

WORSHIP

SUGGESTED WORSHIP SONGS:

Better Than Life, Your Promises, Your Great Name, Victor's Crown

WELCOME

Addicted. Briefly share what you consider to be your behavioral addiction (in the past or at present).

WORD

2 PETER 2:19 (ESV)

¹⁹*They promise them freedom, but they themselves are slaves of corruption. For whatever overcomes a person, to that he is enslaved.*

Anything that shows itself to be a master over our lives other than Jesus could possibly be an addiction. It shall enslave and hinder us not just from doing what is right but also from becoming more like Christ.

Common mainstream addictions involve alcohol, smoking, and drugs. Examples of behavioral addictions would include gambling, pornography, sex, work, shopping, food, video games, internet, social media, TV, etc.

When something becomes an obsession or addiction, it becomes an idol for us. In order to be set free, we need to know the truths about addiction: its cost, cause, and cure.

THE COST OF ADDICTION (GALATIANS 6:7–8)

Everything in life has a cost. We will reap what we sow. We will reap either corruption or eternal life depending on the choice we shall make.

If time is life and addiction steals time, then the cost of addiction is life. Anything that we do requires time. If our addiction takes our time away, then it is also taking our life away.

Addiction wastes our resources. It costs our time and money which we could have spent to do other things like building relationships with family, learning a new skill, excelling in work, sports, growing deeper in our Christian walk, discipleship, etc.

Addiction is costly. It not only affects ourselves but also our family and loved ones. These costs include poor social communication skills, weak relationships, impatience, unrealistic views, loss of creativity, boredom and sleep deprivation.

We should not be ensnared to our addictions (**Psalm 106:36**). Our addiction hinders us from becoming what

God has designed us to be which also make us fall short of fulfilling God's purposes for us.

THE CAUSE OF ADDICTION

In view of addiction, we should not just treat the symptoms but more importantly treat the sin which causes it. Sin enslaves us (**John 8:34**).

Inside every person's heart is a deep hole of deficit longing for happiness. To be happy, we look for love, joy, rest and meaning in life. Many have resorted to social media for love and acceptance, porn to rest from stress and burnout, video games for fun, or gambling to find their worth. When these activities seem to fill the deficit in people's heart and make them happy even if only temporary, they would start to want more of it. Before they know it, they are already addicted to it.

Studies show that our body remembers the progression of our activities from the cue (trigger), the routine (experience), and the reward. Our body learns to release Dopamine in the brain in anticipation to the behavioral cue toward an activity. Because addiction has this kind of progression pattern, we should be careful of such behavioral addiction.

THE CURE OF ADDICTION (JOHN 10:10)

As we take steps to cure addiction, we must first have Jesus in our lives. He came that we might have life and have it to the full (**John 10:10**). Jesus is the answer and the cure to addiction because it is only He that can fill that void in our lives. He is the One who has set us free and He is the One who gave us life. Freedom comes not by our own power but through Him who gives us strength (**Philippians 4:13**). We can lean on Him to be free from addiction.

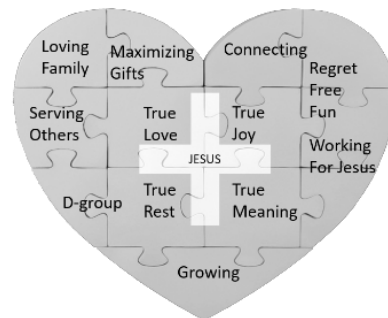
WORD (cont'd)

But in order for this to happen, we should allow Jesus to work in our lives.

1. Admit the truth that we have an addiction and that sin is the cause of it (**John 8:32**).
2. Connect back to God by knowing first what is blocking us from Him (**Isaiah 59:2**) then repent and turn back from it (**Acts 3:19**).

In all of us is a God-shaped vacuum longing to be filled. And the fact that it is there means it is designed to be filled. But only Jesus can fill it up and only He could give us the happiness we are looking for. It is by having Him in our life that will makes us feel truly loved and accepted. More so, it is in His presence where we can truly find both joy and rest as we cast our burdens upon Him. When we have true meaning in life, we do not

substitute the abundant life that Jesus can give us with anything that is fleeting. With Jesus at the center, we would have a healthy heart as illustrated below:



Christ promises joy that is anchored not in circumstances but in His presence.

DISCUSSION QUESTIONS:

(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)

1. **Enslaved.** How do you define addiction according to **2 Peter 2:19**?
2. **God-shaped Vacuum.** What fills the deficit hole in your heart? How does it give you true happiness?
3. **True Happiness.** What will you stop and start doing in order to be free from addiction? How can you help others break free from addiction and find true happiness in Christ?

WORKS

IDEAS FOR MORE FAMILY TIME

The principle of replacement tells us to find a replacement to our addiction with the following recommended family activities together. Try them and share the results with your Dgroup.

1. Game Nights
2. Dinner
3. Devotions
4. Hiking / walking / exercise / sports
5. Make a bucket list of things to do for the year
6. Cooking
7. Movie night
8. Serve together
9. Build something together

WEEKLY PRAYER POINTS

I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives

II. Country and the World

- Upright and moral governance of Public Servants and a God-centered Philippines
- Repentance and Salvation

III. Church

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

V. Personal Concerns

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends