

**Sunday, July 13, 2025 PM**  
**ADDICTION SERIES: SESSION 2**  
**What Causes Addiction & Relapse?**  
**Jeff Elbert, Celebrate Recovery**

**PURPOSE OF THIS SERIES**

- Learn how to minister to “Those People”
- Knowledge and Wisdom
- Answer Questions

**Proverbs 25:28**

*“Like a city whose walls are broken through is a person who lacks self-control.”*

**WHAT DOES ADDICTION LOOK LIKE?**

**CAUSES OF ADDICTION**

1. SINFUL NATURE OF MAN

**Romans 7:15-20**

*“I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. 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. 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. <sup>20</sup> 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.”*

2. LACK OF SELF-CONTROL AND SELF-DISCIPLINE

- a. This equates to the lack of JESUS.

**2 Timothy 1:7**

*“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”*

**Titus 2:11-13**

*“For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ,”*

**3. BIOLOGICAL FACTORS**

- a. Genetic Predisposition
- b. Brain Chemistry
- c. Neurotransmitters

**4. PSYCHOLOGICAL FACTORS**

- 1. Trauma
- 2. Mental Health Conditions
- 3. Negative Reinforcement
- 4. Poor Coping Skills
- 5. Low Self-Esteem

**5. SOCIAL FACTORS**

- a. Environment
- b. Peer Pressure
- c. Stressful Life Events
- d. Social Isolation
- i. THIS IS WHERE WE COME IN

**CAUSES OF RELAPSE**

- 1. Same causes as listed before
- 2. Stay proactive in our faith

**Matthew 12:43-45**

*“When the unclean spirit has gone out of a person, it passes through waterless places seeking rest, but finds none. Then it says, ‘I will return to my house from which I came.’ And when it comes, it finds the house empty, swept, and put in order. Then it goes and brings with it seven other spirits more evil than itself, and they enter and dwell there, and the last state of that person is worse than the first. So also will it be with this evil generation.”*

## **CAUSES OF RELAPSE**

1. EXPOSURE TO TRIGGERS
  - a. Social cues
  - b. Environmental cues
2. NEGATIVE EMOTIONS
  - a. Stress
  - b. Anger
  - c. Anxiety
  - d. Depression
  - e. Boredom
3. INTERPERSONAL PROBLEMS
4. PEER PRESSURE
5. LACK OF SOCIAL SUPPORT
  - a. THIS IS WHERE WE COME IN
6. PHYSICAL PAIN
7. LOW SELF-EFFICACY
8. POSITIVE MOODS