

OVERCOMING HARMFUL ADDICTIONS & BAD HABITS

- I. What is a harmful addiction?

- II. What are examples of addictions that you or someone close to you have suffered from?

Some Biblical Principles

- 1) A person is a slave to whatever has mastered him (2 Peter 2:19; John 8:31-36). What has mastered you?
We should not be mastered by anything other than God (I Cor 6:12-13).
- 2) We need to believe that we can do anything (including overcoming an addiction) through Jesus Christ (Phil 4:13; Heb 13:5; Mat 11:28-30). We need to believe that NOTHING IS IMPOSSIBLE WITH GOD! (Luke 1:26-37)
- 3) We need to use our weapons of Prayer, Faith, and the Word (Prov 16:3; Phil 4:6-7; Heb 4:14-16; Josh 1:8; Ps 119:11).
- 4) We should avoid bad company (I Cor 15:33).
- 5) We should become accountable to a group of godly people and meet regularly with them (Prov 27:17; Eph 5:21; James 5:16).
- 6) When we do sin, we should confess, repent, and resist future sinning; there is a place for confessing our sin to others (I John 1:9; Rom 6:11-14; Prov 28:13; James 5:16).
- 7) We should remember that no temptation is too great; there is always a way of escape (I Cor 10:13).
- 8) We need to remember who we are -- a child of God and a new creation! (2 Cor 5:17; I John 3:1).
- 9) We should CHOOSE to do everything for the glory of God (I Cor 10:31), and to offer our body as a living sacrifice to Him (Rom 12:1). We should pursue purity & holiness (2 Cor 7:1).
- 10) We should be filled with the Holy Spirit, which produces the fruit of the Spirit in us which includes Self-Control (Gal 5:22-23). [We are filled via faith, prayer, turning from sin, etc.].
- 11) We can win the war by winning the battle of the mind. Remember:

Desire (mind) → Sin (actions) → Death (physical, relational, spiritual) [James 1:13-15]

Steps for victory:
 - a. Take every thought captive immediately (2 Cor 10:5)
 - b. Immediately fill the mind with wholesome thoughts (Phil 4:8; Is 26:3)
 - c. Renew your mind, through meditation on God's word (Josh 1:8; Ps 1:1-2; Rom 12:2; Heb 4:12)

Examples of Specific Addictions

- 1) Excessive drinking (Prov 20:1, 23:20-21, 29-33; Eph 5:18)
- 2) Gambling & Greed (I Tim 6:6-10; Heb 13:5; Josh 7:24-26; Prov 15:27, 28:20, 28:25)
- 3) Pornography; Inappropriate Sexual expression (Mal 2:15; Heb 13:4; I Cor 6:15-20).
- 4) Food (Phil 3:17-19)
- 5) TV/Internet/Movies (2 John 10)