



ASHAMED IN CHURCH: IS ADDICTION A DISEASE OR A CHOICE?



Colossians 4:5-6

⁵ Walk in wisdom toward outsiders, making the best use of the time. ⁶ Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

Is Addiction a Choice or a Disease?

Where Do We Begin?

- Theological Foundations
 - Genesis 3 – the fall
 - Jeremiah 17:9-10 - The heart is deceitful above all things, and desperately sick; who (apart from God) can understand it?

Where Do We Begin?

- Theological Foundations
 - Jeremiah 2:13 - ...my people have committed two evils: they have forsaken me, the fountain of living waters, and hewed out cisterns for themselves - broken cisterns that can hold no water.

Where Do We Begin?

- Theological Foundations
 - John 10:10 - The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

Where Do We Begin?

- Theological Foundations
 - John 10:10 - The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.
 - God wants us to have life abundantly

Where Do We Begin?

- Theological Foundations
 - We have an active, malicious enemy
 - 1 Peter 5:8 - Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

A Complex Problem

Where Do We Begin?

- Definitions
 - “a **compulsive**, chronic, physiological or psychological need for a habit-forming **substance, behavior, or activity** having **harmful** physical, psychological, or social effects...” Webster’s Dictionary

Where Do We Begin?

- Definitions
 - “Addiction is a chronic disorder with **biological, psychological, social and environmental factors** influencing its development and maintenance.”
American Psychological Association

How Do We Become Addicted?

- Possible Factors:
 - Biological
 - Psychological
 - Social
 - Environmental
 - **Spiritual**

Where Do We Begin?

- Definitions
 - “...People with addiction use substances or engage in behaviors that **become compulsive** and often continue **despite harmful** consequences.”

ASAM – American Society of Addiction Medicine

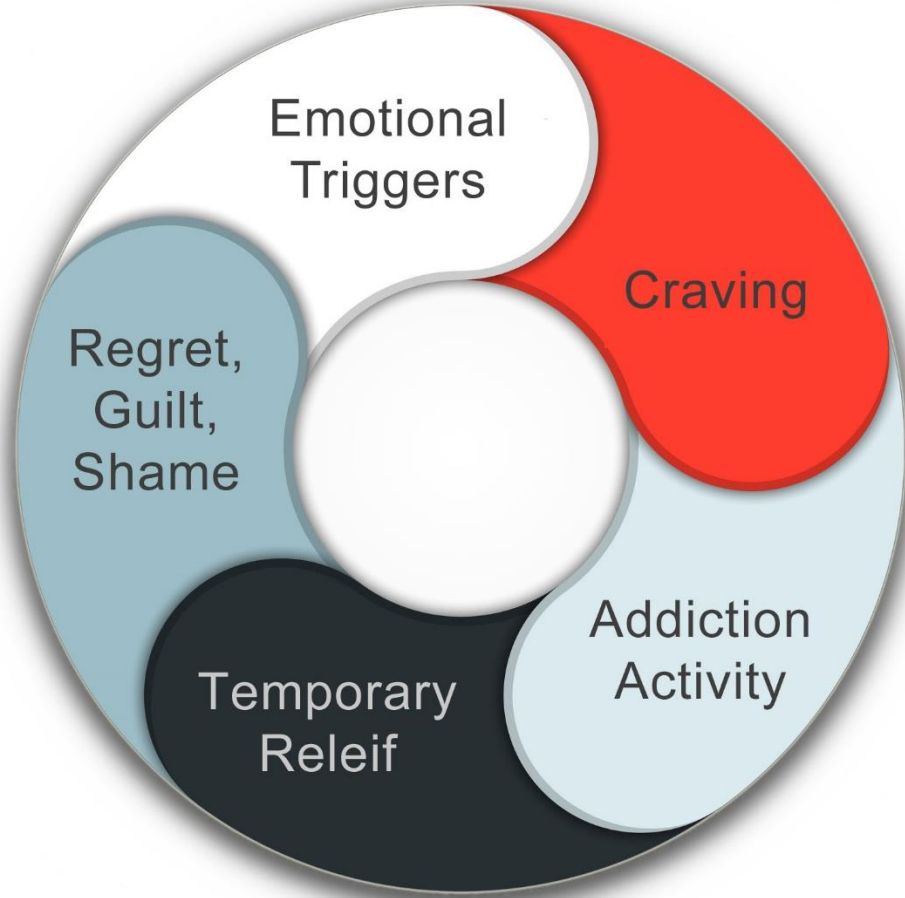
Where Do We Begin?

