

# Hooked? Breaking Free from “Addiction”

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*Redeemed From the Pit: Biblical Repentance and  
Restoration from the bondage of Eating Disorders*

# 1 John 2:15-17



- ▶ Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. The world is passing away, and also its lusts; but the **one who does the will of God lives forever**. (NASB)

# I. Definition of “Addiction”

Ezekiel 14:6 *Therefore say to the house of Israel, Thus says the Lord GOD: Repent and turn away from your idols, and turn away your faces from all your abominations.*

# Compulsive vs. Habitual

- WORLD: “Addiction” (a worldly term):  
“persistent compulsive use of a *substance* known by the user to be harmful.”
- BIBLICAL re-defining of “addiction”: “persistent habitual use of a *substance* known by the user to be harmful.” (p. 28, *The Heart of Addiction*, Shaw)
- Jay Adams lists 4 characteristics of habits as:  
**automatic, unconscious, skillful, comfortable**
- Even secular psychiatrist, Dr. Lance Dodes, says that “addictions” are not **“IMPULSIVE”**

# Sin (flesh) vs. Disease

- ▶ Man-made theory of disease developed in 1930's by Bill W. and Dr. Bob.
- ▶ Started as a “theory” or “disease concept”
- ▶ Sadly, now accepted by the world as “truth”!
- ▶ Colossians 2:8: *See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ. (ESV)*

# How Effective is Alcoholics Anonymous (A.A.)?

- ▶ Lance Dodes, a secular psychiatrist, reports that two studies of A.A. demonstrated only a

**<6%**

effectiveness for A.A. in an 18 month study.

Wow!

# Bible is our authority! **TRUTH!**

- ▶ Nowhere in the Bible does God call this problem a “disease” (I Cor. 5:11 & 6:9–10; Gal. 5:19–21; I Tim. 3:3; Titus 1:7).
- ▶ Jesus never called drunkenness a “disease” but considered it sin (Matt. 11:19 & 24:49; Lk 7:34 & Lk 12:45).



# Recovery vs. Transformation

- “Recovery” means “to regain or to recapture one’s old self.”
- God desires a TOTAL TRANSFORMATION.
- To transform something is to change its “character or condition.” Our new life in Christ looks nothing like who we were in our flesh.  
**(pride vs. humility – not alike!)**
- 2 Corinthians 3:18: *And we all, with unveiled face, beholding the glory of the Lord, are being TRANSFORMED into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.*

## II. Commonalities of All “Addictions”

Exodus 20:3

*You shall have no other gods before Me.*



# Lust of the flesh, Lust of Eyes, and Pride of Life

(Gen. 3:6; Matt. 4:1-11; Luke 4:1-14; I John 2:16)

- Heb. 4:15 **Jesus** was tempted in every way but never sinned!
- Lust of the flesh: God's **GOODNESS** & love is challenged through His provision: "I feel \_\_\_\_ (i.e. tired, lonely, sad) so I am going to satisfy my physical desire no matter what God says." Luke 4:4, Matt. 4:4
- Lust of the eyes: God's **WISDOM** and omniscience is challenged by tempting us to fulfill personal ambition in our own way: "I see it, I want it, & I have got to have it no matter what the consequences might be." Lk 4:8
- Pride of Life: God's **SOVEREIGNTY** and omnipotence is challenged by presuming upon God for personal recognition. "My will be done not God's will. I will presume upon God's will. God will rescue me & pick up the pieces!" Lk 4:12



# III. Distinctives of Most Prevalent “Addictions”

Eph 4:23

*...and to be renewed in the spirit of your minds...*



## TV, Videogame, & Internet “Addiction” (plus cell phones)

- Eph. 4:20–24 *But that is not the way you learned Christ!—assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.*
- “If **Christ** is not in the **center** of any thought, then the thought is sinful.” – Mentor



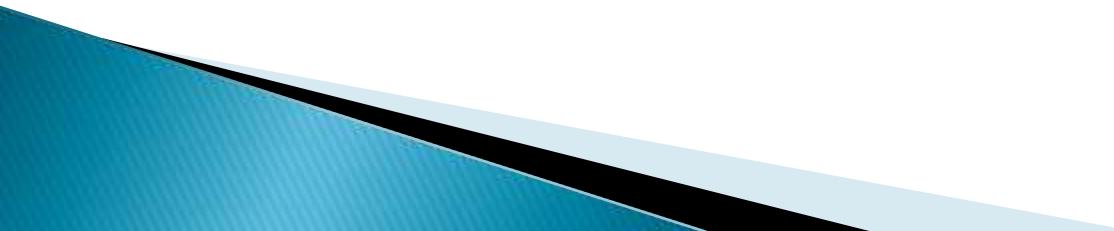
## TV, Videogame, & Internet “Addiction” (plus cell phones)

- Lust of the Flesh – “This is fun. It’s my hobby. It’s my ‘ME-TIME’ and I enjoy it.”
- Lust of Eyes – “I can CONQUER the world.” Subdue earth (Gen. 1:28)...
- Pride of Life – “Nothing BAD is going to happen to me.” No consequences to my behavior – **neglecting** relationships, prayer, Bible study by spending too much time with entertainment or whatever one wishes to accomplish.

