

Grace Bible Church  
2022 Biblical Counseling Conference  
TRACK TWO



Session 14 – Helping the Family of an Addict

---

## Introduction

**Luke 15:32** *It was fitting to celebrate and be glad, for this your brother was dead, and is alive; he was lost, and is found.* ESV<sup>1</sup>

### I. Family Dynamics in Addiction

- A. Cuckoo Bird Illustration (all the attention, nutrients, time and disrupting the nest)
- B. Destruction of roles and relationships typical in an addict's family
  - 1. Idolater demands that their desires are met.
  - 2. Other people are there to be used as objects to get what I want
    - a. It's a "You give and I take!" situation
    - b. Idolater will eventually cast aside the loved ones who are not helping them get their desire
    - c. People are viewed as obstacle or enabler<sup>2</sup>
- C. Everything becomes centered around the addicted person
  - 1. Maladaptive sinful habits get established as patterns of responding
  - 2. Biblical counseling with family members is focused on difference between righteous and unrighteous responses
  - 3. **Eph 5:11** – *Take no part in the unfruitful works of darkness, but instead expose them.*
    - a. Learning to live in the light, in a biblical way, not the self-serving way that pleases the idolater
    - b. Help them see the way they are responding to their idolater in an idolatrous way
    - c. **Proverbs 28:13** *He who conceals his transgressions will not prosper, But he who confesses and forsakes them will find compassion. (NASB ®)*<sup>3</sup>

---

<sup>1</sup> Scriptures quotations marked ESV are from the ESV<sup>®</sup> Bible (The Holy Bible, English Standard Version<sup>®</sup>), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

<sup>2</sup> Mark E. Shaw, *Divine Intervention: Hope and Help for Families of Addicts*, Focus Publishing: Bemidji, 2007, 2011, pp4-5.

<sup>3</sup> Scriptures marked NASB<sup>®</sup> are taken from the (NASB<sup>®</sup>) New American Standard Bible<sup>®</sup>, Copyright © 1960, 1971, 1977, 1995 by The Lockman Foundation. Used by permission. All rights reserved. [www.lockman.org](http://www.lockman.org)

## II. Equipping Family Members

(NOTE: 3-hour CEU package (includes Enabling) – currently **only \$33** for 365 day access, available at [www.theaddictionconnection.org](http://www.theaddictionconnection.org) – Click “Train me” link → Continuing Education Units → “Helping Families Address Addiction Issues”) Included in this package you receive:

- Counseling Families Impacted by Addiction
- Counseling an Addict’s Enabler
- How to Conduct an Addiction Intervention - Part 1
- How to Conduct an Addiction Intervention - Part 2

- A. **Eph. 5:11** Commands family members to openly rebuke sinful heart attitudes and outward behaviors
1. How to respond in a God-honoring way to their addict’s sinful behavior
  2. Help them identify how they can respond differently and put on the righteousness of Christ with their loved one
  3. Help them learn to confront by speaking the truth in love
- B. Prepare the family for these 2 possible responses:
1. Family member repents (positive) **2 Tim 2:24-26** *The Lord’s bond-servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged, <sup>25</sup> with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth, <sup>26</sup> and they may come to their senses and escape from the snare of the devil, having been held captive by him to do his will. (NASB ®)*
    - a. Always being **kind**, ready and **able to teach** in the teachable moments (with discernment as to whether it is a teachable moment or not), **“patient,” “gentleness.”**
    - b. **“If perhaps”**... no promise that God will grant repentance to the addicted person.
    - c. Pray that they will **“come to their senses”** since they are in a **“snare of the devil... held captive”**
  2. Family member rejects (negative and more likely)
    - a. **Mark 10:17-18** *As He was setting out on a journey, a man ran up to Him and knelt before Him, and asked Him, “Good Teacher, what shall I do so that I may inherit eternal life?” <sup>18</sup> But Jesus said to him, “Why do you call Me good? No one is good except God alone. (NASB ®)*
      - i. Jesus knew this person’s heart but asked the question of him.
      - ii. He was kneeling before him in a posture of worship
    - b. **v. 19-22** *You know the commandments, ‘Do not murder, Do not commit adultery, Do not steal, Do not bear false witness, Do not defraud, Honor your father and mother.’” <sup>20</sup> And he said to Him, “Teacher, I have kept all these things from my youth up.” <sup>21</sup> Looking at him, Jesus felt a love for him and said to him, “One thing you lack: go and sell all you possess and give to the poor, and you will have treasure in heaven; and come, follow Me.” <sup>22</sup> But at these words he*

*was saddened, and he went away grieving, for he was one who owned much property.*

- i. Rejects the message, walks away, saddened, sorrowful,
- ii. Jesus is loving this man perfectly, speaks truth to him in a loving way
- iii. He was disheartened and wanted to quit – why because he owned a lot of property – not wanting to let go of it. Jesus wasn't calling him to be homeless, but to let go of his hold on it.
- iv. There is still a grief that is felt deeply when they reject.
- v. You are the messenger of the Gospel– the message is from Christ
- vi. Addicted person is responsible for his/her own sin, and God is sovereign, and God will bring good from this situation and loved ones can trust Him.

