

Addiction



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I'm curious about Addiction. Great! You have the right piece of paper in your hands. We have taken the time to put this together so you can discover help and hope by understanding what God says about addictions. You'll also have a chance to dig into the Bible for yourself.

What is an Addiction?

In a nutshell, addiction is an unhealthy dependency. Addictions are desires gone wild. We can be addicted to nearly anything: substances, activities, approval from others. The object of their addiction dominates an addict's thoughts and actions. Addictions run deep, and this makes the patterns feel unbreakable. In fact, they are very difficult to overcome. Facing an addiction takes a lot of hard work.

What Are Some Addictions?

Here are a few common addictions: tobacco, alcohol, drugs, sex/pornography, eating, not eating, smoking, watching TV, social media (like Snap Chat), video games, coffee, or even exercise. Like we said above, people can be addicted to just about anything, so it's possible to have an addiction that's not on our short list.

What is the power of addiction?

An addiction exerts extreme control over a life. The addict prioritizes everything in his or her life in light of their addiction. In the beginning, the addiction is "fed" so the addict can have peace. The need never shrinks. In fact, it grows stronger. Over time, it forces a person to sacrifice good things (for example, relationships) to temporarily satisfy the addiction. This is when guilt enters the picture, but it's not enough to stop the cycle, it just makes it worse:

(a) An unhealthy desire rises up, (b) it's resisted for a short time. (c) The desire is satisfied and (d) followed by guilt and shame. After a while, (a) the unhealthy desire shows up again.

I want to do something about my Addiction.

You've taken the first step: wanting to eliminate this unhealthy dependency is essential. Overcoming an addiction is a personal choice and no one else can make it for you. Congratulations for taking the first step!

We love you enough to tell you the truth: this will be tough, and you can't do it alone. You are going to learn new ways to trust God and look to him for strength. The battle will also be easier if you can connect with others for support and encouragement. Getting involved with a Discipleship Group is a great place to help you connect with God and other Christians. Talk to one of the CSM staff for more information about joining a Discipleship Group.

God wants you to have a great life! The Bible says, "It's for freedom that Christ set us free." (Galatians 5:1)

God loves you more than words can express, and he doesn't want us to be enslaved by anything. Don't give up! This is going to be a long haul. Patterns of addiction don't happen overnight, and neither will they be broken quickly.

We strongly encourage you to talk to someone. A trusted friend or an adult leader from CSM can provide the support and help you need.

Going Deeper

Read and reflect on Romans 12:2 and Ephesians 5:15-18. Reflect on how God wants you to live in light of addictions and these passages.