

## OVERCOMING ADDICTIONS

### Defining Addiction:

“Addiction is a craving for something. A dependence, habituation, physically, emotionally and mentally.” - Vick Ramsey.

‘The state of being enslaved to a habit or practice or to something that is psychologically or physically habit forming, as narcotics, to such an extent that its cessation causes severe trauma’ - Random House

‘Addiction is a state of compulsion, obsession or preoccupation that enslaves a person’s will and desire. It is an attachment to a substance, thought, attitude or behaviour that can continue consciously and unconsciously, even though the person recognizes it as destructive to his or her well-being. In a way, addiction makes idolaters of us all in that it forces us to worship the objects of attachment, preventing us from freely loving God and one another’ - Gerald May

“A preoccupation with blinding absorption of sin” - - Erwin Lutzer

### What all can become addictive?

Drugs, Alcohol, food, sexual pleasure, work, Relationships, gambling, exercise, shopping, sports, occultism, greed, etc, etc.,

### Marks of addiction

1. Time, thought & energy consuming
2. Need for higher stimulation & growing tolerance
3. Hypocritical living
4. Anger and irritation when not involved
5. Diminishing capacity of self-control
6. Necessity for our survival

### What does the Bible say?

*Is it - Moral weaknesses, genetic disorders, diseases, and habits?*

Read James 1:14-15, 4: 1-5, Galatians 5:17, Romans 7:18,19,21-25, Proverbs 27:20

*Seeing, recognizing addictions as sin and an act against God is essential.*

1 John 2:16,17, Jeremiah 3:20, James 4:4

### The path way towards addiction

**Stage 1:** pain or uneasiness

Void, sense of inadequacy, love hunger, inferiority complex, loss, failure, boredom, anxiety, guilt, depression, anger (pressure builds, need for relief)

**Stage 2:** looking for pleasure in an activity or person or thought

Limited disobedience, just one...., ‘all pleasure, very little risk’

**Stage 3:** we begin to indulge. Feel the guilt, win some battles, seek pleasure when needed, still feel its in our control.

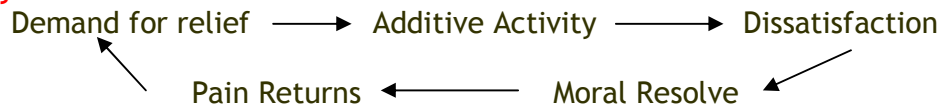
**Stage 4:** it becomes our relief mechanism, consequences are not immediate, encourages the addiction, still feel there is a way out.

**Stage 5:** sensitivity towards sin diminishes, presumptuous attitudes sets in, still feel we can quit when we want, I am exceptional.

**Stage 6:** becomes an obsessive activity, instead of temptation coming in search of you, you go for temptations to fulfill the addictive act, feel frustrated about the addiction, guilt grows, live in two worlds.

**Stage 7:** we can't stop doing it, we want to come out, and we cry to God, know immediate recovery.

**The cycle of defeat**



**No addiction is harmless addiction**

Directly or indirectly our addictions can destroy our family, friendships, health, self-respect, reputation, and livelihood.

Ex: The effects of pornography - extreme addicts are susceptible for sex crimes, encourages damaging sexual experiences, affects natural sexual behaviour and relationships, wastage of resources.

**Pathway to recovery - James 4:7-10**

The battle can and should be won 1 Cor 10:13, Mat 1:21, John 10:10, Heb 2:18, James 1:12, Revelation 2:10, 2 Cor 1:3,4

Submit to God	Confess and purify	Resist the devil	Humble before God
1. Recognize the addiction as sin 2. Admit you are out of control and you need help 3. Plead for God's mercy 4. Keep a closer walk with God 5. Fast and pray	1. Stop pretending and begin to confess 2. make yourself accountable to someone 3. seek special counseling from qualified people 4. Pray with someone regularly	1. Understand the devil's grip over you 2. Scrutinize your reading, watching, surfing and chatting behaviours 3. Take precautionary efforts 4. Never hesitate to undergo painful amputation if it is needed	1. Thank God for what you have and what you are 2. Always keep pride away 3. Accept pain as part of this world and find new ways to endure

Never give up, Confess continually, Trust God, Renew your mind with God's word.