### III. Consequences of Drunkenness

#### A. One choice in time impacts thousands of people for hundreds of years

1. Who was involved in the first recorded episode of drunkenness in the Bible?  
Noah

**Genesis 9:20-22** *Noah began to be a man of the soil, and he planted a vineyard. <sup>21</sup> He drank of the wine and became drunk and lay uncovered in his tent. <sup>22</sup> And Ham, the father of Canaan, saw the nakedness of his father and told his two brothers outside.*

- a. Ham's actions were sinful—that is clear.
  - b. Noah's drunkenness was the original cause of the situation.
  - c. His son is responsible for his own sin.
  - d. Ham gets a curse upon him / his posterity as a result.
2. Who was involved in the second? Lot

**Genesis 19:30-32** *Now Lot went up out of Zoar and lived in the hills with his two daughters, for he was afraid to live in Zoar. So he lived in a cave with his two daughters. <sup>31</sup> And the firstborn said to the younger, "Our father is old, and there is not a man on earth to come in to us after the manner of all the earth. <sup>32</sup> Come, let us make our father drink wine, and we will lie with him, that we may preserve offspring from our father."*

- a. Many different family dynamics simultaneously happening in this horrific story.
- b. Two nights of drunkenness and sexual sin accompanied by deception and wicked acts.
- c. Drunkenness has attending sins (Is Lot aware? Hard to know)
- d. Ammonites and the Moabites (two people groups) birthed from this sinful sexual situation and they plague the Israelites for hundreds of years.

#### B. Both Noah and Lot are mentioned in the Bible as righteous

1. Drunkenness and sexual sin

2. Noah didn't lose his righteous status from **Genesis 6:9**
  3. "Righteous" the word is used three times about Lot in the N.T.
- C. Canaanites, Moabites, Ammonites all plagued the Israelites for hundreds of years

#### IV. Resources to use as you help family members strategize forms of accountability with their addicted loved ones

- A. [TheAddictionConnection.org](http://TheAddictionConnection.org) has some free info online on how to work with family members
  1. Also several recommended residential programs
  2. Non-residential programs
- B. [\*Divine Intervention: Hope and Help for Families of Addicts\*](#) (Mark E. Shaw)
  1. Appendix E: Sample Plan for Change
  2. Appendix F: Sample Put off List and Put on List
- C. [TheAddictionConnection.org](http://TheAddictionConnection.org)
  1. [Podcasts](#), blogs, to recommend to family members
  2. ["Family Help for Addiction: A Care Group Study"](#) (purchase required)
    - 12 online video presentations (each lesson is 20-35 minutes in length taught by Dr. Mark E. Shaw)
    - 12 participant handouts to accompany each video lesson (digital download)
    - 12 PowerPoint presentations for you, the leader, to use if you decide to teach (digital download)
    - A Leader's Guide Manual with a helpful video from Dr. Shaw

#### V. Luke 15:11-32 (ESV)

##### A. The Younger Son

Scripture from Luke 15 (ESV)	Teaching points <sup>4</sup>
<i>And he said, "There was a man who had two sons. <sup>12</sup> And the younger of them said to his father, 'Father, give me the share of property that is coming to me.' And he divided his property between them.</i>	Wishing his father were dead so he could obtain inheritance early; "entitlement mentality" <sup>5</sup> ; Viewed his father as an object and an obstacle blocking him from his desires; not a relationship with his father, not seeing his father's love; <b>Prov 22:10 (NASB®)</b> may apply here; anger and selfishness. Nothing loving or giving about him
<sup>13</sup> <i>Not many days later, the younger son gathered all he had and took a journey into a far country, and there he squandered his property in reckless living.</i>	Father did give the property (scandalous), reckless/prodigoal living; spent ALL his resources; distances himself from his father as far away as he can; Jesus speaking to the religious audience of the day; "Consumer mentality"
<sup>14</sup> <i>And when he had spent everything, a severe famine arose in that country, and he began to be in need.</i>	No one around him had anything extra to give him; became an impoverished beggar
<sup>15</sup> <i>So he went and hired himself out to one of the citizens of that country, who sent him into his fields to feed pigs.</i>	Literally "attached himself;" Pigs specifically repulsive to Jewish culture. Depravity and poverty

<sup>4</sup> Mark E. Shaw, *Divine Intervention: Hope and Help for Families of Addicts*, Focus Publishing: Bemidji, pp 23-34.

