# Understanding Addictions Biblically

* If studying the various parts of Scripture (exegesis) as they develop across the canon toward Christ (biblical theology) relate together in a coherent manner (systematic theology), then not only can we learn from the past (historical theology), but we can also gain wisdom to live in the present ( \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ theology).
* Theology makes a difference. It is the infrastructure of our lives. Build It poorly and the building will eventually collapse in ruins. Build it well and you will be prepared for anything. (Matt. 7:2427)
* Addictions are ultimately a disorder of \_\_\_\_\_\_\_\_\_\_\_\_\_.
* When our desires conflict with what we believe, human beings do not always live according to what we say we believe.
* Addiction is a physical symptom of a deeper, spiritual problem of the attitudes of the heart generally called “\_\_\_\_\_\_\_\_\_\_” in the Bible. (Ezek. 14:5)
* Since we live in a culture that encourages self-indulgence, it should be no surprise that addictions are everywhere.

# Addictions – a description NOT an explanation

* The word “addiction” primarily characterizes a pattern of behavior rather than fully explaining its underlying causes.
* What is often \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in “addictions” is a cycle of binging, withdrawal, and craving, implying a lack of self-control and compulsive behavior despite negative consequences.
* “Idolatry is by far the most frequently discussed problem in the Scriptures.” David Powlison, “Idols of the Heart and ‘Vanity Fair’” (JBC vol 13).

# List of Addictive Substances and Desires

|  |  |  |
| --- | --- | --- |
| Alcohol  | Exercise  | Sex  |
| Anger  | Gambling  | Caffeine  |
| Love  | Nose Drops  | Shoplifting  |
| Weightlifting  | Cocaine  | Lying  |
| Sleep  | Work  | Chocolate  |
| Nicotine  | Sports  | Risk  |
| Pain  | Sugar  | Success/winning  |
| TV  | People  | Pornography  |

# Understanding the Heart of Addictions

* What unites these and most other activities or substances described as addictions is that they deliver a bodily experience. With them we feel more alert, more calm, less shy, or more

powerful. Furthermore, most addictions change our \_\_\_\_\_\_\_\_\_\_ experience and they do it quickly, working in seconds or minutes, rather than days or weeks.

* **Romans 7:18—**For I know that nothing good dwells in me, that is, in my flesh; for the willing is present in me, but the doing of the good is not. For the good that I want, I do not do, but I practice the very evil that I do not want.

\*Paul is describing \_\_\_\_\_\_\_\_\_ desires that won’t take no for an answer. A broader view of addictions is important because it challenges what \_\_\_\_\_\_\_\_ addictions instead of focusing on the particular drug of choice.

* **1 Timothy 1:13–15**—even though I was formerly a blasphemer and a persecutor and a violent aggressor. Yet I was shown mercy because I acted ignorantly in unbelief; and the grace of our Lord was more than abundant, with the faith and love which are found in Christ Jesus. It is a trustworthy statement, deserving full acceptance, that Christ Jesus came into the world to save sinners, among whom I am foremost of all.
* “What he does mean is that the nearer a man gets to God the greater he sees his sin. When a man sees the blackness of his own soul, he says: ‘I am the chief of sinners’; and it is only a Christian who can say that. The man of the world will never make such a statement....Looking at it from one angle his sin was the worst sin conceivable, but from another angle it is the sum of all sins because finally there is only one sin and that is the sin of \_\_\_\_\_\_\_\_\_\_\_ [v.13].” *Lloyd-Jones, D. M. (2016). Spiritual depression: its causes and cures.*

# Sin is the root of Addictions

* Sin is when you worship anything other than the true God.
* **John 8:34**—Jesus answered them, “Truly, truly, I say to you, everyone who commits sin is the slave of sin.
* \*\_\_\_\_\_\_\_ is our deepest problem. If sin is not our primary problem then the gospel of Jesus Christ is no longer the most important event in all of human history.
* When we look at it closely, drunkenness [et.al] is a lordship problem. Who is your master, God or your desires? Do you desire God above all else or do you desire something in creation more that you desire the Creator? At root drunkards are worshiping another God – alcohol.
* Do you see how hopeful this is? If your addiction is an unconquerable compulsion, then you are \_\_\_\_\_\_\_\_\_\_\_\_\_; but if your biggest problem is that you are a sinner, there is hope.

