

Grace Bible Church  
2022 Biblical Counseling Conference  
TRACK TWO



Session 11 – How to Help an Addict

**INTRODUCTION**

**Heb 4:12-13** *For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.*

**I. What We Teach Those Struggling with Addiction**

- A. Create short-term restrictions and guardrails for behavior (put off's / put on's)
- B. Complete "The Extent of My Problem" (From Appendix E, *The Heart of Addiction: A Biblical Perspective* -Mark E. Shaw, Focus Publishing) HW assignment which asks the counselee to share the impact of their addictive choices in all areas of life: physical (get a MD appointment), marital, employment, social, financial, emotional, legal, etc
- C. Put-off/ Put-On examples (Appendix C and Appendix F of *Heart of Addiction* have more examples)
  - 1. What to put off: clothes with beer ad's, internet, phone access
  - 2. Where to put off: bars and grocery store beer aisles
  - 3. Who to put off: old drinking buddies, co-workers who drink and drug
  - 4. When (specific occasions) to put off: when you are feeling hurt and rejection go to the person and don't isolate
  - 5. Why put off: perishing mentality fuels depression, hopelessness, despair, anger and rebellion
- D. Submit to a schedule: someone to submit their planned activity schedule for the coming week AND review last week's compliance to the schedule – make adjustments ("Contract for Restructuring Your Life" - from Appendix F)
- E. Drug testing – (local drug stores/pharmacies carry them) – Unplanned testing, agree to random testing ahead of time with set of agreed upon consequences when tests reveal use of drugs
- F. Put-on's (emphasize to guard against the dangers of isolation- **Prov. 18:1**)
  - 1. Gain a trusted Christian friend and develop it into a transparent friendship
  - 2. Church attendance and participation
  - 3. Small group attendance or Bible study and fellowship
  - 4. Personal bible reading and meditation (active thoughts and writing out scripture, not passive secular meditation) – See Appendix G in *The Heart of Addiction*
  - 5. Regularly scheduled chores around the living quarters, in addition to physical exertion or exercise on regular basis (walking, or lifting, etc)

6. Service to others less fortunate (i.e. elderly, sick, yard work or other skills to share); volunteer service work
- G. Avoid Discussing the problem as a “Disease” – **Prov 23:29-35**
- H. Confront Gently
1. Translate unbiblical language (“Disease”) into biblical concepts lovingly pointing them to sin and the Savior
    - a. Use “drunkenness” rather than “alcoholism”
    - b. Use biblical terms with counselees like “pride” rather than “ego”
  2. Avoid discussing “the tool” **Isa. 44:9-20**
    - a. The tool is the drug or pleasure, not the heart motive or idol.
    - b. The tool is how the world groups people by their behaviors – group the addicts together (even at church!) but also CA, NA, AA, GA, OA, etc.
    - c. God looks at the heart – Jesus took the outward behavior and addressed it from the heart first
  3. Listen for passive voice and correct it.
    - a. For example: “We fell out of love.” OR in **Exodus 32:24 - Aaron said to Moses: “So I said to them, ‘Let any who have gold take it off.’ So they gave it to me, and I threw it into the fire, and out came this calf.”**
    - b. It is a behavioral choice.
    - c. Restate it: “We made an idol.”

## II. Address the Heart

- A. As you are winning the short-term battles, start addressing underlying heart motives for long-term change
- B. **Heb 4:12-13** *For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.*
- C. **Rom. 1:24-25** *Therefore God gave them up in the lusts of their hearts to impurity, to the dishonoring of their bodies among themselves, 25 because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, who is blessed forever! Amen.*
- D. “Serpent List” List all the ways your addictive lifestyle has “bitten” you like a serpent (**Proverbs 23:29-35**)
  1. What are your consequences?
  2. Find grace in them.
- E. “Sparkle List” List all the ways you enjoyed your substance of choice. List ways your addictive choice provided the escape you were looking for but it was only for a moment. What were the consequences of those choices?

