



**PRINCE
OF PEACE**
Called to Connect

**STUDENT
MINISTRY**

SMALL GROUP GUIDE [HS]

ADDICTION [4.5]

SCRIPTURE | Ephesians 4:4-5

PROBLEM

We underestimate the power of addiction.

BOTTOM LINE

We can live life free, hopeful, and whole.

DO HARD THING

Consider how addiction has directly or indirectly affected your life. What can be done?



- This is our fourth week of the Lent series, Do Hard Things. The challenge for students is to help them identify areas in their life where they need to challenge the “old” so that they can become “new”.
- Our goal for tonight is to encourage students to consider how addiction has affected their life directly or indirectly, and to challenge them to see how they can be a part of recovering life.

MY GOAL FOR THE NIGHT |



Addiction is the elephant in the room that no one wants to talk about, especially at church. Addiction (any form) impacts millions of people in America every single year, slowly devastating life from the inside out for people living in it. Addiction comes in many forms: substances, technology, pornography, shopping, and even food. What does a hard thing look like with addiction? Confronting it directly. Sharing stories about how addiction has negatively impacted life in you, your family, or friends' lives. Doing hard things with addiction is accepting that life is not sustainable in addiction, and starting a journey to recover from addiction and for the life ahead in Christ.

JUST FOR FUN

- See Leader Guide for icebreakers and fun ideas



“Life is not life when you are in addiction. You are merely surviving day to day. Jesus invites everyone struggling into abundant hope and wholeness. Let’s talk!”

DISCUSSION QUESTIONS

- What are healthy habits that you practice on a daily basis?
- What might be the difference between an addiction and a habit? What are some similarities?
- What are some ways you’ve seen addiction negatively impact peoples’ lives? What might be some similar negative effects no matter what specific addiction it is?
- In Tim’s story, he talks about how life just isn’t sustainable in addiction. What does that mean?
- What are some ways God wants us to understand addiction?
- If addiction were seen as a disease instead of a series of “wrong choices”, how would that change the conversation?
- How would you respond to the “Do Hard Thing” tonight? What are some ways addiction has negatively impacted your life?
- What are some resources you could use?



Do your own “whiteboard session” around the stigma of addiction. Addiction carries powerful stereotypes, and first we need to name those so we can start taking away their power. Write down the stereotypes or stigmas of those in addiction. What do you think of when you think of an “addict”?