# Addictions – A Preoccupation of One’s Thoughts

• **Proverbs 23:29–35—"**Who has woe? Who has sorrow? Who has contentions? Who has complaining? Who has wounds without cause? Who has redness of eyes? Those who linger long over wine, Those who go to taste mixed wine. Do not look on the wine when it is red, When it sparkles in the cup, When it goes down smoothly; At the last it bites like a serpent And stings like a viper. Your eyes will see strange things And your mind will utter perverse things. And you will be like one who lies down in the middle of the sea, Or like one who lies down on the top of a mast. “They struck me, but I did not become ill; They beat me, but I did not know it. When shall I awake? I will seek another drink.”

# The Dual Nature of Sin

* Sin is pitiable slavery.
* Sin is overt rebelliousness of selfishness
* The redemptive work of Jesus Christ places the emphasis NOT on “healing” but on the grace of forgiveness.

#  The Dynamic Heart: Functions

**Affective:**

**Desiring**

**, Valuing, Feeling,**

**Emoting**

**Cognitive**

**:**

**Thinking, Knowing,**

**B**

**elieving, R**

**easoning,**

**Rem**

**embering, Interpreting**

**Volitional**

**:**

**Willing, Deciding, Intending,**

**Acti**

**ng**

**All Functions**

**:**

**Interrelated & Overlapping**

# Heart Evaluation

* Without a careful evaluation of our own heart, we can begin to think we are just fine. It can be overwhelming to take a close look at how often we respond wrongly to life’s stressors and temptations, and how far off we may be in searching our own heart and motives.
* *1 John 2:15–17 — 15 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. 16 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. 17 The world is passing away, and also its lusts; but the one who does the will of God lives forever.*
* ***We can do what we want (lust of the flesh)***
* ***We can have what we want (lust of the eyes)***
* ***We can be what we want (pride of life)***

# The Fall vs Jesus’ Temptations

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **Temptation**  | **Sin Root**  | **View of God**  | **How Eve was tempted in Gen 3**  | **How Jesus Triumphed in the** **Gospels**  |
| **Lust of the** **Flesh (to do)**  | **Act on your feelings, appetites, and desires**  | **Doubt God’s goodness, and love; seek pleasure above all**  | **Gen 3:6a “good for food”**  | **Matt 4:1-4; Luke 4:1-4 Jesus chose to obey the Word of God**  |
| **Lust of the** **Eyes (to have)**  | **Fulfill your selfish and covetous desires**  | **Doubt God’s wisdom; worship of** **self, living for what is seen**  | **Gen 3:6b**  **“delight to the eyes”**  | **Matt 4:8-11; Luke 4:5-8 Jesus chose to Worship the Father**  |
| **Pride of Life (to be)**  | **Exalt yourself** **to be “like** **God” receiving praise from others**  | **Doubt God’s power and sovereign plan; defy & test God by doing what you want**  | **Gen 3:6c “desire to make one wise” and** **“become like** **God”**  | **Matt 4:5-7; Luke 4:9-13 Jesus chose to submit His will to match the Father’s will despite impending suffering.**  |

# It’s A Heart Issue

* All three of these temptations are rooted in pride.

(Proverbs 6:16–19 — 16 There are six things which the Lord hates, Yes, seven which are an abomination to Him:17 Haughty eyes, a lying tongue, And hands that shed innocent blood, 18 A heart that devises wicked plans, Feet that run rapidly to evil, 19 A false witness *who* utters lies, And one who spreads strife among brothers.

* To live “in the flesh” is to fulfill our own selfish desires. It is to act as we are “god” of our own lives and this is an idolatrous heart problem!

