

Grace Bible Church  
2022 Biblical Counseling Conference  
TRACK TWO



Session 9 – Biblical Insights on Addictions

**Introduction**

**Goal:** Learn biblical insights for those enslaved to an "addiction" (also known as idolatry).

**I Cor. 6:9-11** *Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality,<sup>10</sup> nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God.<sup>11</sup> And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God. (ESV)<sup>1</sup>*

**Galatians 6:1-3** *Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted.<sup>2</sup> Bear one another's burdens, and so fulfill the law of Christ.<sup>3</sup> For if anyone thinks he is something, when he is nothing, he deceives himself. (ESV)*

**I. Addiction Counseling**

**A. Defining Addiction Biblically**

1. **Sin/Idolatry: Isa. 44:9-20; Ephesians 5:18** *And do not get drunk with wine, for that is debauchery, but be filled with the Spirit... (ESV)*
  - a. Disordered worship; self-seeking rather than serving Christ
  - b. Focusing energy/time on something other than God for selfish gain involving sacrifice: "the act of giving up something that you want to keep, especially in order to get or do something else or to help someone"
2. **A Biblical Re-definition of Sin in the Heart**

"The persistent, *habitual* thoughts, words, and actions associated with excessive pleasure-seeking which are *known* by the user to be harmful and physically enslaving, sinful, and willful choices to disobey God (whether one acknowledges it or not)." –Shaw, 2012

**B. Understanding Your Addicted Counselee using Proverbs 23:29-35**

1. **Agenda in v. 29**
  - a. *Who has woe?* (recklessness; impending doom)
  - b. *Who has sorrow?* (deep sadness; hurt, bitterness, anger leading to depression)
  - c. *Who has strife?* (relational problems)
  - d. *Who has complaining?* (ungrateful)

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<sup>1</sup> All scripture quotations are taken from The Holy Bible, English Standard Version ® (ESV®) copyright © 2001. By Crossway. Used by permission. All rights reserved.

- e. *Who has wounds without cause?* (physical; also, forgotten cause of initial pain)
- f. *Who has redness of eyes?* (physical; hopelessness)
- 2. Addictive Behaviors in v. 30
  - a. *Those who tarry long over wine;* (time spent searching and drinking)
  - b. *Those who go to try mixed wine.* (seeking the hard liquor/drugs)
- 3. Three Warnings about Tempting Your Heart in v. 31
  - a. *Do not look at wine when it is red,*
  - b. *when it sparkles in the cup*
  - c. *and goes down smoothly.*

Homework: Sparkle List – list the ways your pleasure of choice sparkles to you. What do you like about it? What does it give you?
- 4. Dire Consequences in v. 32
  - *In the end it bites like a serpent and stings like an adder.*

Homework: Snake List – list the ways your pleasure of choice has bitten (harmed) you. What consequences have come? Have you almost died? What is the future outcome likely to be? (see **Eph. 5:18; Prov. 14:12**)
- 5. Twisted Perception in v. 33
  - a. *Your eyes will see strange things, and your heart utter perverse things.*
  - b. Outlook changes, reality is twisted, and spoken words reveal wrong theology (i.e. “God is unfair”).
- 6. Instability in All Areas of Life in v. 34
  - a. *You will be like one who lies down in the midst of the sea, like one who lies on the top of a mast.*
  - b. Physical, Emotional, and Spiritual instability.
  - c. Dr. Jekyll or Mr. Hyde?
- 7. Motive to Choose to Continue to Sin Despite Consequences in v. 35
  - a. *“They struck me,” you will say, “but I was not hurt; they beat me, but I did not feel it.*
  - b. *When shall I awake? I must have another drink.”*

## II. Additional Resources

- *Freedom That Lasts®* by Jim Berg
- *Addiction: A Banquet in the Grave & Crossroads: A Step-by-Step Guide Away from Addiction* by Ed Welch
- *A Walk of Repentance* workbook by Steve Gallagher

## III. Addiction Resources by Mark E. Shaw (7 booklets, 7 books on “Addiction”)

- For the Addict/Counselee and used in this order:
  - *Relapse: Biblical Prevention Strategies* (workbook)

- *Cross Talking: A Daily Gospel for Transforming Addicts* (daily devotional)
- *The Heart of Addiction* and *The Heart of Addiction Workbook* (two books)
- Resources for the Family Members of Addicts
  - *How 'Not' to Raise an Addict* (booklet)
  - *Divine Intervention: Hope and Help for Families* (book)
  - *Addiction-Proof Parenting: Biblical Prevention Strategies* (book)
- Booklets Targeting Specific Issues
  - *Understanding Temptation: The War Within Your Heart*
  - *Hope and Help for Sexual Temptation*
  - *Hope and Help for Gambling*
  - *Hope and Help for T.V., Video Game & Internet "Addiction"*
  - *Hope and Help for Self-injurers & "Cutters"*
  - *Eating Disorders: Hope for Hungering Souls* (book by Shaw, Spence, & Bailey)