# Eating (or not eating)

- Bulimia = “**fixable**” sin; “no need for God’s forgiveness because I can fix this myself”
- Anorexia (**deception** – mirror “I’m fat” but is too thin - unhealthy); 2 Tim. 3:2-5
- Excerpted from Martha Peace’s notes from 2011 “Counseling Tips... Medical Problems” workshop:
  - Only 5-15% are men
  - Life-threatening; a counseling emergency
  - Must work with a medical doctor, weekly weight checks, physical exam, blood work, physician to order healthy body weight
  - Tend to be **PERFECTIONISTS**, very vain

# Eating (or **not eating**)

- Lust of Flesh – “Even the hunger pain feels good because I am in **CONTROL**.”
  - Lust of Eyes – “I want that body type. I want to **LOOK** like her.”
  - Pride of Life – “I am in control and I will achieve my goal of looking **GOOD** - **“(ANYTHING CAN FILL IN THIS BLANK).”**
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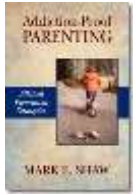


## Self-injury/Cutting (tattoos, piercings, shaving head)

- ▶ Lev 19:28 & 21:5; Deut. 14:1–2
- ▶ **Blood of Christ** not blood-letting of self
  - death of a Perfect Person satisfied God's wrath
- ▶ Lust of flesh – “This will only hurt for a second. Then the **PAIN** will go away when the ‘rush’ comes.”
- ▶ Lust of Eyes – “I see a way out of my pain. This makes **SENSE** now. I can have relief my way.”
- ▶ Pride of Life – “I can **FIX** my own problems and my own hurts.” (Note– No faith necessary: “I don't need God.”)



## Self-injury/Cutting (tattoos, piercings, shaving head)



- ▶ Must find REPLACEMENTS for dealing with emotional pain of life! (see *Addiction-Proof Parenting*)
- ▶ How did **Jesus** answer the temptations to sin?
- ▶ Matt. 4:4: ***But he answered, “It is written, “Man shall not live by bread alone, but by every word that comes from the mouth of God.”***
- ▶ Luke 4:8: ***And Jesus answered him, “It is written, “You shall worship the Lord your God, and him only shall you serve.”***
- ▶ Luke 4:12: ***And Jesus answered him, “It is said, ‘You shall not put the Lord your God to the test.’”***

Drugs (alcohol is a drug) and **Overeating**  
(gluttony in Deut. 21:20; Prov. 23:20-21; 28:7)

- ▶ Radical Amputation of everything in old, drug lifestyle (Matt. 5:27–30)
- ▶ Radical **Replacement** of righteous living of Christ (Matt. 22:37–40 & Eph. 5:18–21)
- ▶ Lust of Flesh – “This **FEELS** good.”
- ▶ Lust of Eyes – “This makes me feel like I **WANT** to feel – like everyone else.”
- ▶ Pride of Life – “I can control this addiction. It helps me **GET** what I want.”

# IV. Three Truths “Addict” must learn:

*To see Jesus as more beautiful than “drug” (or anything else)*

*Christ died for this sin as well*

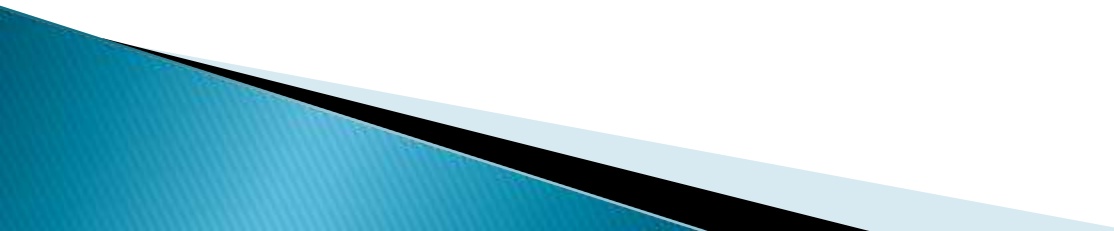
*A Christian is NO LONGER a slave to sin*



# If you have an “addiction” ...

- A. Must learn to die to self and live for Christ by abiding in Christ. (John 15:6–10; Gal. 2:20; Eph. 4:20–24; Col. 3:3) – without faith, they will NOT grow!
- B. The physical component of addiction does not negate the fact that it is primarily a SIN problem (not a DISEASE)
- C. Addiction is a WORSHIP disorder (spiritual adultery)
- D. **CHOICES** in three areas: thoughts, words, and actions.
- E. Mark 7:20–23 *And he said, What comes out of a person is what defiles him. <sup>21</sup> For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, <sup>22</sup> coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. <sup>23</sup> All these evil things come from within, and they defile a person.*

# “gymnazo” – Greek word

- ▶ A. ...for **training** ourselves to be godly is part of the progressive sanctification process; God’s **discipline** grows His children (Heb. 12:5–11)
  - ▶ B. Luke 22:42 *“Not my will, but Yours, be done.”*
  - ▶ C. You need **community** to point out your sin (Eph. 4:15–16); 24 hour accountability; Romans 15:14 – you are competent to counsel this person!
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# “gymnazo” – Greek word

- ▶ D. Put-off/put-on principle is essential for transformation to occur (Eph. 4:20–24)
- ▶ E. **Mind renewal** is key (Eph. 4:23) and is the change of the desire in the heart by the power of the Holy Spirit – counselees must LOVE what they once HATED and **HATE what they once LOVED**. Only Christ has the power to transform the heart in that way!
- ▶ F. “I want Christ more than I want anything else!” ...leads to spiritual stability!

TRUSTING & PLEASING GOD – 2 Cor. 5:9

# Any Questions?