# Looking at the Descent

• For most people idolatry is a slowly developing courtship. It is a gradual journey that begins even before the first shot of booze, Internet hit, toke of a marijuana cigarette or bulimic binge. excited? Are you depressed? Afraid? Angry? Hopeless? What do you worship and love? So don’t just look at the overt behavior. Where are your affections? What gets you excited? Are you depressed? Afraid? Angry? Hopeless? What are these emotions saying about what you worship and love?

Josh 1: ; James 1:

James 1:14

15

James 4:4

1

 Jn :15; uke :4

 att. 4:1 ;

Acts :4

4

Prov. : 1

 om. :

1

 ain, David, Ananias

Sapphira, Judas

# Looking at the descent: Stages of addiction

1. Addictions begin with sin or \_\_\_\_\_\_\_\_\_\_\_\_. The heart desires one more and is briefly satisfied but wants more (James 1:15). At root, all “addictions” are idolatry – wanting something else more than God’s glory.

**James 1:15 –** Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.

1. The later cycle of “addictions” is slavery or bondage. The \_\_\_\_\_\_\_\_\_\_\_\_ heart wants more; these cravings are compounded with biological physiological reactions and demand more.

**Prov. 27:20 –** Sheol and Abaddon are never satisfied, nor are the eyes of man every satisfied. See also:1 Cor. 10:7; 2 Pet. 2:14; Prov. 30:15-16; Ecc. 1:8. Whether then, you eat or drink or whatever you do, do all to the glory of God (1 Corinthians 10:31)

# The Heart of All Behavior Problems is a Lack of Heart for God

• The Lord warned His people in **Ezekiel 14:4-5**: “any man of the house of Israel who sets up his idols of the heart, puts right before his face the stumbling block of his iniquity….



# Looking at the descent: Stages of addiction

**Essential Elements to All Addictions**

**Lying**

**Blaming others**

**Blind to sin**

**No Fear of the Lord**



# How Can We Help? — Welcoming

* ***Matthew 11:28*** *- “Come to Me, all who are weary and heavy-laden, and I will give you rest.*
* ***Matt 22:9*** *- ‘Go therefore to the main highways, and as many as you find there, invite to the wedding feast.’*
* ***Isaiah 55:1*** *- “Ho! Every one who thirsts, come to the waters; And you who have no money come, buy and eat. Come, buy wine and milk Without money and without cost.*
* ***1 Thessalonians 5:14*** – *We urge you, brethren, admonish the unruly, encourage the fainthearted, help the week be patient with everyone.*

# How Can We Help? — Know Their Story

* We want to know the person and the larger context of the addiction. We want to understand the momentum behind their current struggle.
* What do you truly want?
* What is your purpose in life?
* What or whom do you really love?
* When do you get most sad and depressed?
* What do you get most excited about? What brings you the greatest pleasure
* What is your dream?
* How would you like to be remembered?
* What do you especially want to avoid?
* We will need to confront and deal with sin in their current struggle.
* *It’s very important that you understand the counselee’s struggle, and that he or she knows you empathize with him or her (Proverbs 18:2, 13). If you don’t grasp the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the struggles of “addiction,” you’ll be easily deceived.*

# How Can We Help? — Consider Their Conversion

* At some point in a person’s story there might come the thought, ‘Is this person really converted?’ If there has been no deepening sense of sin, little or \_\_\_\_\_ evidence of the fruit of the Spirit, and a lifestyle where there was \_\_\_\_\_\_\_\_ bondage to sin, it could be that the person never truly put his faith in Christ. This means now is the time for him to honestly consider the allegiances of his heart. Reference: **2 Cor. 5:15**; **2 Peter 1:3**
* Does he understand the Gospel – that salvation is by grace through faith in hrist’s sacrifice? Be sure the counselee understands that the Gospel is necessary because of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for our rebellion (**Romans 6**).
* He will have to work diligently on doing what is necessary to overcome the “addiction”: Homework idea: Memorize Scripture as the basis for commitment: (1 Thessalonians 1:9-10 or **Titus 2:11-14** or **Matthew 7:24-27**).

