

Colossians 3:5,6 - Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. 6 Because of these, the wrath of God is coming

Addiction's **short-term** reward will do **long-term** harm.

Romans 7:14-24 -14 We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. 15 I do not understand what I do. For what I want to do I do not do, but what I hate I do. 16 And if I do what I do not want to do, I agree that the law is good. 17 As it is, it is no longer I myself who do it, but it is sin living in me. 18 For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. 19 For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. 20 Now if I do

what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. 21 So I find this law at work: Although I want to do good, evil is right there with me. 22 For in my inner being I delight in God's law; 23 but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. 24 What a wretched man I am! Who will rescue me from this body that is subject to death?

Addiction: **is a habit that either willingly or unwillingly one becomes a slave to**

Romans 7:25 - Thanks be to God, who delivers me through Jesus Christ our Lord!

Addiction's **cure** is the **Gospel**.

Romans 6:19-23 - I am using an example from everyday life because of your human limitations. Just as you used to offer yourselves as slaves to impurity and to ever-increasing wickedness, so now offer yourselves as slaves to righteousness leading to holiness. 20 When you were slaves to sin, you were free from the control of righteousness. 21 What benefit did you reap at that time from the things you are now ashamed of? Those things result in death! 22 But now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life. 23 For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Points To Ponder

- 1) Why do you suppose the church has been relatively silent on the topic of addiction? Based on what you heard in today's message, list at least three reasons why speaking on a taboo topic like this is necessary for God's people.
- 2) Jesus said, "The truth will set you free." Whether you are struggling with an addiction or know someone who is, what one truth from today's message gives comfort and hope to addicts as they seek to be set free from their habit?
- 3) We all have hurts, hang-ups, or habits that we deal with, and sometimes we struggle with all three. Can you think of any current hurts or hang-ups that you have that you need to address before they become a habit you are enslaved to? Think of one or two people that you will share this with this week.

Homework: 1 Corinthians 13:4-8