- F. Identify which of the three basic atoms of temptation (from *Understanding Temptation: The War Within Your Heart* (Shaw: Focus Publishing) lust of the flesh, lust of the eyes, pride of life) are in operation most of the time when you are choosing to sin by making addictive choices.
- G. The underlying motive stays the same (lust of the flesh, lust of the eyes, pride of life) while the tool changes.
- H. Dealing with past hurts:
  1. Assess and ask about past abuse in order to teach about suffering and proper response to being sinned against (**Prov 23:29**)
  2. Biblical view of suffering in a fallen sin-cursed world (saint, sinner, sufferer) – Emlet’s book
- I. Gratitude Lists and Thankfulness Verses (Appendix H – *The Heart of Addiction*)
  1. Begin to write and memorize and meditate upon thankfulness
  2. Practice thankful speaking and acting

### III. Relapse: Biblical Prevention Strategies

- A. What is a relapse in Relapse in Biblical Perspective?
  1. New Revised Standard Version of the Bible (not a recommended translation!) translates **Judges 2:19** and **8:33** using the English word “relapse” to refer to the Israelites returning to their sin of idolatrous worship of false gods of prostitution. “worsening by returning to sin”<sup>1</sup>
  2. **2 Peter 2:22** *What the true proverb says has happened to them: “The dog returns to its own vomit, and the sow, after washing herself, returns to wallow in the mire.”*
  3. “After experiencing the freedom of a sober lifestyle... choosing to return to the voluntary slavery of addiction.” (Shaw, p.2)<sup>2</sup>
  4. **Prov 26:11** *Like a dog that returns to his vomit is a fool who repeats his folly.*
- B. Warn counselees of the tendencies and common mindsets that demonstrate a return to their sin choice
- C. Brief overview of five mentalities taken from *Relapse: Biblical Prevention Strategies and Addiction Proof Parenting: Biblical Prevention Strategies* (Shaw)<sup>3</sup>
  1. Painting a picture of what living for Christ looks like compared to being trapped in an addiction
  2. Derived from 2 Scripture passages (to contrast the addicted mentality and living for Christ)

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<sup>1</sup> Mark E. Shaw, *Relapse: Biblical Prevention Strategies*, Focus Publishing, Bemidji, 2011. Found in the Introduction section of the book.

<sup>2</sup> Ibid, p. 2.

<sup>3</sup> Also in *How Not to Raise an Addict* booklet by Mark E. Shaw, Focus Publishing: Bemidji.

<b>Scripture from Matthew 22:37-40 (ESV)</b>	<b>Teaching points</b>	<b>Resulting Mentality<sup>4</sup></b>
<i>And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. <sup>38</sup> This is the great and first commandment.</i>	Failure to love God, you love self, consumed with self, pride, things of rights rather than privileges, I deserve!	Put off: Entitlement mentality Put-on: Be humble (humility)
<i>And a second is like it: You shall love your neighbor as yourself.</i>	Failure to love neighbor is exemplified by consuming things for their own pleasure and passions; everything belongs to me; I won’t share; I will use it all up.	Put off: Consumer mentality Put-on: Be Giving
<i>Scripture from Eph. 5:18-21 (ESV)</i>		
<i>And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, <sup>19</sup> addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart,</i>	Don’t allow chemicals to change your perception	Put off: Victim Mentality <sup>5</sup> Put on: Be responsible and be filled with the Spirit
<i><sup>20</sup> giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,</i>	Failure to be grateful leads to perishing mentality of Prov 31:4-7 (v. 6 <i>perishing</i> ); Those who have chosen addictive pleasures can have a failure to know the truth about God; believing lies about life, thinking about the wrong things, wrong beliefs, earthly mindset and hopelessness	Put off: Perishing Mentality <sup>6</sup> Put on: Be Grateful
<i><sup>21</sup> submitting to one another out of reverence for Christ.</i>	Addicted person is living under no one’s authority except self; secular programs submit to a sponsor; we need to get the counselee a “trusted Christian friend” in addition to biblical counseling and other relationships too!	Put off: Rebellious Mentality Put on: Be submissive

<sup>4</sup> Mark E. Shaw, *Relapse: Biblical Prevention Strategies*, Focus Publishing, Bemidji, 2011, pp 57-80. (Chapter 8, “A New Way to Be Human.”

<sup>5</sup> The Victim Mentality is taught to parents and loved ones of those struggling with addiction in Chapter 7 of *Divine Intervention: Hope and Help for Families of Addicts* by Mark E. Shaw, Focus Publishing, Bemidji, 2007, 2011 found on pp 55-59.

<sup>6</sup> The Perishing Mentality as contrasted with thankfulness is briefly introduced in *Divine Intervention: Hope and Help for Families of Addicts* (Shaw). Teaching parents and loved ones of those struggling with addiction to distinguish between the sin they are responsible for and their loved one’s sin which they are not. Find it in Chapter 10, “Heart Issues” under the section entitled Blaming Self (Guilt) on pp 72-75.

