



SMALL GROUP GUIDE [MS] | ADDICTION [4.5]

SCRIPTURE | Romans 5:3-5 MSG

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



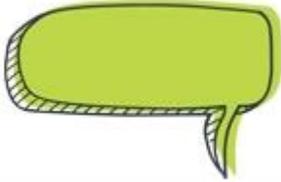
“Life is not life when you are in addiction. You are merely surviving day to day. Jesus invites everyone struggling into abundant hope and wholeness. Let’s talk!”

DISCUSSION QUESTIONS

- What are healthy habits that you practice on a daily basis?
- What do you know about addiction? What have you seen about it on the internet, the news, movies, or shows?
- What might be the difference between an addiction and a habit? What are some similarities?
- 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”?



EXTRAS

Websites:

Hazelden Betty Ford Foundation (Substance Abuse Treatment Centers and resources for families) - <http://www.hazeldenbettyford.org>

Digital Addiction Information - <https://www.promises.com/articles/addiction/digital-addiction-this-is-your-brain-online>

Pornography Addiction Information - <https://www.addiction.com/addiction-a-to-z/porn-addiction/porn-addiction-101/>

Substance Addiction Statistics:

- Twenty-three million Americans age 12 or older suffer from alcohol and drug addiction.
- More than 15 million of those are dependent on alcohol, roughly 4 million are dependent on drugs, the rest are dependent on both.
- In 2006, nearly 1.8 million Americans were admitted to drug and alcohol treatment facilities.
- Individuals treated for alcohol misuse are approximately 10 times more likely to commit suicide than those who do not misuse alcohol, and people who abuse drugs have about 14 times greater the risk for eventual suicide

- In 2008, 9.3 percent of youths aged 12 to 17 were current illicit drug users.
- More than 14.5 percent of U.S. kids ages 12 - 17 drink alcohol.
- Children of alcoholics are four times as likely to develop problems with alcohol.
- Nearly 17 percent of all children under age 14 in the U.S., and 20 percent of children under 18 live with a parent (or legally responsible adult) who drinks heavily or has an alcohol problem.
- Children who learn about the risk of drugs at home are up to 50 percent less likely to use drugs than those who are not taught about the dangers.
- Mental health intervention initiatives, including school-based programs that target cognitive, problem-solving, and social skills of children and adolescents, have been found to reduce depressive symptom levels by 50 percent or more, one year after the intervention.
- Only a third of parents discuss the risks of abusing prescription medicines with their kids.

Counseling Resources

Nystrom and Associates Counseling - <https://www.nystromcounseling.com>

Life Development Resources - <http://lifedrs.com>