

Road to Emmaus

Biblical Counseling Center

Addictions

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Intro: Addictions/Enslavements/Bondage are spiritual issues.

Notes:

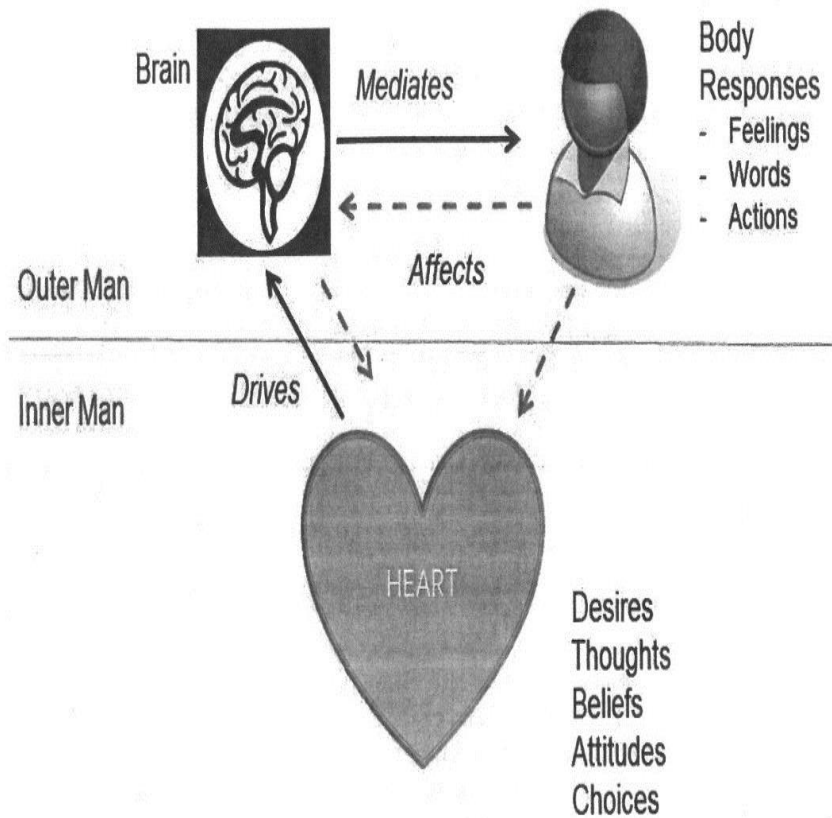
- Man's theories about addictions often do not line up with scripture, God's truth about sin.
- One of man's theories: The addict is a victim; suffering from a disease; part of their DNA passed down to them, not their fault.

Notes:

- We were created to worship God (*Gen. 1:26 created in His image*) however, because of sin people often create their own God's/idols to worship.
- The addict's problem is really a _____ problem.

Elements of "addiction" from Proverbs 23:

1. Captivating appeal (v.31)
 2. Irrational thinking and behavior (v.35)
 3. Cravings for more (v. 35)
 4. Lack of change even in spite of negative consequences (vv.29, 32-35)
- Dr. Keith Palmer
- People were made by God to be dependent on Him (Gen. 1, Col 1).
 - The fall results in people striving for autonomy and self-sufficiency.
 - However, God demands our exclusive allegiance (Ex. 20:1-3).
 - _____ of the heart are the problem.



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- Idols are really God replacements.
- In an attempt to avoid pain, an addict will pick something other than God to worship. (Alcohol, drugs, food, sex, porn) **Learned behavior of replacing pain with something that brings temporary pleasure.**
- The addict trades the truth of God for an idol that appears to meet his or her self-centered desires and sinful passions.
- With a goal to feeling good, the addict trades God's truth for a lie and becomes enslaved.

Romans 1:²⁵ They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen.

