

TABOO 2

BREAKING THE SILENCE ON MORE TOUGH TOPICS

Part 1: Addiction | September 16 & 17, 2017

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Key Scripture:

People are slaves to whatever has mastered them. – 2 Peter 2:19

Key Question:

What is your it?

Warning Signs

- You're unable to control how much you use it.
- Even though it may cause you or others harm, you continue doing it.
- It causes you to begin making social and/or recreational sacrifices.
- You always make sure you have a good supply of it.
- You do it in secret in order to hide how much it controls you.
- When you try to quit it, you experience withdrawal symptoms.
- You find yourself obsessing over it.
- You have many or most of these warning signs yet deny that you have a problem.

What you need to know about addiction:

- Addicts and addictions come in all shapes and sizes.
- The Bible acknowledges that addiction is a real problem. (1 Timothy 3:8, Philipians 3:19)
- Addiction causes my life to be centered on something other than God. (Ezekiel 20:7-8)

An addiction is a worship disorder. Instead of worshiping the divine King, addicts worship idols that temporarily satisfy a physical, [emotional, or spiritual] desire. – Ed Welch

Becoming Free from Addiction

- Admit you have a problem.
Therefore, confess your sins to each other and pray for each other so that you may be healed. – James 5:16
- Admit that you can't beat it on your own.
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.
– Romans 7:18

- **Admit to God that you desperately need his help.**
He gives power to the weak and strength to the powerless. – Isaiah 40:29
- **Get help from healthy people**
Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ. – Galatians 6:1-2, NLT
- **Stand firm in your Gospel identity**
For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes. – Romans 1:16

If you know or suspect someone is an addict...

- **Press in with humility**
³ At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. ⁴ But when the kindness and love of God our Savior appeared, ⁵ he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, ⁶ whom he poured out on us generously through Jesus Christ our Savior, ⁷ so that, having been justified by his grace, we might become heirs having the hope of eternal life. – Titus 3:3-7
- **Lovingly confront**
Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ. – Galatians 6:1-2, NLT

Next Steps

- **Boundaries** class with Karolyn Merriman. See CTK Life, page 12 (women's class) or page 15 (co-ed class)
- **Stand Firm** for men; see CTK Life, page 13

Small Group Questions

- 1) When we think of addiction, alcohol and drugs typically come to mind while we overlook addictions like the internet, food, shopping, or sports. Why do you think that is?
- 2) What are some ways you've personally experienced the devastation addiction can cause?
- 3) Are there any areas of your life that either are an addiction or have the potential to become an addiction if you're not careful?
- 4) Read Galatians 6:1-2. How can you help one another when it comes to living addiction-free lives?
- 5) Why do you think Galatians 6 also includes a warning about temptation?
- 6) How can we pray for you right now and throughout the week?

Drug and Alcohol Addiction Resources

Catholic Community Services

Will do an evaluation and make a recommendation as to inpatient care. If you don't have insurance, they will help you get insurance to cover inpatient care.
CCS Recovery Center, 515 Lakeway Drive, Bellingham | 360-676-2187
ccswww.org/get-help/addiction-recovery-services/ccs-recovery-centers

Bellingham Detox

Will help you detox safely and then help you into rehab.
www.compasshealth.org/locations/bellingham-2030-division-street

Nar Anon

For families with an addict.
www.nar-anon.org/what-is-nar-anon

Ohana

A support group for parents who have children struggling with a substance use disorder (addiction). We meet twice a month in Skagit Valley.
Email: ohana.skagit@live.com | www.facebook.com/pg/ohana.skagit

Addiction Blogs

thisismap.com/patients/family-addiction-substance-blogs/best-blogs-read-parent-addict

Addict's Mom facebook page

www.facebook.com/addictsmom

Tips for Parents

www.psychologytoday.com/blog/lifetime-connections/201410/7-tips-mothers-adult-addicts

Prodigals and Those who Love Them

billygraham.org/story/ruth-bell-grahams-5-truths-on-prodigals-and-those-who-love-them

Thoughts from a Parent of an Addict

The single thing that has helped me most is prayer, prayer, prayer. I have gone from telling God what to do and how to do it to praying all the time, "Your will be done. You know the time, you know the place; give me patience in the waiting."

I've read everything I can about addiction—blogs, Facebook pages, Googling [the specific] addiction and just reading. I'm learning to say no, and be willing to see my child on the street if that is what is needed.

Praying for restoration and wholeness...always hoping, always trusting, always praying,