Chapter 4, An Unrepentant, Prodigal Son.

<sup>5</sup> Mark E. Shaw, Entitlement mentality is from *Relapse: Biblical Prevention Strategies and Addiction Proof Parenting: Biblical Prevention Strategies* both available through Focus Publishing, Bemidji. Also find it taught in *How Not to Raise an Addict* (booklet).

<sup>16</sup> <i>And he was longing to be fed with the pods that the pigs ate, and no one gave him anything.</i>	Nothing appealing about the pig pen, pods probably not humanly digestible; have counselees (family members) read the no one gave him anything statement; no enablers
<sup>17</sup> <i>But when he came to himself, he said, 'How many of my father's hired servants have more than enough bread, but I perish here with hunger!'</i>	He comes to himself; to a place of brokenness; we don't need to rescue him out of his consequences; picture of the earthly father representing the heavenly Father, God.

### B. How can family members model the father?<sup>6</sup>

	<b>Counseling Teaching points to family members</b>
<i>Therefore be imitators of God, as beloved children. (Eph 5:1 ESV)</i>	While your prodigal is off far away, look for what God might be teaching you as a parent. Family members can learn to imitate the heavenly father as portrayed in this parable Jesus told
	The father lovingly let the son go, and was looking for his return in <b>Luke 15:20</b> . Praying, trusting God, asking others for prayer, help, encouragement; Praying and looking; not hardened and bitter. His heart stayed soft toward him.
	God WILL use this time to teach them as parents/family members. Only real failure is the failure to please God. Teach family members that they are not responsible for the addict's choice to turn their back on God – they are not failures as parents.
	Must pray to keep your own heart from hardening against your loved one so they too can run and (without bitterness) embrace their returning prodigal, if God so allows. Parents can give clothing, groceries, but not cash or cosign or pay for phones, insurance, Don't need to provide for a rebel. Letting them go on their own. Don't chase after them once they have let them go.

### C. Contrast the family's response to an addict who is an unbeliever with one who is a believer.<sup>7</sup>

<sup>18</sup> <i>I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you. (ESV)</i>	Son's plan for repentance (in his thoughts and attitudes) "I have sinned," not, "I have a disease of addiction." Recognition of the duality of the sin against heaven and against earthly father.
<sup>19</sup> <i>I am no longer worthy to be called your son. Treat me as one of your hired servants." (ESV)</i>	Notice a new attitude the mind of Christ. See some level of humility, responsibility, and gratefulness, submission; recognition of lowly place. Not asking for favors
<sup>20</sup> <i>And he arose and came to his father. But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him. <sup>21</sup> And the son said to him, 'Father, I have sinned against heaven and before you. I am no longer worthy to be called your son.' <sup>22</sup> But the father said to his servants, 'Bring quickly the best robe, and put it on</i>	Robe, ring shoes, aspects of restoring him to sonship, not treated as a hired servant, son never even got to say what he had planned because of the father's amazing grace; he comes to his senses by looking to heaven and remembering his father's love; God's grace mercy and love is what you rely on not your ability to convince or cajole; you aren't wanting the prodigal to remember you but to be convinced

<sup>6</sup> Mark E. Shaw, *Divine Intervention: Hope and Help for Families of Addicts* Focus Publishing: Bemidji, 2007, 2011, p.28-29. Section entitled Modeling the Father in Chapter 4 "An Unrepentant, Prodigal Son."

<sup>7</sup> *Ibid*, pp 11-59.

<p>him, and put a ring on his hand, and shoes on his feet. <sup>23</sup> And bring the fattened calf and kill it, and let us eat and celebrate. <sup>24</sup> For this my son was dead, and is alive again; he was lost, and is found.' And they began to celebrate.</p>	<p>of the love of God the Father; Fruit of repentance to look for are responsibility, gratitude and submission.<sup>8</sup> Seeking forgiveness alone. Less selfishness, less anger, less pride, less depression; not cheapening repentance to an "I'm sorry." Only true repentance brings true reconciliation. Not demanding, not idolatrous, not demonstrating the entitlement, consumer, victim, perishing, rebellious mentalities;<sup>9</sup> But a repentant, broken, contrite spirit.</p>
	<p>Teach your family member counselees how to guard their heart against bitterness</p>

