

Deep End

Week #6: Addiction - Keys To Recovery

Weekly Summary: *How do I get out of the stronghold of addiction that I am stuck in? Is there hope for those who are battling addiction? In Christ, the answer is always yes! Where does that journey begin? With God who makes change possible and has power to help us recover.*

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

Addictions are **hard** habits to break.

Recovery 101

Romans 6:1-2 & 11-12 - What shall we say, then? Shall we go on sinning so that grace may increase? 2 By no means! We are those who have died to sin; how can we live in it any longer?... In the same way, count yourselves dead to sin but alive to God in Christ Jesus. 12 Therefore do not let sin reign in your mortal body so that you obey its evil desires.

Key #1 - **Realization**

Philippians 3:8-9 & 15-17 - What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ 9 and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in[a] Christ...15 All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you. 16 Only let us live up to what we have already attained. 17 Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do.

Key #2 - **Transparency & Accountability**

- a) with **God**
- b) with your **one**
- c) in a **group**

Romans 6:3-7 - 3 Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? 4 We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. 5 For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his. 6 For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin — 7 because anyone who has died has been set free from sin.

Key #3 - **Redirect & Replace** (**Roots** —> **Fruit**)

Romans 6:13-14 - 13 Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. 14 For sin shall no longer be your master, because you are not under the law, but under grace.

Key #4 - Give _____ away!

Philippians 3:12-14 - Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. 13 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Key #5 - **Direction** not **perfection**

Philippians 3:10-11 - I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, 11 and so, somehow, attaining to the resurrection from the dead.

Recovery's Action Step

What will I do **today**
to make sure **nothing** takes
God's place in my heart.

Points To Ponder

- 1) Addictions are hard habits to break. Why is that so important to know if you or someone you know is wrestling with an addiction? Why is it important to know if you or someone you know relapses?
- 2) Jesus said, "The truth will set you free." What are the two truths that a Christian needs to realize (key #1) in order for recovery to begin? Why is this key the first one that has to be unlocked for recovery to begin and continue?
- 3) We all have hurts, hang-ups, or habits that we deal with, and sometimes we struggle with all three. If you are in recovery right now or trying to overcome an addiction, which of the five keys from today's sermon do you think you need to improve on most right now? How will you apply it this week to pursue direction on your journey and recovery?

Homework: Psalm 103