

HELPING YOUR ADDICTED FRIEND

WHAT TO KNOW

- **The Biblical worldview of suffering:** Creation -> Fall -> Redemption -> Restoration narrative
- **The Biblical understanding of people:** Embodied, Embedded and Embattled. Sinners, Suffers and Saints. (Romans 8).
- Addiction is not a disease, but a result of The Fall. Therefore, it does not remove personal responsibility and the need for accountability.
- The word 'addiction' is not found in the Bible, however, the human tendency to be completely committed to destructive behaviors is seen throughout Scripture.
- Addiction is complex but reveals a simple and common inner struggle for comfort, confidence, pleasure or success. This desire for relief and temporary gratification becomes dominating.
- Addiction is dependence on a substance (drugs, alcohol) or activity (gambling, shopping, gaming, working).
- Addicts can become fatalistic and see themselves victims. This can result in manipulation and blaming.
- **Addiction is primarily a worship disorder. (Romans 1:25)**

WHAT TO DO

- **Choose the right time to talk.** Don't try to talk to them when they are drunk or high. Meet in a quiet, neutral place.
- **Share your concerns.** Talk about how their addiction is affecting whatever they care about most.
- **Listen.** Quiet yourself and listen to their laments and suffering. Weep with them.
- **Be calm.** Don't allow their reaction of defensiveness, anger or sadness to draw you into responding similarly. You may need to have a plan on how to calmly exit the situation if it gets out of hand.
- **Be honest.** We are a lot more alike than different. We all struggle - we don't all have it together. (Romans 3:23)
- **Be humble.** We can't change them or make them want to stop. (Isaiah 43:1-7)
- **Befriend.** Create a safe place that they can feel comfortable to share their heart and struggles. God is slow to anger and abounding in steadfast love and faithfulness. (Exodus 34:6-7)
- **Be patient.** Sometimes God immediately rescues us from life-dominating addiction, but usually, His work in us is slow and takes time. Change happens in 100,000 small moments. God is relentless. (Philippians 1:6)
- **Point them to Christ.** He is THE higher power; there is no other. (Colossians 1:15-23)
- **Entrust them to God.** Resist the temptation to soften the blow of their decisions. (Deuteronomy 8)
- **Speak about Him.** Confess your struggles and sufferings and the hope that you have found in Christ. (Colossians 3:16, John 4:1-42)
- **Worship God.** Express your thankfulness for a God who rescued you and gave you a new identity. (Ephesians 3:14-19)

- **Be Reckless.** Prodigal does not mean “wayward” but “recklessly spendthrift.” In other words, spend until you have nothing left. (Luke 15:11-32) - Timothy Keller, Prodigal God

Help them by referring them to recovery resources that are available in the area.

RECOMMENDED RECOVERY RESOURCES

[Restore Addiction Recovery](#) - A Christ-centered, Biblically-based and clinically-supported 12-month residential program for men struggling with drug and/or alcohol addiction.

[IBH Addiction Recovery](#) - Christian-based, clinical treatment center, residential program, short- and long-term treatment.

SUPPORT FROM THE SOUL CARETEAM

Contact: soulcare@doxa.church

RECOMMENDED COUNSELING CENTERS

Doxa Biblical Counseling: [INTAKE](#)

FieldstoneCounseling: Christ-centered, clinically informed biblical counseling center. [INTAKE](#)

RESOURCES

[Addictions: New Ways of Seeing, New Ways of Walking Free](#) by [Edward T. Welch](#)

[Godly Intoxication: The Church Can Minister to Addicts](#) by [Timothy S. Lane](#)

[Crossroads: A Step by Step Guide Away From Addiction](#) by [Edward T. Welch](#)

[Unstuck: A Nine-Step Journey To Change That Lasts](#) by [Timothy S. Lane](#)

[Prodigal God](#) by [Tim Keller](#)

