

■ **Definition: Addiction - something other than _____**
that has a _____.

- 2 Peter 2.19: "They promise freedom, but they themselves are slaves of sin and corruption. For you are a slave to whatever controls you."
- 1 Corinthians 6.12: "You say 'I am allowed to do anything' - but not everything is good for you. And even though 'I am allowed to do anything,' I must not become a slave to anything."
- See Romans 7.14-19

■ **The "Anatomy" of Addiction**

Philippians 4.13: "For I can do everything through Christ, who gives me strength."

■ **Steps Toward Freedom**

→ First, _____.

→ Second, _____.

- Proverbs 28.13: "People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy."
- James 5.16: "Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results."

→ Third, _____.

Change always starts in the mind. The way we _____ affects the way we _____ and the way we feel affects the way we _____.

Romans 12.2: "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

2 Corinthians 10.3-5: We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ."

Resources:

Celebrate Recovery (Christian-based recovery)

Woodbury Lutheran Church, Thursdays 6:30-8:30 PM

The Harbor Church, Fridays, 6:00-9:00 PM.

Books

The Lies We Believe, Chris Thurmann

Addictive Thinking, Abraham Twerski

Melody Beattie's books on co-dependency.

Video clips (go to www.crossroadschurch.cc/weekend-media):

1. "Anatomy of Addiction"
2. "Co-Dependency and Addiction"
3. "Anxiety and Addiction"