

One Step  
Chapter 3: Overcoming Addiciton

**Lesson 1**

WHAT GOD HAS TO SAY ABOUT ADDICTION

*“You shall have no other gods before Me.” Exodus 20:3*

An idol is literally a false god that a person serves instead of God. Drugs, alcohol, pornography, video games, eating disorders, and other types of addictions are false gods that rule a person’s life. In a sense, a person bows down and lives for their addiction as a god and worships it. Addicts may claim Jesus as their Savior, but Jesus is not the Lord of their life. Their addiction is lord of their life, and has become a false god. The Scriptures clearly indicate this is idolatry.

Addictions are a very real issue, but they are not impossible to overcome with the help of God. It is important to understand what God has to say in the Bible about addictions.

You may have tried to quit your addiction, possibly even several times, but have always ended up failing. It is because you tried to change in your own strength. Jesus said, “The Spirit indeed is willing but the flesh is weak” (Matthew 26:41). This is why Jesus sent the Helper, the Holy Spirit to help those who believe in Jesus to overcome sin and to live for Him.

Read the following verses about addiction. Write down in your own words what you think these verses are saying about God’s views concerning addiction. Spend some time pondering these verses and ask God to reveal these truths to you.

1. Deuteronomy 6:5:

2. Matthew 7:21-23:

3. John 8:32, 36:

4. John 14:26:

5. Acts 1:8:

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**SELF-EXAMINATION**

Most of us would agree that addictions are life-dominating sins, which affect virtually every area of a person's life. Check off the areas of your life that you feel have been affected by your addiction(s):

- |                                                       |                                                                            |
|-------------------------------------------------------|----------------------------------------------------------------------------|
| <input type="checkbox"/> Eating habits                | <input type="checkbox"/> Emotions (self-pity, anger)                       |
| <input type="checkbox"/> Close relationships          | <input type="checkbox"/> Economics (finances)                              |
| <input type="checkbox"/> Sleep                        | <input type="checkbox"/> Health                                            |
| <input type="checkbox"/> Job (attendance, production) | <input type="checkbox"/> Marriage and family life                          |
| <input type="checkbox"/> Friends (social life)        | <input type="checkbox"/> Character and practices<br>(deceitfulness, lying) |

Now, spend some time in your group discussing these areas. Be honest with one another. James 5:16 says, "Confess your trespasses to one another, and pray for one another, that you may be healed."

The moment we receive Jesus as our Savior, we need to ask Him to be the Lord of our lives too. We need to ask for the help of the Holy Spirit to give us the power to overcome our sinful behavior.

The following Scriptures teach us how to apply God's Word. Write what you learn.

1. Luke 11:13
2. James 1:21-22
3. 1 Peter 2:1-3, 11
4. Galatians 6:9

When God's Spirit dwells in our hearts, He guides us. We are no longer born of the flesh and its sinful ways. God desires that our lives give evidence of this change that has taken place in our hearts—not just by our words but also by our actions.