



CHRIST CHURCH RESOURCES

ADDICTION

Addiction is a physical and mental dependence upon a substance or activity. This dependence becomes so important to a person that they will indulge in their addiction even when doing so harms themselves or those around them. Often, people associate the word “addiction” with a particular substance, such as alcohol or drugs, but many times the word addiction can be applied to an unhealthy and compulsive fixation with a whole host of things or activities - such as gambling, food, sex, pornography, and many others.

One of the most dangerous aspects of addictions is that they can seem harmless to the person engaging in them. They may believe that addiction isn't a problem. Some people with addictions may feel that the substance or behavior provides them with comfort or helps them cope with various difficulties they face in life.

But often, addiction has the opposite effect. Rather than truly bringing comfort or support to a person, the addiction instead enslaves them. People with an addiction are eventually trapped in an unhealthy cycle, leading them to seek the substance or behavior more and more and, sometimes, in even more destructive ways. In pursuit of their addiction, a person can harm relationships with family and friends, disrupt their career, ruin their finances, or destroy their health.

If you or someone you love is struggling with addiction, it's important to know that there is hope! Jesus came to set the captives free (Luke 4:18-19)! At the cross, He died to break the power and penalty of sin, and gave us new life in Him! (Romans 6:10-11; 23). There are numerous testimonies of people who have been set free from addictions through a relationship with Jesus.

God has also given you brothers and sisters in Christ who want to love you and support you in this time. We care about you and want to help! If you would like to speak with someone about your situation, we would love to have the opportunity to talk to you. Please email us at admin@christpeople.church.

You can also view the resource list below for helpful Scripture, readings, and links to local addiction recovery ministries and agencies.

SCRIPTURE

Luke 4:18-19

2 Corinthians 3:17

Hebrews 4:14-16

James 4:7

1 Corinthians 10:13

1 Peter 2:11

Proverbs 28:13



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ADDICTION: CONTINUED

RESOURCES

The Twelve Steps for Christians - Friends in Recovery

Five Steps to Breaking Free From Porn - Joe Dallas

The Heart of Addiction: A Biblical Perspective - Mark E. Shaw

Hope is Alive: One Addict's Story of Hope - Lance Lang

Finding Hope: A Field Guide for Families Affected by Addiction - Lance Lang

The Life Recovery Bible - Arterburn and Stroop

ADDICTION RECOVERY PROGRAMS AND AGENCIES

Hope is Alive Ministries

Valley Hope

Holland Pathways

Sedgwick County Addiction Treatment Services

Substance Abuse Center of Kansas