- Definitions
 - “A complex, progressive, injurious, and **often disabling** attachment to a substance or behavior in which a person compulsively seeks a change of mood.”

Cornelius Platinga, professor of theology/pastor

Disabling...(DSM-5)

- Impaired control over its use
- Multiple unsuccessful attempts to quit
- Life increasingly revolving around this activity
- Physical dependence on the activity/substance



Where Do We Begin?

- My Definition

Where Do We Begin?

- My Definition
 - Addiction is a pattern of unhealthy commitment to short-term satisfaction despite damage to ourselves and/or others.

A Common Problem

Everyone Is At-Risk

“Every one of us is a potential addict. In a pressure-filled world, the prospect of instant escape can be exhilarating. No matter the object – drugs, alcohol, food, gambling, or sex, just to name a few – addictions lure us...”

Everyone Is At-Risk

“They extend the promise of pleasure. In the end, they deliver emptiness, death, and destruction. What began as an escape from the hassles of life becomes a form of bondage.”

Ed Welch, Counselor and Author
Christian Counseling and Education Foundation

Statistics

Social Media

“Neuroscientists are studying the effects of social media on the brain and finding that positive interactions (such as someone liking your tweet) trigger the same kind of chemical reaction that is caused by gambling and recreational drugs.”

-NOW by Northrup Grumman

Social Media

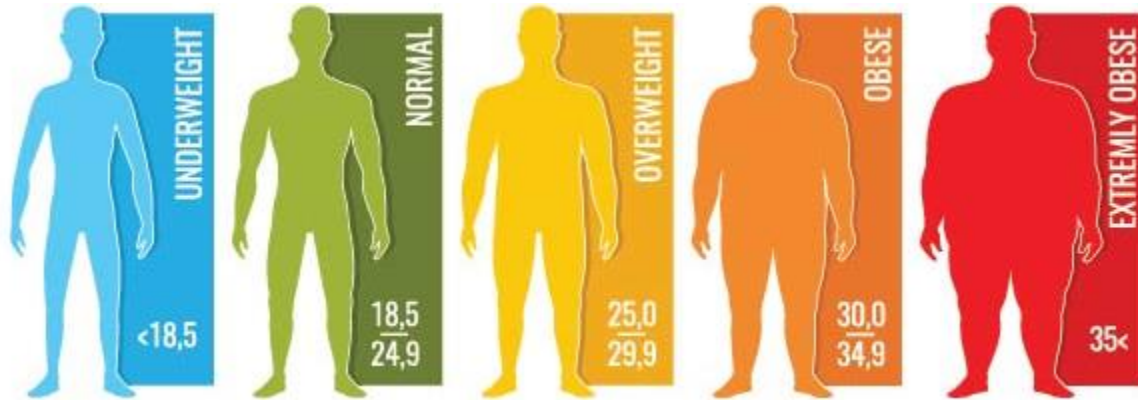
According to AsapScience, a TED research partner, between 5 and 10% of social media users are unable to control the amount of time they spend.

Tobacco

The CDC estimates that nearly 20% of Americans regularly use some form of tobacco – 65 million people.

Food

In 2019, the CDC reported that 42% of adult Americans are obese.



IS IT TIME FOR THE
CHURCH TO CHANGE?



Caffeine

85% of American adults
consume some form of caffeine daily
American Diabetes Council

Alcohol

An estimated 15 million Americans
have an Alcohol Use Disorder (addiction)

National Institute of Health (NIH)

Pornography

One leading porn site in 2019
had 42 billion visitors –
that's 115 million per day,
almost 5 million an hour,
and almost 80,000 visits a minute.

And that's just one site!

All Media

In 2020, one media research firm reports that during the pandemic Americans increased their media consumption by an hour per day...

To a total of 13 hours a day.

Drugs

Drug overdose deaths in in the US and Canada
rose by 30% in 2020 to nearly 100,000.

