

“Am I Free From Addictions?”
(Part 5 of the 10 part series – “What is a Mature Disciple?”
May 29, 2011

Scripture Reading - 1 Timothy 3:3

Introduction

Connotation: Someone who is dependent on alcohol or other drug

Denotation/Definition: a state of mind and behavior that causes problems.

What does the Bible say about addictions?

1. Breaking the law. **Romans 13: 1-5**
2. The only way to the Father is through Jesus. **1 Timothy 2:5**
3. To assume that abuse of something will resolve problems or reduce tension is unwise. **1 Peter 5:7; Psalm 55:22**
4. As created beings we have the responsibility to take care of matters, including our own mind and bodies. **Genesis 1:28**
5. Moderation. **Phil. 4:5 (KJV)**

The Causes of Addictions

1. Personality, heredity, and physical makeup.
2. Past background and culture.
3. Stress.
4. Spiritual influences.

The Effects of Addictions

1. The effect of denial. **Jeremiah 6:4**
2. The effect of anxiety. **Psalm 146: 5-8**
3. The effect of guilt. **Psalm 146: 5-8**
4. The effect of disease.

Preventing Addictions

1. Avoid drunkenness. **Proverbs 20:1; 23: 29-31**
2. Moderation, if not abstinence.
3. Wine – **Psalm 104: 14-15; John 2: 6-9; Luke 7:33a**
Conclusion: Moderation is good, abstinence is better!
4. Christian liberty. **1 Cor. 6:19-20**
5. Restraint is mature living and promotes spiritual growth for the individual and the church.
Romans 14:21
6. Keeping the body pure. **1 Cor. 6: 19-20**
7. The Filling of the Spirit – **Eph. 5:18**

Conclusion: Controlling thinking errors and behaviors begins in the heart and mind.

Col. 3:2; 1 Thess. 5: 4-8; 1 Peter 1:13; Col. 4:12

Bible Study Questions/Discussion

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1. Before we can improve our walk toward spiritual maturity, we must first face, explore, and admit our denial related to a habit or behavior that causes us problems. Explore the passage in **Jeremiah 6:4**. “...**everything will be all right! But everything is not all right!** (NET Bible) What areas of your life are you beginning to face reality and break the effects of denial?
2. Another side effect of a habit that causes problems is anxiety. Anxiety causes us to waste precious energy running from our past and worrying about and dreading the future. Read and meditate on **Psalms 146: 5-8**. How much energy are you wasting on anxiety?
3. One of the greatest impediments to our spiritual growth is guilt. David, the psalmist, though not a drug user, struggled with guilt because of a problem. Read **Psalms 32: 3-5**. Do you hang on to guilt as a form of self-punishment? If so, you are encouraged to confess and surrender it.
4. As it relates to our mind and behavior, how do you relate to the axiom “Moderation is good, abstinence is better.” Review **1 Cor. 6:12; Romans 14:21; and Ephesians 5:18** and discuss.
5. Study the following passages that relate to spiritual maturity: **Colossians 3:2; 1 Thessalonians 5: 4-8; 1 Peter 1:13; and Colossians 4:12.**
6. List several summary thoughts in your own words that give expression to your understanding of spiritual maturity.