#### D. Luke 15:25-32 (ESV) "The older son"

<p>Now his older son was in the field, and as he came and drew near to the house, he heard music and dancing. <sup>26</sup> And he called one of the servants and asked what these things meant. <sup>27</sup> And he said to him, 'Your brother has come, and your father has killed the fattened calf, because he has received him back safe and sound.' <sup>28</sup> But he was angry and refused to go in. His father came out and entreated him, <sup>29</sup> but he answered his father, 'Look, these many years I have served you, and I never disobeyed your command, yet you never gave me a young goat, that I might celebrate with my friends. <sup>30</sup> But when this son of yours came, who has devoured your property with prostitutes, you killed the fattened calf for him!' <sup>31</sup> And he said to him, 'Son, you are always with me, and all that is mine is yours. <sup>32</sup> It was fitting to celebrate and be glad, for this your brother was dead, and is alive; he was lost, and is found.' (ESV)</p>	<p>This parable<sup>10</sup> was taught to religious leaders who think they are doing everything right. Jesus is teaching them that this older brother's attitude is just as bad as the younger son's attitude, but it was hidden. Fattened calf was to be reserved for the older son's wedding. Older son lived near his father but was relationally detached. Family may become hardened and harsh.</p> <p>Accusation against the father. This is common in the family of the addicted.</p> <p>Older brother is angry that a sinner repented. Takes out his anger on his father. Self-righteous attitude, sinner by omission. Just as equal as the commission of sin.</p> <p>According to MacArthur, quite likely the original hearers of the parable would have assumed that the older brother killed the father at the end of this parable.*</p> <p>*Read MacArthur's book for more teaching on this.</p>
--	---

## VI. No Specific Timeline for Repentance

- A. Prayer while waiting. Reading Scriptures. Trust God for the outcome.
- B. Recognize that only God can change heart desires **Rom 2:4** *Or do you think lightly of the riches of His kindness and tolerance and patience, not knowing that the kindness of God leads you to repentance?*
  1. God's kindness that leads to repentance
  2. Addict might need to face the devastating consequences...
  3. But consequences alone don't change the heart or lead to repentance
  4. Addictive choices can lead to death
- C. Family may feel guilty feelings in two extremes
  1. If addict dies alone – I didn't do enough

<sup>8</sup> Mark E. Shaw, *The Heart of Addiction: A Biblical Perspective*, Focus Publishing: Bemidji, 2008, 2018, pp 171-183. Found in Chapter 20 entitled, "Responsibility, Gratitude, and Submission."

<sup>9</sup> These mentalities are developed in other workshops by Dr. Mark E. Shaw through The Addiction Connection. [www.TheAddictionConnection.org](http://www.TheAddictionConnection.org)

<sup>10</sup> John MacArthur, *A Tale of Two Sons: The Inside Story of a Father, His Sons, and Shocking Murder*, Thomas Nelson, 2008.

2. If addict dies in the home – I did too much.
  3. Knowing God’s will and fully trusting God so their conscience is clear
- D. Family members must act in faith
1. Cast the scoffer out
  2. Continue to work with the loved one
  3. Can trust God in either direction they choose
- E. **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.*
1. Our call is to never lose sight of hope
  2. As long as the loved one is breathing, there is hope
  3. Family members can trust God no matter what
  4. Eternal destiny is determined by God’s sovereignty, so the outcome does not change God’s character
  5. The Lord Jesus Christ can save! And family members can glorify God!

### Recommended Resources:

- *Manipulation: Knowing How to Respond* (Lou Priolo, P&R Publishing)
- *Bitterness: The Root that Pollutes* (Lou Priolo, P&R Publishing)
- [\*Divine Intervention: Hope and Help for Families of Addicts\*](#) (Mark E. Shaw, Focus Publishing)
- *Deception: Letting Go of Lying* (Lou Priolo, Resources for Biblical Living)
- [\*Freedom That Lasts®\*](#) (by Jim Berg)
- [\*How Not to Raise an Addict\*](#) (Mark E. Shaw, Focus Publishing)
- [\*Relapse: Biblical Prevention Strategies\*](#) (Mark E. Shaw, Focus Publishing)
- [\*The Heart of Addiction: A Biblical Perspective\*](#) (Mark E. Shaw, Focus Publishing)
- *A Tale of Two Sons: The Inside Story of a Father, His Sons, and a Shocking Murder* (John MacArthur, Thomas Nelson)
- [\*From Heartbroken to Hopeful: Gospel Hope for Parents of Prodigals\*](#) by Elliot (with Study Guide available from Focus Publishing)
- Sermon Series (4 sermons) by Pastor Brad Bigney, “Hope + Help for Hurting Parents” Grace Fellowship Church, [www.graceky.org](http://www.graceky.org)  
<https://www.graceky.org/sermons/series/hope-help-for-hurting-parents/> (Free!)
  - [You Don’t Have Any Parenting Guarantees](#)
  - [You Have the Amazing Power of the Gospel and the Amazing Grace of God](#)
  - [You Have the Incredible Opportunity to Grow and Glorify God – pt. 1](#)
  - [You Have the Incredible Opportunity to Grow and Glorify God – pt. 2](#)