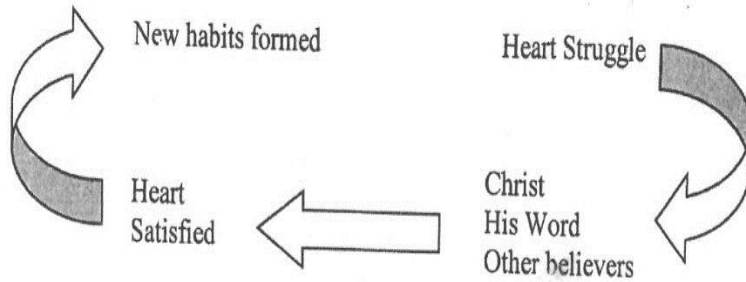
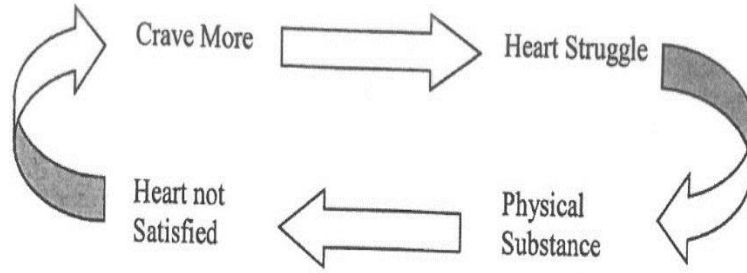
Notes:

- The real issue with addictions is a heart problem.
- Sin in the heart is the root of a person's problems – What is needed is a *biblical diagnosis*. Sin must be called “sin,” not an illness, syndrome, or emotional problem

Mark Shaw is the founder and President of Truth in Love Ministries and part of the ACBC family, he gives five things to listen for when counseling an addict.

Entitlement Mentality –

- a. **What are the desires of the heart?** (“lusts of flesh” – Eph.2:3)
- b. **What are the lies being embraced?** (2 Cor. 10:5. James 1:14-16, Eph. 4:22)
- c. **What are the habits that have formed?** (Eph. 4:22-24)



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Consumer Mentality –

Victim Mentality –

Perishing Mentality –

Authority Mentality –

Six R's to Recovery - Dr. Nicolas Ellen

| Steps: | Scripture | Solutions to life's Problems |
|-----------------------|-----------------------|---|
| 1. Realization | 2 Tim. 2:24-26 | realizing the truth of God |
| 2. Remorse | 2 Cor. 7:8-10 | a sorrow over my sin |
| 3. Renounce | Psalm 32:1-5 | acknowledge & confess |
| 4. Repent | 2 Cor. 7:10-11 | turning away from the sin committed |
| 5. Renew | Romans 12:2 | learn a new way of thinking and living |
| 6. Replace | Eph. 4:19-24 | putting off the old replacing with the new |

Realization/Thoughts – 2 Cor. 10:3-5; 11:3, Phil. 4:8

Romans 8: ⁵Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so.

2 Timothy 2: ²⁴And the Lord's servant must not be quarrelsome but must be kind to everyone, able to teach, not resentful. ²⁵Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth, ²⁶and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.

Remorse/Desires – 2 Cor. 7:8-10

2 Corinthians 7: ⁸Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it—I see that my letter hurt you, but only for a little while—⁹yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. ¹⁰Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

- A good desire becomes a bad desire when it becomes a ruling desire

Renounce/ Forgiven – Psalm 32:1-5

Psalm 32: ¹ Blessed is the one whose transgressions are forgiven, whose sins are covered. ² Blessed is the one whose sin the LORD does not count against them and in whose spirit is no deceit. ³ When I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. ⁵ Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the LORD.” And you forgave the guilt of my sin.

Repent/Freedom in Christ – 2 Cor. 7:10-11

2 Corinthians 7: ¹⁰ Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. ¹¹ See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter.

Renew/Habits/Transformed - Romans 12:1-2

Romans 12: ¹ Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Replace/ Choices – Eph. 4:19-24 - Radical Amputation is required

Ephesians 4: ¹⁹ Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed. ²⁰ That, however, is not the way of life you learned ²¹ when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. ²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

Idolatry – Purchase an “Idols of the Heart Chart”

- at the core of all addictions are idols of the heart.

“Watch over your heart with all diligence, for from it flow the springs of life.”

Proverbs 4:23

1. My goal in life is to _____ . 2 Corinthians 5:9

We glorify God – when we give the right opinion of God

2. I please God by being like _____ .

Matthew 3:17 & Romans 8:28-29

3. God knows I will not be _____, but He does expect me to be _____ .

Ephesians 4:22-24 & 2 Peter 3:18

“We have two choices on the shelf, pleasing _____ or pleasing _____ .

When our focus is on self, we will almost always end up disappointed with life, emotionally, physically and spiritually.

In closing, here are Six key things someone enslaved to an addiction must do to find freedom.

1. **Repent** – Hate the sin
2. **Make Jesus Central** – No more idols
3. **Go Public** – no more secrets
4. **Formulate a plan**- Live with HOPE in Christ
5. **Find a church** – a new family of faith
6. **Accountability** – no more isolation