

## Addictions, Part 3 Solutions

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Ok... Wk 3 on Addictions... What have we said so far?

**1. God makes Human beings for himself**... builds within us - yearnings for satisfaction, wholeness, joy, peace, belonging, life!!! - homing device... search for him... know him... know his fullness of his love...

**2. We, as human beings, struggle in our search to find God**... because of our spiritual brokenness - we often search for other ways/things to fill the God void - things we can control/manipulate... **PAUSE** we often ask these things-provide-only God can provide! [**IDOL**] (ie: **workaholics** want work -identity/security... **sexaholics** want porn - needs for intimacy/touch... **coffeaholics** - drug to bring energy to life/wake up! **alcoholics** - medicine(via denial)- to bring healing...) -- these habits are passed on via generations...

**3. These addictive behaviours will never get us there. In fact, as they take hold, they will lead us further and further from God**... well sort of... while they do, in one sense lead us away from God - in another - push us straight into his arms... **PAUSE**...

- only as we realize - it's not working... end of rope need help - desperate enough to turn to God/ "Help!" (Johnny Cash Nicklejack caves... Johnny VS - Mississauga church parking lot... You... in that moment back when... **PAUSE**... [**SLOW**] YOU... in that moment about to come up?!... (all of us included here... addictive tendencies never gone!!!)

**4. Only solution to our addictions is to accept God's grace in our down and out place!** Early steps of the 12 Steps!... we've talked a bit about what that grace

looks like...as stand naked before perfection - "I see all the flaws..."... "**I forgive you for the mistakes**" "I see all your pain...I was there...I will heal you" "**I love you... unconditionally... I always have...**" - I'm going to change your life... transform your desires - really kick them in gear!!! "Keep you... show you a new way... **a way of freedom!**"

The kind of freedom - reading about in homework! (**Anyone been doing the homework? Won't ask for a show of hands!... see Chucks hand -Star**)...

Gonna read it to you know... [**CONTEXT** - religious addicts... law/addiction... insert] **RD Gal 5**

Apostle's main point? - "**My counsel is this: Live freely, animated and motivated by God's Spirit.**" Let "God in you" "Spirit of Christ" lead your life!... Continue to do this... in every facet of everything you do!... -- **RISK in addicts life (incl. sin addicts)**-give it all up to God... walk away take control - doing next steps right (**recovery becomes addiction!**) - (**O becomes addiction!**) - doing religion God controlling way (legalism, idols)

**NB**... put life in God's hands... and leave it there!... (Doesn't mean - don't do stuff... **read good books** (Addiction and Grace, May... The 12 Steps; A Spiritual Journey... Etc...) **or make right moves**... get accountable... good community... etc... [**UPSTAIRS**]

Just do all of this (and more) via God's **Spirit's lead**...

**Why?**... **1. Spirit - only one who really knows you** – knows every bit of being... more than you know!!... echoes groans we don't even know about(prayers to God)... [**ED to pray... My prayers for him daily**]

**2. Spirit only one who really knows what to do** – Jesus calls - "**Counsellor**" "If you love me, you will obey what I command. And I will ask the Father, and he will give you another Counselor to be with you forever– the Spirit of truth."

John 14:15-16, NIV A **counselor**... a God who comes along side... God of relationship... community [**Listens**, etc..] All experts agree - addicts need community! - **HS is the ultimate community builder!** In terms of - connection with selves... and connection to God!...

**3. Spirit is the one thing you cannot control (addicts/humans prone to do!) - like wind** (blows where God wills!)... - freedom comes in knowing this!... (imagine trying to control the wind!)... **PAUSE**... only as we learn to go with God's flow - really find life meant to live... -- **life becomes natural & free!**

Paul - grows in you... through you - fruit in an orchard **[trees don't force fruit...they just stay planted (don't even do that... just let nature do its work... let Son shine onto lives... God's rain quench thirsty souls... stay rooted in soil of his world/word)**

Do that... **PAUSE**... Let God do that and you'll find life... - **taken out of self -- hit me in this passage** as I meditated on **[Selfishness vs. love others as love self]**- made into new people **READ verses 22-23**

**[SLOW]** That's a vision for real life... powerful image of **selfless** community... not primarily about you any more(yet it is)... its about you - w/new orientation on life... you looking out, instead of looking in all the time! a place where you discover- **real life - only found as you give yourself away! LONG PAUSE...**

Speaking of giving your life away... this remembering/celebrating event - helps us as people of addictions... **all about God gives self away... so that we can have second chances... about selfless love of**

**Christ- our only hope in addictions... our model... Most NB in his resurrection - sign of a promise keeping Father!!!... as sure as bread real!**  
[1Cor 11 Paraphrase]

## The Life of Freedom

written by the Apostle Paul in his letter to the Galatians, chapter 5

<sup>1</sup>Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you...

<sup>13</sup>It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows. <sup>14</sup>For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom. <sup>15</sup>If you bite and ravage each other, watch out--in no time at all you will be annihilating each other, and where will your precious freedom be then?

<sup>16</sup>My counsel is this: Live freely, animated and motivated by God's Spirit. Then you won't feed the compulsions of selfishness. <sup>17</sup>For there is a root of sinful self-interest in us that is at odds with a free spirit, just as the free spirit is incompatible with selfishness. These two ways of life are antithetical, so that you cannot live at times one way and at times another way according to how you feel on any given day. <sup>18</sup>Why don't you choose to be led by the Spirit and so escape the erratic compulsions of a **law (ed. note – Paul was writing to those with a religious addiction toward moral legalism, you can insert your addictive tendency here if you'd like)** -dominated existence? <sup>19</sup>It is

obvious what kind of life develops out of trying to get your own way all the time: repetitive, loveless, cheap sex; a stinking accumulation of mental and emotional garbage; frenzied and joyless grabs for happiness; <sup>20</sup>trinket gods; magic-show religion; paranoid loneliness; cutthroat competition; all-consuming-yet-never-satisfied wants; a brutal temper; an impotence to love or be loved; divided homes and divided lives; small-minded and lopsided pursuits; <sup>21</sup>the vicious habit of depersonalizing everyone into a rival; uncontrolled and uncontrollable addictions; ugly parodies of community. I could go on.

This isn't the first time I have warned you, you know. If you use your freedom this way, you will not inherit God's kingdom.

<sup>22</sup>But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard--things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, <sup>23</sup>not needing to force our way in life, able to marshal and direct our energies wisely.

**Legalism** (*ed. note - insert your addictive tendency here*) is helpless in bringing this about; it only gets in the way. <sup>24</sup>Among those who belong to Christ, everything connected with getting our own way and mindlessly responding to what everyone else calls necessities is killed off for good--crucified.

<sup>25</sup>Since this is the kind of life we have chosen, the life of the Spirit, let us make sure that we do not just hold it as an idea in our heads or a sentiment in our hearts, but work out its implications in every detail of our lives. <sup>26</sup>That means we will not compare ourselves with each other as if one of us were better and another worse. We have far more interesting things to do with our lives. Each of us is an original.

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