

1 **CHRISTIAN FAMILIES IN RECOVERY WORKSHOP**

2 **WHO IS AN ADDICT?**

- A person that chooses to deal with life by medicating
- A person with emotional and spiritual conflict
- A person in need of authentic love and intervention
- A person with bad behavior, not a bad person
- Addicts can be anyone – there is no discrimination to age, race, gender, socioeconomic, career, etc.
- Addicts are regular people – people like me and you

3 **CHRISTIANITY AND ADDICTION**

- Medical versus spiritual
- Framing redemption
- Difference between the behaviors of addiction and the person behind it
- God's authority

4 **MISCONCEPTIONS ABOUT ADDICTION**

- It's a brain disorder alone
- It's a spiritual problem alone
- The addict should be able to stop
- It's someone else's fault
- The addict doesn't love the family
- The addict isn't really a Christian

5 **WHY ADDICTION?**

- Coping Mechanism – how to deal with life
- Form of escape – don't have to feel
- Pleasure or pain – the drive of the flesh
- Sense of power – false courage
- Filling the void - false comforter

6 **WHERE DOES ADDICTION STEM FROM?**

- Physical (brain)
- Mental (thoughts)
- Emotions (feelings)
- Will (choices)
- Spiritual (beliefs)

7 **PHYSICAL BODY & ADDICTION**

- God created the human body with magnificent features and processes
- The physical side of addiction is real, but it doesn't contradict God – it reveals life apart from Him
- Neurotransmitters and addiction
- Dopamine deficiency
- Physical dependency
- Our hope is not in fixing the flesh – but in the altercation that comes from the Spirit of God. However, the physical realities do exist.

8 **SOUL**

- We are made in the image of God

- The soul is the inner life – mind, emotions and will
- These are features of God in us
- Science traces this function to the flesh (connect to chemical, brain, etc.) and focuses on solution there
- Bible links this function to the Spirit and focuses solution on Him

#### 9 ■ **THE MIND**

- Mind is not the brain – Bible teaches us about the mind
- Mind is connected to brain – hardware versus software
- Mind is a database that collects data and processes it on instant recall - based on beliefs that are acquired
- This is positive for life functions, negative when the mind is polluted by lies
- Strongholds are lies that become truth automatically
- Mind is the area of focus in God's Word – the place of "renewal"

#### 10 ■ **EMOTIONS**

- Feelings are the method God gave us to express – they are good when operating as designed
- Emotions are indicators of something deeper
- What we think directly affects how we feel
- Pain is meant to express a problem that needs to be resolved, therefore pain can promote positive change
- Emotions of pleasure and pain get distorted and twisted in addiction, and emotions are bypassed illegitimately
- Emotional growth is stunted in an addict as a result

#### 11 ■ **WILL**

- Decision maker is prompted by our beliefs, thoughts and feelings
- At first addiction was meant to help or serve the person using (made a choice to use); but in addiction, the will is in bondage to addiction – the body, mind, emotions and will literally serves addiction
- Addiction is a form of enslavement – it holds a person back from receiving the freedom God created them to live – to be who God intended them to be
- An addict loses the choice to stop - this is called bondage

#### 12 ■ **PUT IT TOGETHER**

- The mind processes the belief as a thought - it receives it as information by which it needs to be responded.
- The emotions react to the thought - they produce feelings attached to the nature of the data. This could produce happiness, sadness, fear or pleasure, depending on the nature of the thought.
- Finally, the will is the decision maker. Typically the thoughts and especially the feeling motivate the decisions we make. Thus, the actual action that is taken in the situation is the final product of how that initial belief was processed.
- Whatever choices are made can affect the body, reinforce the belief of the mind, and create more emotional reaction
- When all this instigating in a harmful cycle, it can be very detrimental - a pattern almost impossible to break without intervention.

#### 13 ■ **WHY IS THE SPIRITUAL IMPORTANT**

- Addiction is rooted in the satanic realm – a by-product of the enemy's strategy:

- to kill, steal and destroy
- Addiction is a lure – a temptation to receive comfort and pleasure apart from God
- Three enemies: the flesh, the world and Satan
- When addiction becomes bondage, the will serves it
- Spiritual solution will seek to transfer the will into the power of God

14  **WORKSHOP APPLICATION**

- Go to page 2 in the workbook
- We will answer each question
- Please get a piece of paper and pen ready