



ADDICTION

frequently, repeatedly, compulsively, obsessively and habitually attaching one's self to anything or anyone other than God for the purpose of seeking pleasure, relief, happiness, security and/or contentment.

The result of addiction: freedom is diminished and focus on God eclipsed
action is essential to addiction

Attraction Addictions: Anything or anyone we are attracted to and get attached to habitually, compulsively and continually (examples: drugs, alcohol, worry, food, gambling, tobacco, exercise, sports) list of 103

Aversion Addictions: Anything or anyone we are repulsed by and do all we can to avoid and compulsively push away (examples: crowds, failure, spiders, open spaces, rejection, public speaking, snakes) list of about 80

Habit or Addiction?

Good Addictions? No, anything or anyone that takes the rightful place of God in your life is not good.

GRACE

the dynamic ever flowing unexpected love and goodness of God to people without condition nor merit.

Grace is the active expression of God's unconditional and undeserved love demonstrated by and appropriated via faith in Jesus Christ: His death and resurrection.

GRACE is our only hope for effectively dealing with ADDICTION

Exodus Basics

- 2nd book in the Old Testament (Pentateuch)
- Exodus = the way out (departure/exit)

Chapters 1-15: Hebrews way out of Egypt

Chapters 16-40: Hebrews way out of rebellion & sin

- Author: Moses
- Reveals God's name, attributes, redemption and His Law

Exodus 20:1-17

- The 10 Commandments (Exodus 34:28, Deuteronomy 4:13)
- The foundation & heart of the Mosaic Covenant (code of conduct for many cultures as well)
- God spoke directly to the people first, then given to Moses later on two stone tablets (Exodus 31:18 & Deuteronomy 5:4)

The 10 Commandments

- 1-4: responsibilities toward God
- 5-10: responsibilities toward one another
- Various divisions
 1. Jews: v.2 is 1st commandment, vs.3-4 the 2nd
 2. Catholics: vs.3-6 1st commandment, split 10th into two
 3. Most others: v.3 is 1st commandment; vs.4-6 2nd

Exodus 20:1-6

v.1 And God spoke all these words:

v.2 “I am the Lord your God, who brought you out of Egypt, out of the land of slavery.” (“I am YHWH (Yahweh), your God who brought you out of Egypt...”)

v.3 “You shall have no other gods before me.”

v.4 “You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below.”

v.5 “You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me,”

v.6 but showing love to a thousand generations of those who love me and keep my commandments.

Application: 5 Characteristics of True Addiction

1. Yearning For More: always wanting more of the addictive behavior or object of attachment in order to feel satisfied - “If only I could get more, then I’ll be fine.” Example: Money Addiction
2. Withdrawal Symptoms: body & mind craves the addictive behavior or object of attachment and sends warning signals that something is wrong (irritability, agitation, rapid heart rate, panic) - Example: Approval Addict
3. Self-Deception: denial, rationalization, minimizing and other defense mechanisms to perpetuate addictive behavior (hallmark of addiction). - Example: Food Addiction
4. Loss of Will Power: trying to control an addiction in your own strength and willpower inevitably leads to failure and leads to lack of motivation so you give up and addiction rages stronger than ever. Example: Workaholic
5. Pre-occupation: Constantly thinking about the object of attachment or addictive behavior—it kidnaps our attention (thoughts). The addiction becomes more important than anything else. Example: Prescription Drug Addict

HOPE

- The Law exposes us as lawbreakers and shows us our need for a Savior
Romans 5:20a *God’s law was given so that all people could see how sinful they were.*
- God’s Grace through Jesus Christ provides the opportunity for freedom from addictions

Grace: Hope for Addiction