# How Can We Help? — Give Hope

* If they are willing to follow hrist there is immense hope: hope in God’s forgiving grace, hope in God’s love that is faithful even when we are not, and hope that God can give power so that we are no longer mastered by the addiction.
* **1 Corinthians 10:13–14** No temptation has overtaken you, but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it. Therefore, my beloved, flee from idolatry.
* **Romans 15:13** – May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

# How Can We Help? Walk by the Spirit

Galatians 5:16–23 16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh. 17 For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. 18 But if you are led by the

Spirit, you are not under the Law. 19 Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, 20 idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, 21 envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law..

# How can We Help? Walking vs Quenching

* *Walking* is one of Paul’s favorite metaphors for spirituality. He uses it in a number of different contexts: walking in newness of life ([Rom. 6:4)](https://ref.ly/logosref/Bible.Ro6.4), walking according to the Spirit ([Rom. 8:4)](https://ref.ly/logosref/Bible.Ro8.4), walking by faith ([2 Cor. 5:7)](https://ref.ly/logosref/Bible.2Co5.7), walking in love ([Eph. 5:2)](https://ref.ly/logosref/Bible.Eph5.2), and walking in a manner worthy of the Lord ([Col. 1:10)](https://ref.ly/logosref/Bible.Col1.10). Walking is an excellent metaphor for the Christian life because it implies progress, continual movement, and the development of strength.
* If you choose not to obey the flesh you *quench the Holy Spirit of God* (1 Thes 5:19). One must remember the Holy Spirit’s role in believers’ lives. It is that process of progressive sanctification by the Spirit that Paul warned the Thessalonians not to quench. The metaphor quench means “to extinguish, stifle, or retard” the power or energy of something.
* 2 Corinthians 10:3–5 —For though \_\_\_\_\_\_\_\_\_\_ in the flesh, we do not war according to the flesh, 4 for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. 5 *We are* destroying speculations and every lofty thing raised up against the knowledge of God, and *we are* taking every thought captive to the obedience of Christ,

# How Can We Help? — Knowing the Lord

* If the root of the problem is false worship, the answer is knowing the Lord, the One who deserves our worship. This is true theology, the study of God Himself.
* **2 Peter 1:3** - seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence.
* **Philippians 3:8** — More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ,

# How Can We Help? — Fearing the Lord

* The fear of the Lord is actually essential to our response to Jesus. Without it, we will persist on a foolish path that leads away from God toward death and grief. The book of Proverbs, which is dedicated to teaching God’s people to live well says that the fear of the Lord is the beginning of true knowledge (**Prov. 9:10**). A life erected on any other foundation will not stand.
* A mature fear of God is more akin to awe, devotion and worship. It is a response that says,

“Your glory is irresistible.” “In your presence, nothing else matters, You are all I desire.”

* **Psalm 34:8–9** - O taste and see that the Lord is good; How blessed is the man who takes refuge in Him! 9 O fear the Lord, you His saints; For to those who fear Him there is no want.
* **Psalm 73:25–26** - Whom have I in heaven but You? And besides You, I desire nothing on earth. My flesh and my heart may fail, But God is the strength of my heart and my portion forever.
* **Prov. 10:27** – The fear of the Lord adds length to life.
* **Prov. 14:26** - He who fears the Lord has a secure fortress and for his children it will be a refuge.
* **Prov. 14:27** – The fear of the Lord is a fountain of life, turning a man from the snares of death.
* **Prov. 15:33** – The fear of the Lord is instruction for wisdom.
* **Prov. 16:6** – Through the fear of the Lord a man avoids evil.
* **Prov. 19:23** – The fear of the Lord leads to life: Then one rests content, untouched by trouble.
* **Prov. 34:9** – Fear the Lord, you his saints, for those who fear him lack nothing.

