



you
asked
for it.



Overcoming Addictions Pt. 2

Pastor Jeremy McGarity

PT. 1 REVIEW

I. THE PROBLEM

- I'M SELFISH

ROMANS 7:15, 17-18

MATTHEW 26:41b

* SELFISHNESS comes from SINFULNESS

Three results of our struggle:

* FRUSTRATION

ROMANS 7:15

* TENSION

ROMANS 7:18

* DEFEATISM

ROMANS 7:24

II. THE PROMISE

- FREEDOM

JOHN 8:32

* Behind every self-defeating act is a LIE I'm believing

III. THE PRESCRIPTION TO OVERCOMING ADDICTION

1. TAKE RESPONSIBILITY FOR MY CHOICES

1 JOHN 1:8

*Remember: Sin always involves SELF-DECEPTION

*Fact: To stop defeating myself, I must stop DECEIVING MYSELF

PT. 2

2. **B E L I E V E J E S U S** CAN CHANGE ME

*...who will free me from this life that is dominated by sin...?
Thank God! The answer is in Jesus Christ our Lord.*

ROMANS 7:24b-25a (NLT)

*For the new spiritual principle of life "in" Christ lifts me out
of the old vicious circle of sin...*

ROMANS 8:2 (PH)

3. **H U M B L Y A C C E P T** HELP FROM OTHERS

Admit your faults to one another and pray for each other so that you may be healed...

JAMES 5:16a (LB)

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

ECCLESIASTES 4:9-10 (NLT)

4. **D E D I C A T E** MYSELF **C O M P L E T E L Y** TO JESUS

Do not let sin control the way you live; do not give in to sinful desires... Instead, give yourselves completely to God, for you were dead but now you have new life...

ROMANS 6:12-13a (NLT)

God, who faithfully keeps his promises, will not allow you to be tempted beyond your power to resist. But when you are tempted, he will also give you the ability to endure the temptation as your way of escape.

1 CORINTHIANS 10:13b (GW)

* Start **T R U S T I N G** Today

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

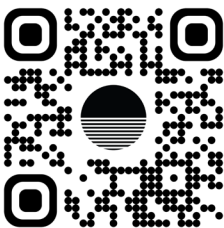
2 CORINTHIANS 5:17 (NLT)

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SMALL GROUP QUESTIONS

- 1 Addiction is associated with and perpetuated by shame. It follows a cycle of unresolved pain that moves into escapism, causing us to act on our thoughts bringing us guilt and shame for having blown it again. Recognizing patterns of thought or behaviors is an important part of overcoming any addiction. What are common thoughts or behaviors you know of that would prevent someone from getting off the addiction cycle?
- 2 We all have areas of weakness where we are more prone to temptation. Romans 6:12 tells us to, "...not give in to sinful desires." What are some situations or triggers that weaken your ability to resist temptation?
- 3 In contrast, what are things you can do differently so you are able to actively avoid temptation?
- 4 Read James 1:14-14 (NIV). What is the progression from temptation to sin in this passage? If it is possible to stop the progression of falling into sin (and it is possible), when would be the best time to stop it?
- 5 Knowing ourselves and our weakness is an important piece of walking in victory over temptation and sin. The other part is having a plan of action and creating a support team because no one can go it alone. What positive steps can you take today to avoid temptation and who can you call for help?



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Upcoming Events

- 07.23 | Summer Nights - Country Night
- 07.30 | Summer Nights - Thrive Worship & Baptisms
- 08.01 | National Night Out with San Diego Sheriff
- 08.05 | Core Four: Apologetics & Doctrine Begins