#### IV. Start with using these Resources with your counselee

- A. I start with *Relapse: Biblical Prevention Strategies*, (Shaw, Focus Publishing\*) and *Cross Talking: A Daily Gospel for Transforming Addicts* (Shaw, Focus Publishing)
- B. Then I continue having them read those and add on *The Heart of Addiction: A Biblical Perspective* (Shaw, Focus Publishing\*)

**\*Focus Publishing has discounts for quantity purchases – call them for best discounts!**

#### V. CONCLUSION

- A. What the world calls addiction, or substance use disorder, manifests as a physical problem but the root issues are in the spiritual realm.  
(Refer to p.6 *Heart of Addiction: A Biblical Perspective*, Focus Publishing, 2008, 2018)
- B. God's Word is sufficient.
- C. You and I must be involved in biblically helping the addicted because the local church is the answer!

#### Recommended Resources:

*Relapse: Biblical Prevention Strategies* (Mark E. Shaw, Focus Publishing)

*The Heart of Addiction: A Biblical Perspective* (Mark E. Shaw, Focus Publishing)

*The Heart of Addiction Workbook and Leader's Guide* (Mark E. Shaw, Focus Publishing)

*Divine Intervention: Hope and Help for Families of Addicts* (Mark E. Shaw, Focus Publishing)

*Cross Talking: A Daily Gospel for Transforming Addicts* (Mark E. Shaw, Focus Publishing)

*Next Steps: Be T.R.A.N.S.F.O.R.M.E.D*

- A streaming, all-digital curriculum for a care group study
- 66 videos and leader's guides, with small group discussion questions to start an addictions outreach with a biblical perspective in your local church
- Taught by Dr. Mark E. Shaw, accessed through *The Addiction Connection*
- Find out more and download free sample lessons at [www.theaddictionconnection.org](http://www.theaddictionconnection.org)

## Appendix

- A. We help counselees see that there is superior worship greater than their stubborn desires.
- B. Need to begin to see the treasure of who God is to them.
  - 1. They can “worship their way out of addiction” (as The Redemption House<sup>7</sup> says) so they can worship the One True God.
  - 2. A call to remember and return to Jesus Christ
  - 3. Sin of idolatry is blotted out by the death, burial, and resurrection of Jesus Christ!
- C. Our job and our joy is to share truth and pray that the Holy Spirit will open and enlighten their eyes.
  - 1. This is the good news they can embrace—the truth that will set them free so they can see and repent and turn from the lies that keep them in bondage.
  - 2. The **Isaiah 44:20** person is blind; we should have compassion for them.
  - 3. We must share the hope of the Gospel for their heart of addiction or they will remain in the lies.
  - 4. Your counselee has a BELIEF problem... they believe lies. Renouncing lies and announcing truth. (**Eph 4:20-24**)
- D. Recruit the Church to help
  - 1. It takes a VILLAGE to help an addict. One politician’s village: right idea but the WRONG village – not government but the local church
  - 2. Plan for DISCIPLE-MAKING PROGRAM – (Mon-Fri) Counseling, classes, homework... Life-dominating, life-devastating sin (*Use Next Steps: Be TRANSFORMED*)
- E. Remember the Basic Goals of Biblical Counseling
  - 1. Not “Just Clean and Sober” but the Glory of Christ (**1 Cor. 10:31**)
    - i. Wrong: “I don’t want to go to jail.” “I don’t want to lose my spouse.” “I don’t want to lose my children.” “I don’t want to lose my job.”
    - ii. Right: “I want Christ more than life itself!”
  - 2. Spiritual growth into the likeness of Christ (**Rom. 8:28-29; 2 Cor. 3:18**)
  - 3. To make disciples of all nations (**Matt 28:18-20**)
  - 4. To see counselee become a COUNSELOR. Why? Because we are ALL in need of counseling at all times. “People in need of change helping people in need of change” - Paul Tripp quote
  - 5. Christ is the ONLY solution, now and forever! **John 17:3** *And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent.*

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<sup>7</sup> Start your search for a genuinely biblical residential program like The Redemption House at

[www.theaddictionconnection.org/residential-programs](http://www.theaddictionconnection.org/residential-programs)