

Addictions

*Who has anguish? Who has sorrow? Who is always fighting? Who is always complaining? Who has unnecessary bruises? Who has bloodshot eyes? It is the one who spends long hours in the taverns, trying out new drinks. In the end it bites like a poisonous snake; it stings like a viper. **Proverbs 23: 29, 30, 32***

We can become addicted to all sorts of unhealthy items – not just drugs or alcohol but shopping, pornography, food, sexual relationships with others and gambling just to name a few.

The Bible warns us to be careful with these types of activities because they become more and more difficult to stop once we have started them.

† The Bible also states that we need to replace our addictions with healthy activities (such as church, prayer and volunteer activities) to overcome them.

You let yourselves be slaves to impurity and lawlessness, which led ever deeper into sin. Now you must give yourselves to be slaves to righteous living so that you will become holy.

Romans 6: 19b

We turn to addictive activities to help us when:

- † We are afraid or anxious
- † We feel disrespected
- † We are treated unfairly
- † Our expectations aren't met
- † We try to block memories
- † We feel guilty

We should instead be courageous enough to seek Christian ways to deal with these difficult things in our life.

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