

How can a Christian overcome addiction?

Addiction to alcohol, tobacco, drugs and other substances and other activities plagues much of the world and even infiltrates the church.

1. What is an addiction?

Proverbs 23:1-3; **31-35**
Matthew **10:37**

Colossians **3:5**

An addiction is an activity that a person gets involved with that tends to nearly completely control the person's behavior. There are many times in which they can think of nothing else but their addictive behavior. The ability to stop their addictive behavior is beyond their individual control, regardless of what the addict may think.

2. What can a person be addicted to?

Proverbs **20:1**; 31:4-6
Proverbs **23:1-3**

Proverbs **6:23-25**

While the scriptures specifically mention addiction to alcohol, sex, and food. There are many other addictions, such as tobacco, coffee/tea, Internet, and many others that the scriptures do not specify. Ultimately it is any activity that draws the person's attention away from God to guide his behavior..

3. What drives the addictive behavior?

Proverbs **31:6-7**
1 Timothy 6:10-12

Matthew **14:29-31**
Romans **7:18-23**

For many, addictive behavior is driven by a sense of hopelessness and despair. For others, it is driven by either a temporary or permanent departure from keeping your eyes on the Lord. Basically what happens is the addict not only forgets who he actually is (a child of God) but also operates in a type of "automatic" mode. It is a following after the flesh without thinking of the consequences. The addict is often unaware of his actions until possibly after he has already followed through.

4. What change needs to take place in the believer's life?

Genesis **3:4-6**
Philippians **4:4-7**
James 5:16

Proverbs **3:5-6**
Joshua **9:14**
Ecclesiastes 4:9-12

The first thing that needs to be learned is that the individual is NOT God and as such, he is not to function as the determiner for himself what is good and what is acceptable. Only God can communicate to us what we ought to be doing. Next the individual needs to continually and persistently take his pursuits to the Lord in prayer in order to receive counsel from God. For the addict, before eating, drinking, smoking, going out with another person, he needs to inquire of God whether his desires are in alignment with God's desires. This will often employ a second person to

confide in so that there is another person to recall to your mind your obligation to holiness before God.