

Coffee talk



Break Free (Addictions)

Breaking free from addictions, addictive behavior

What is an addiction?

An addiction is a compulsive obsessive behavior that controls a person.

An addict is someone who surrenders himself or herself to something habitually or obsessively.

He/she is someone who finds themselves powerless to resist, manage or control their habitual behavior.

There are some needs that we are born with, and some that are acquired:
Inherent needs : Physical needs/appetites, Emotional needs, Spiritual needs
Acquired needs : gambling, alcohol, pornography, etc.

Real freedom is not the liberty to do anything you feel like doing, but the ability to do the right you know you should be doing.

What kind of things could we be addicted to?

Substances : food, smoking, alcohol, drugs, etc.
Behavior patterns : sexual sins (adultery, fornication, sexual promiscuity), etc.
Things that bring pleasure : pornography, movies, sleep, wrong relationships, etc.
Things we do : workaholic, sport, etc.

Why would addictions be wrong?

Wrong personally : dominates an individual leading to destructive outcomes
Wrong morally : violation of what is morally right and promoting what is wrong
Wrong spiritually : violation against God's standards
Wrong communally : violation of other's causing harm, sorrow, disruption in their lives

What causes/initiates addictions?

- **Peer-pressure** : some start and continue their habits because of peer-pressure
When our basic needs of security, significance and self-worth are strong in Christ and not dependent on our peers - we have the strength to stand against the grain not buckle under peer-pressure.
- **Rebellion** : we want to prove that we are our own masters and are not going to be controlled by anyone, especially elders (parents, teachers, bosses) whom we dislike. In reality such people have a great need to be loved and accepted.
- **Escape** : seek to numb the pain, pressure, etc. with other things that eventually become an addictive escape mechanism
- **Curiosity** : "wonder what it is like" "just want to experience it once".
We do not realize that just the first few experiences can begin the long spiraling journey downwards into a state of bondage.

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- **Family Environment** : parental use or acceptance of drugs, poor parenting practices, family conflict, and troubled or distant family relationships

How do addictions develop?

Initial Experiment → Recurring Desire → Obsessive Habit → Powerless Control

The world of an addict

- **Fear** - want to be secret, don't want to be found out
- **Pain** - withhold a major portion of themselves, internalize their problems, self-condemnation, sense of helplessness, hopelessness, worthlessness
- **Withdrawal** - alienate themselves from most others
- **Denial** - tell themselves that what they do is not harmful
- **Pre-occupation** - with the habit and things surrounding fulfilling that, fantasies on what to do, etc.

The Road to Freedom

So easy to get in, so hard to get out. The way in is a road of pleasure. The way out is a path of pain.

John 8:34,36

34 Jesus answered them, "Most assuredly, I say to you, whoever commits sin is a slave of sin.

36 Therefore if the Son (Jesus) makes you free, you shall be free indeed.

"Truth is temporarily painful, but permanently liberating" (Mike Murdock).

All permanent change comes from within.

1, Recognize there is a problem and that it is sinful

Proverbs 28:13 1 John 2:16 Proverbs 8:13

"Sin is not hurtful because it is forbidden but sin is forbidden because it is hurtful"
(Arthur H. Elfstrand)

2, Take responsibility. Never blame someone else for you sin

It dates back to Adam and Eve. He pointed his finger at his wife, and she pointed her finger at the serpent. It is always someone else's fault.

3, Understanding that will power alone can't break addictions

Be willing to receive God's help through His Word, His Holy spirit, and sometimes through other people. Christ broke the power of sin over your life through His death on the Cross.

Romans 7:18 Philippians 2:13 Romans 6:6,14

4, Pray and Submit to God. Come to Him for help

Proverbs 16:6 James 4:7 Hebrews 2:14,16 Hebrews 4:14-16

5, Get God's Word in

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John 8:31-33 Romans 12:1-2

God's Word (the Bible) will clean and transform your mind, dislocate wrong ways of thinking, and liberate you into freedom.

6, Put away/Stay away from what causes you to sin

Matthew 5:29,30 Proverbs 4:15 1 Corinthians 6:18 1 Timothy 6:11 2 Timothy 2:22

1 Corinthians 6:12

Get rid of things that cause you to sin.

7, Resist demonic influences

James 4:7 1 John 5:18

Putting your past behind you

He can make you a brand new person, inside out

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.