# How Can We Help? — Turning from Lies

* Isaiah 28:15 - You boast, “We have entered into a covenant with death, with the grave we have made an agreement. When an overwhelming scourge sweeps by, it cannot touch us, for we have made a lie our refuge and falsehood our hiding place.”
* Addictions are so intimately joined to lies and deception that you will probably never find one without the other. Coverups, white lies, blame shifting, or outright manipulative lies – chances are the addict has developed skills in all of them. If you have struggled with addictions, you have lied, and if you have lived with an addict, you have been deceived. You wonder if you can ever trust the person again.
* God is truth – Ps. 31:5; John 1:9; 14:6; 17:3; 1 John 1:5; 5:6, 5:20; Titus 1:2; Heb. 6:18; John 14:17
* Satan is a liar – John 8:44; Gen. 3:1-5
* They persist in lies because lies are a part of the bondage of addictions – a very personal bondage to a harsh master who promises pleasure but delivers misery.

**How Can We Help? — The Need for Self-Control: How Do We Address it?**

* Self-control means living with boundaries. Prov. 25:28, Prov. 4:23; 1 Pet. 2:11
* Self-control means thinking before acting. – Sin is like noise that makes it hard to think and hear. Prov. 5:6; Prov. 16:20.
* Self-control is not emotional flatness or indifference. (Remember the dynamic heart: intellect, emotion and volition is involved).
* Self-control is not self-dependence. Self-control is a gift of the Holy Spirit, given through faith in Jesus Christ. Self-dependence is focused on ourselves.

**How Can We Help? — The Need for Self-Control: Where Do We Get it?**

* **Galatians 5:22–23** – But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.
* **1 Thessalonians 4:4–5** – that each of you know how to possess his own vessel in sanctification and honor, not in lustful passion, like the Gentiles who do not know God;
* **1 Peter 1:13** – Therefore, prepare your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.
* **1 Peter 5:8** Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.
* **2 Peter 1:5–6** – Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge, and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness.
* **Titus 2:11–14** - For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus, who gave Himself for us to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds.

**How Can We Help? — Fight the Good Fight and Stay Vigilant!**

* **1 Corinthians 9:24–27** - Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. 25 Every athlete exercises self-control in all things. **–** They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. Your other choice is to make payments on the other person’s debt, releasing others from penalties they deserve to pay.
* The battle is good. It is not a sign of failure; it is a sign that the Spirit is on the move. It is a sign that we are spiritually alive and engaged in the process of sanctification.
* **Romans 6:6** – We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin.
* **Exodus 3:8** – and I have come down to deliver them out of the hand of the Egyptians and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, …..

# How Can We Help? — Remember God’s Grace

 • Grace communicates two important truths:

1. It reveals the character of God. God delights in showing grace to those who turn to him. Heb. 4:15-16
2. Grace says something about us. It says that we can’t pay God back for our sins against him. Eph. 2:8-10

# How Can We Help? — Be a Part of the Body

* Battles cannot be fought alone. It may seem easier to struggle in private or to reveal our struggles only to those with similar ones, but we need the diverse ministries of the church of Jesus hrist. That is God’s intent.

**1 Cor 12:4** – Now the body is not made up of one part but of many.

**Hebrews 10:25** – not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. When we can’t resolve conflict, we face an enormous temptation to take matters into our own hands.

**John 17:20–23** “I do not ask on behalf of these alone, but for those also who believe in e through their word; that they may all be one; even as You, Father, are in Me and I in You, that they also may be in Us, so that the world may believe that You sent e. “The glory which You have given Me I have given to them, that they may be one, just as We are one; I in them and You in Me, that they may be perfected in unity, so that the world may know that You sent Me, and loved them, even as You have loved Me.

* 1. The church changes our identity. 1 Peter 2:9
	2. The church provides accountability that helps us keep priorities straight and properly focused.
	3. The church has everything we need, as God’s presence in the world, to honor Him.
	4. Participating in the church helps us remedy the lack of adequate relational skills so common among “addicts.”
	5. Participating in the church body nurtures and provides opportunities for us to put on loving and serving others, after putting off selfishness.
* Needing others:
	+ I need you to pray for me.
	+ I need you to teach me how to live wisely. o I need you to rebuke me. o I need you to remind me of the gospel of grace. o I need you to tell me stories about the God who is to be feared.
	+ I need you to pick me up at work, so I don’t go to a porn shop on may way home.

