

SERIES: FREE INDEED

**FREE
FROM
ADDICTION**

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Free Indeed: Free from Addiction — Small Group Study Guide

Primary Texts: *Romans 7:21–25; 1 Corinthians 6:12; Romans 8:13, 31, 37; 1 John 4:4; Isaiah 54:17; 1 Corinthians 15:57; Daniel 11:32; Revelation 12:11; James 5:16; Matthew 17:21; Luke 19:1–10; 2 Corinthians 5:17; Isaiah 44:14–20; 1 John 1:8; 1 Corinthians 16:15.*

Big Idea: Addiction is often a surface problem with a deeper, inner root. Jesus Christ is Lord and our only hope. Through surrender, the Holy Spirit's power, renewed thinking, and godly community, we can be free indeed.

Leader Prep (Read Before Group)

- Pray for a spirit of grace, safety, and honesty. Expect mixed levels of struggle in the room.
- Define addiction simply: “Anything that seeks to control me or that I use to numb pain or pressure.”
- Clarify that this includes socially accepted patterns (caffeine, food, work, social media, approval, etc.) as well as substances and behaviors (pornography, gambling, shopping, alcohol, drugs, nicotine, compulsive exercise, sports fixation).
- Create safety: Remind the group of confidentiality (what's shared here stays here unless someone is in danger). Invite openness without pressure. Model humility.
- Have resources ready: Local counseling referrals, recovery ministries (Celebrate Recovery, etc.), accountability partner sign-up, fasting/prayer guide, and a list of Scriptures for daily renewal.

Session Flow (75–90 minutes)

1. Welcome & Warm-Up (10 min)

2. Icebreaker (10 min)

“What's one everyday habit (silly or serious) you reach for without thinking?”
Emphasize: no shaming; we're building awareness.

3. Scripture Engagement (20–25 min)

Read aloud: *Romans 7:21–25; 1 Corinthians 6:12; Romans 8:13.*
Use the Observe–Interpret–Apply prompts below.

4. Discussion & Reflection (25–30 min)

Use the questions below; allow silence; draw out quieter voices kindly.

5. Prayer & Ministry Time (10–15 min)

Guided response, then break into gender-specific pairs/trios for prayer and first steps.

6. Next Steps & Weekly Practice (5 min)

Share the plan; exchange contact info for accountability.

Scripture Engagement Prompts

Romans 7:21–25

Observe: What tensions do you hear in Paul’s words? Which phrases capture the inner war?

Interpret: How does Paul’s honesty help reframe shame around struggle? What does “Who will deliver me...? Thanks be to God through Jesus Christ our Lord” reveal about the solution?

Apply: Where do you resonate with “I will to do good...evil is present with me”? What would it look like to move from trying to trusting Jesus’ Lordship this week?

1 Corinthians 6:12

Observe: Identify the repeated word “power”/“mastered by.”

Interpret: How does Christian freedom differ from self-indulgence?

Apply: Name one good thing that has drifted into an *improper relationship* (idolatry). What boundary would make it serve God’s purposes again?

Romans 8:13, 31, 37; 1 John 4:4

Observe: What promises are given about the Holy Spirit and victory?

Interpret: How do these verses shift the battle from self-effort to Spirit-empowered living?

Apply: Where do you need a fresh filling of the Spirit? Pray specifically.

Key Insights from the Sermon

Addiction is often idolatry of a good thing (*Isaiah 44:14–20*) when we develop an improper relationship with it.

The root is internal (*Romans 7:22*)—wounds, rejection, low self-worth, betrayal—not just behavior.

Freedom begins with honest admission (*Romans 7:24*), continues with dependence on God's power, and is sustained through Spirit-filled living, renewed minds, and accountable community.

Discussion Questions

1. Where did Paul's honesty in Romans 7 permit you to be honest today?
2. What have you used to relieve pain or pressure that now tries to control you? (This can be subtle—phone, food, approval, work.)
3. In what ways have you seen a good thing become a God thing? How did it happen?
4. Which of the sermon's *signs of addiction (keep doing it despite consequences; withdrawal; secrecy; skipping social events; making excuses) shows up for you?
5. What inner roots might be feeding the behavior (rejection, shame, fear, betrayal)? How could Jesus meet you there?
6. How would your week change if you moved from trying harder to trusting deeper in the Holy Spirit?
7. What boundary or practice could help you re-order a good thing back under Jesus' Lordship?
8. Who could be a trustworthy accountability partner for the next 30 days? What will you ask them to do?

Leader Tip: Normalize the need for help (*James 5:16*). Encourage practical steps; celebrate small wins.

Practical Steps Toward Freedom (from the sermon's 9 steps)

1. Acknowledge the addiction (*Romans 7:24*). Name it clearly.
2. Admit powerlessness without God (*Jeremiah 17:9*). Stop self-saving.
3. Ask God for His power (*1 John 4:4; Romans 8:31, 37; 1 Cor. 15:57; Isa. 54:17; Dan. 11:32; Rev. 12:11*).
4. Accept your need for the Holy Spirit—seek ongoing fillings (*Romans 8:13*).
5. Align your mind with God's truth—renew daily (*Romans 7:23; cf. Romans 12:2*).
6. Ask for help from others—confess and invite accountability (*James 5:16*).
7. Adopt prayer & fasting for stubborn battles (*Matthew 17:21*).

8. Amend relationships harmed by addiction (*Luke 19:1–10; James 5:16*). Make amends as possible.
9. Acquire a new addiction—devote yourself to Jesus and serving others (*1 Corinthians 16:15; 2 Corinthians 5:17*).

Activity Options (Choose One)

Idol Exchange: On a card, write one good thing that has become a controlling thing. Pray, then exchange it at a cross/table for a Scripture card (e.g., *1 John 4:4*). Take both cards home.

Boundary Brainstorm: In pairs, design one boundary for your identified struggle (time limit, app fast, budget, no-buy list, meal plan, tech-free meals, Sabbath). Share and schedule accountability check-ins.

Renewal Plan: Build a 7-day renewal rhythm: Scripture (10 min/day), prayer (5 min/day), one fast (meal/social media), 2 check-ins with an accountability partner, one service act.

Guided Prayer & Ministry

1. **Confession:** “Lord, I confess that _____ has taken ground in my heart.”
2. **Surrender:** “Jesus, be Lord over this area. I renounce its control.”
3. **Filling:** “Holy Spirit, fill me afresh. Empower me to walk in freedom.”
4. **Healing:** Invite prayer for inner roots (rejection, shame, fear).
5. **Commission:** Declare Scripture promises over each person (*Romans 8:37; Isaiah 54:17*).

Memory Verse

1 Corinthians 6:12 (ESV) — “All things are lawful for me,” but I will not be dominated by anything.

Weekly Practice (7 Days)

Daily: Read *Romans 8:1–17* slowly; journal one truth that counters your addictive script. Pray, “Holy Spirit, lead me today.”

Fast & Consecration: From the thing that most distracts you (food type, social media, shopping scroll, etc.). Use the time to pray.

Accountability: Two 10-minute check-ins (mid-week & weekend) with a partner. Share wins, stumbles, and next steps.

Make One Amends: Write/call someone you've hurt. Own your part; ask forgiveness; make restitution where appropriate.

Serve: Do one act of service that costs you comfort/time (*Philippians 2:3–4*).