Leaving The Pit #2

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INTRODUCTION

- This is all based upon David's quote in Psalms about being in a pit and after his sin with Bathsheba.
- It's also important for you to know about this so you know how to deal with people and you need to be aware of some of the pitfalls that can happen to any of us.

1 The Definition of Addiction: Enslaved or Bound

- The definition of addiction is from a Latin term which means to be enslaved by or bound to.
- This is an intense physical craving that the body has over the object of the addiction. So that's why it's hard to kick.
- Addiction hijacks, literally hijacks the brain, and the end result of that is this drive toward compulsive behaviors.

2 How Do People Get Involved?

Ephesians 6; Colossians 3

- The Bible verse, evil companionship corrupts good morals. That's what happens.
- You cannot be your child's best friend, right? You have to be a parent.
- Different types of discipline may be required for different children.
- If they're getting bombarded with an excessive amount of television and movies versus Bible study and time they spend here, guess where their thinking is going to gravitate towards.
- When we have trauma in our life, we have to turn to God.

3 Prescription Drugs: A Big Problem

- The second most biggest abuse of drugs is prescription drugs, and it's growing significantly in the age group that I'm in, 50 and older.
- About 40 Americans die each day from overdosing of prescription painkillers.
- Chemical coping is defined as using medication prescribed for one indication to treat other emotional or situational issues such as insomnia, depression, stress, lack of energy.

4 Why Is It So Hard to Quit?

- Addiction is like an erosion, it's like those multimillion dollar homes in California where you see the land is gradually falling off and the house is on the precipice.
- It's so hard to quit because they see this as their best friend. This is where they find comfort and escape.
- When you think they've hit bottom, they'll find a new bottom.

5 How Do We Deal With This?

- If we excuse their sin we share in their guilt.
- You are welcome here, your addiction is not.
- Your best thinking got you here, your best thinking is going to keep you here. You need to accept help.
- Until the pain of the addiction is greater than the pleasure of the addiction, they won't change.
- You've got to say things when you suspect somebody.

6 Church Do's and Don'ts

Luke 14:23

- Never question their sincerity. When they are trying to get better, don't question their sincerity. However, they said do question their ability to follow through.
- The other thing they said is don't ever give up on them.
- Paul says for what I am doing I do not understand. For what I will to do that I do not practice. But what I hate that I do.
- What they need the most, they fear the most.
- Programs don't work, it's people investing in people that work.

THE CHALLENGE

Remember our body is a temple of the Holy Spirit, and we have to treat it as such.

MY NOTES