**How Can We Help? — Remember What Christ Has Done: Worship.**

* Addictions are all about what we desire. Will we desire God more than anything else? As an antidote to addictions, worship is always central. This might seem out of place on the battlefield of cravings and daily temptations, but it is absolutely essential. Without it we are defenseless.
* Worship is the work of acknowledging the greatness of our covenant Lord!



# Progressive sanctification: the flip side of addictions

To be complete in Christ (spiritual maturity) is be in submission to the rule of a Christ, in activity and in state of mind, which then becomes the center of life, depending on the Word of Christ (gospel) so that our sinful behavior brings repentance, drawing near to God, walking in the Spirit by faith and leading to further intimacy with God.

**Proverbs 10:3** – The Lord will not allow the righteous to hunger, But He will reject the craving of the wicked.

**Matthew 5:6** – “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

# PRACTICAL TOOLS[[1]](#footnote-1)

## LUST OF THE FLESH

1. Identify your feelings and thoughts about what your flesh desires to do. Compare them with biblical truths. If you do not know the Bible well, journal those feelings and thoughts and ask a trusted Christian friend to help you find biblical truths to combat those feelings and thoughts when they are sinful.
2. This may sound extreme but do not trust yourself. In the beginning of your walk with Christ, you can assume that your desire is to please your own flesh. Think of it simply as your default like a computer has a default font. This will allow you to pause and examine your heart motive. Then you can ask yourself, “What do I want? What am I seeking?” If your motive is not selfish, then praise the Lord. If it is, then you have time to correct it. Assume the worst about your heart because it might not be your friend.

## LUST OF THE EYES

1. Identify your feelings and thoughts regarding what you are seeing and longing to possess. Ask yourself: “What is it about this item that I think is going to satisfy me? Why do I want to possess it so much?” Again, a trusted Christian friend might be necessary to ask you these questions and more in order to identify potential idolatrous heart desires.
2. Assume your desire to possess is likely selfishly motivated. This will allow you to pause and examine your heart's motive by asking yourself, “What do I want? What am I seeking?” If your motive is not selfish, then praise the Lord. If it is, then you have time to correct it.

## PRIDE OF LIFE

1. Identify your thoughts and feelings regarding what you desire to be. Ask yourself questions like: “What do I perceive in myself that I lack? Do I want others to admire or approve of me?” You may need a trusted Christian friend to point out that you are struggling with that particular desire in the first place and then to help you identify why those particular struggles are occurring in your heart.
2. Assuming you're probably acting in certain ways because you desire the praise and approval of others. It may be the kind of car you choose to drive, the clothes you wear, and other things you do that are motivated by a pride of life desire to be noticed, envied, admired, or approved by others. Examine your heart and do not assume the best about your motives. After evaluating your motives, if you find that they are not selfish at the root, then praise the Lord. If they are selfishly rooted, then repent and humble yourself before God to be what he has called you to be in Christ.

## Resources for counseling in Addictions

* Edward T Welch. *Addictions – A Banquet in the Grave: Finding Hope in the Power of the Gospel*, (Bemidji, MN: Focus Publishing, 2014). (Phillipsburg, NJ: P&R Publishing, 2001)
* Mark E. Shaw. The Heart of Addiction: A Biblical Perspective, (Bemidji, MN: Focus Publishing, 2008).
* Mark E. Shaw. *Understanding Temptation: The Ware Within Your Heart*, (Bemidji, MN: Focus Publishing, 2014).
* Deepak Reju & Jonathan D. Holmes. *Rescue Plan: Charting a Course to Restore Prisoners of Pornography*, (Phillipsburg, NJ: P&R Publishing, 2021).

Class Summary: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. ark E. Shaw. *Understanding Temptation: The Ware Within Your Heart*, (Bemidji, N: Focus Publishing, 14), 5 . [↑](#footnote-ref-1)