(CDC)

Everyone Is At-Risk

Everyone of us needs to be aware of the things we count on to provide peace, energy, escape and satisfaction

Everyone Is At-Risk

BUT...

not every addiction poses the same risks

Not Every Addiction Has The Same...

- Scope of damage
- Severity of damage
- Timeline of damage

A Christ-Centered Solution

Seeing The Addict Through Jesus' Eyes

Luke 15:11-32

¹¹ And he said, “There was a man who had two sons. ¹² And the younger of them said to his father, ‘Father, give me the share of property that is coming to me.’ And he divided his property between them. ¹³ Not many days later, the younger son gathered all he had and took a journey into a far country,

Luke 15:11-32

and there he squandered his property in reckless living. ¹⁴ And when he had spent everything, a severe famine arose in that country, and he began to be in need. ¹⁵ So he went and hired himself out to one of the citizens of that country, who sent him into his fields to feed pigs. ¹⁶ And he was longing to be fed with the pods that the pigs ate, and no one gave him anything.

Luke 15:11-32

¹⁷ “But when he came to himself, he said, ‘How many of my father's hired servants have more than enough bread, but I perish here with hunger!

¹⁸ I will arise and go to my father, and I will say to him, “Father, I have sinned against heaven and before you. ¹⁹ I am no longer worthy to be called your son. Treat me as one of your hired servants.””

²⁰ And he arose and came to his father.

Luke 15:11-32

But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him. ²¹ And the son said to him, 'Father, I have sinned against heaven and before you. I am no longer worthy to be called your son.'
²² But the father said to his servants, 'Bring quickly the best robe, and put it on him, and put a ring on his hand, and shoes on his feet.'

Luke 15:11-32

²³ And bring the fattened calf and kill it, and let us eat and celebrate. ²⁴ For this my son was dead, and is alive again; he was lost, and is found.' And they began to celebrate. ²⁵ "Now his older son was in the field, and as he came and drew near to the house, he heard music and dancing. ²⁶ And he called one of the servants and asked what these things meant.

Luke 15:11-32

²⁷ And he said to him, ‘Your brother has come, and your father has killed the fattened calf, because he has received him back safe and sound.’ ²⁸ But he was angry and refused to go in. His father came out and entreated him, ²⁹ but he answered his father, ‘Look, these many years I have served you, and I never disobeyed your command, yet you never gave me a young goat,

Luke 15:11-32

that I might celebrate with my friends. ³⁰ But when this son of yours came, who has devoured your property with prostitutes, you killed the fattened calf for him!’ ³¹ And he said to him, ‘Son, you are always with me, and all that is mine is yours. ³² It was fitting to celebrate and be glad, for this your brother was dead, and is alive; he was lost, and is found.’”

Three Lies of Addiction

- It's who I am
- No one understands, no one will accept me
- There's no way out

Three Truths

- He's a Father's son
- Some people did give up on him (the older brother), but never the Father
- Recovery is possible

Marty Grasso

Two Questions

- How do we arrest the addiction in ourselves?
- How do we love those caught in it?

How Do We Arrest The Addiction?

- Possible Avenues of Help:
 - Biological (Doctor)
 - Psychological (Counselor)
 - Social (Community Groups)
 - Environmental (Friends)
 - Spiritual (Life Group/Pastor)

How Do We Arrest The Addiction?

- Affirm God made us to be happy and to enjoy life

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- **Confess our unhealthy commitments**

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- Affirm God made us to be happy and to enjoy life
- Confess our unhealthy commitments
- **Pursue Jesus** (in every situation)

C.S. Lewis

“Good and evil both increase at compound interest. That is why the decisions you and I make every day are of such infinite importance. The smallest good act today is the capture of a strategic point from which, a few months later, you may be able to go on to victories you never dreamed of...

C.S. Lewis

...(and) An apparently trivial indulgence in lust or anger today is the loss of a ridge or railway line or bridgehead from which the enemy may launch an attack otherwise impossible.”

C.S. Lewis, Mere Christianity

How Do We Arrest The Addiction?

- Affirm God made us to be happy and to enjoy life
- Confess our unhealthy commitments
- Pursue Jesus (in every situation)
- **Be wise and be gracious**

Two Questions

- How do we arrest the addiction in ourselves?
- How do we love those caught in it?

Loving Those Caught in Addiction

- Move toward them, not away
- Listen & Pray
- Love wisely