

# GOSPEL COMMUNITY GROUP DISCUSSION GUIDE

In the Storm Teaching Series  
10/2/22 Addiction



REDEEMER  
ROUND ROCK

## CONNECT, REVIEW, PRAY

~5-10 minutes

- Announce any church activities/events and handle any housekeeping for the GC
- What are you thankful for / have struggled with this week?
- How did you apply or share what we learned last week?
- How can we pray for each other?

## ASK, LISTEN, LEARN

- **Addiction is often defined from two perspectives.**
  - *From a “disease” model; it’s biological, it’s something you have*
  - *From a “choice” model; it’s cognitive, it’s something you do*
  - How might these perspectives be similar? How might they be different?
- Share about your experience with how people you know, include yourself, view addiction.
  - What might be some shortcomings with how you view it?
  - Did this sermon help you understand addiction in a different or new way?
- Read out loud Matthew 16:24, Romans 7:15 and Galatians 5:16. Discuss these verses and what is being communicated.
  - How might these verses give us examples of both perspectives of “disease” and of “choice”?
  - Are there any other scriptures or biblical stories you can think of that display either perspective?
- **Addiction is complex and there are layers to it. As sin grows in our life it often has a trajectory.**
  - It begins in our inner self and manifests outwardly. (Anger → Murder; Lust → Adultery)
  - Every moment of every day is an opportunity to either walk in the trajectory of the freedom offered us in Christ, or to walk in a trajectory of sin which leads to death.
  - Discuss the Sermon on the Mount (Matthew 5-7, esp. 5:21-48). If you have time, read 5:21-48 out loud. How does Jesus show us here that sin begins inside us, but eventually manifests itself outwardly? Have you seen, or are you experiencing, this anywhere in your own life?
- **Addiction can be discussed in terms of a spectrum of behavior.**
  - *Control | Use/Foolishness : violation of law, wisdom, or personal convictions*
  - *Compulsion | Abuse/Bondage : adapting lifestyle to gain access, building tolerances*
  - *Consequences | Dependence/Death : relational, financial, physical, and/or spiritual devastation*
  - Take inventory of your life. Remember that sin erodes and obedience flourishes. Are there any places in your life where you see “erosion”, where you see these behaviors forming? Confess them to one another.
- **Addiction is often caused by an unhealthy response to shame and fear.**
  - *Fear, shyness, unease, and a desire to be accepted often lead to unease*
  - How have you seen this form in your own life personally?

(cont.)

- **The gospel offers the only full and lasting solution to the shame that fuels addiction.**
  - **Identity:** "...I didn't have to be perfect to get approval." Shame is an identity statement "I am a failure/ugly/addict...". Jesus gives me a new identity; not defined by my addiction or by sobriety, but by His willingness to associate with me at my worst and offer His best.
    - Read Ezekiel 36:26-27 & 2 Corinthians 5:17. How do these scriptures display our true identity in Christ? Are there more you can think of?
  - **Purpose:** "All the fear, shyness, & unease evaporated..." Desire to be transported to another world b/c this one is too scary/uncomfortable. Gospel saves you not only from something, but for something
    - Read John 10:10 & Ephesians 2:10. How do these scriptures tell us of our purpose in Christ? Are there more you can think of?
  - **Connection:** "I felt part of a group..." Longing to be known and loved.
    - Read 1 Peter 2:9-10. How does this scripture tell us of our connection to our family in Christ? Are there more you can think of?
  
- **It's been said that "the opposite of addiction isn't sobriety, but connection".**
  - One litmus test for your GC is asking, "How honest can I be with these people?". Ask that of your group. Discuss the responses in love and grace.
  - If anyone is struggling with addiction, two helpful first steps are:
    - Be Honest - where am I?
    - Widen the circle of care - include close friends, pastors, doctors, counselors, etc.