

30 DAYS TO SAVE YOUR FAMILY

Addiction

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Warning: This study contains mature subject matter...and you need to handle it sensitively. If you're new to the group, we want you to feel safe. At the same time, we hope you feel like you can share in confidence that what is said here, stays here.

Connect

20 Minutes

1. What one thing could you not live without? Why?
2. What do you think when you read this statement by Gerald G. May, M.D.? "To be alive is to be addicted and to be addicted is to stand in the need of grace."

Grow

30 Minutes

We tend to sort addictions into two or three categories. We put addiction to alcohol and certain drugs into the serious category. Achievement, adrenalin, approval, attention, bulimia, caffeine, chocolate, exercising, fantasizing, food, gambling, internet, pornography, people pleasing, perfectionism, power, sex, success, sugar, video games often get sorted into some lesser category.

3. Is it helpful to categorize addictions into some kind of "felony and misdemeanor" category? Why or why not?

In a letter to the Christians in Rome, the Apostle Paul wrote:

*"I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. But if I know that what I am doing is wrong, this shows that I agree that the law is good. So I am not the one doing wrong; it is sin living in me that does it. And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway."*Romans 7:15-19 NLT

Paul seems unable to will himself into the actions he wishes. In fact, he goes on to write:

*"I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. I love God's law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. **Oh, what a miserable person I am!** Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin."*Romans 7:21-25 NLT

4. When it comes to your own life and struggle to conquer certain habits or addictions, do you ever feel like you “want to do what is right...but can’t?” When does it happen?
5. What do you do when you find yourself unable to control your actions?
6. Americans are notoriously self-reliant and often determined not to lean on anyone else for help. But the Bible tells us “Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.” Ecclesiastes 4:9-10 NLT

What keeps people from admitting that they need help?

7. “People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.” Proverbs 28:13 NLT

Have you ever admitted that you needed help to start or stop some habit? What would encourage you to take the first step of sharing an area of struggle?

Surrender

15 Minutes

8. One of the most meaningful group activities is to begin to rely or lean on each other. In fact, Christians are even instructed to, “Confess your sins to each other and pray for each other so that you may be healed.” James 5:16 NLT

In a culture where most people are resistant to the idea of needing anyone else or sharing where we’re struggling, it is an essential process in a healthy group. At the same time, it’s not a first step. It might take some courage and a little sensitivity.

If your group is larger than 6 people, consider sub-grouping for prayer this week. Best practice is to make this time guys with guys and gals with gals. Before you pray tonight, take a few minutes to allow your group members who are comfortable sharing to

- a. share an area where you need help
 - b. share a recent step in the right direction
9. Although your group members may be new to each other, commit to touch base in the next few days. Exchange phone numbers or email addresses with another group member and then make a point of checking in before your next meeting.

Celebrate Recovery meets on Thursdays from 7:00 to 9:00 p.m. at Adventure. For more information, call Barbara Ott at 916-434-7866 or email her at barbjott@yahoo.com

30 Ways in 30 Days to Save Your Family Reading Plan:

- Day 15: Battle the Culture, Not Your Child (Chapter 10)
- Day 16: Envision the Childhood You Want for your Children (Chapter 2)
- Day 17: Make Your Home Inviting, Warm, and...Fun! (Chapter 5)
- Day 18: Create Family Time (Chapter 6)
- Day 19: Discuss the Modern Challenges of Friendship with your Teen (Chapter 7)
- Day 20: Keep Your Kids Safe in Online Social Networking (Chapter 26)
- Day 21: Teach Your Children Every Day That They Have God-Given Value (Chapter 19)

