



Name

Date

CONTENT MODULE SUMMARY SHEET

Dealing with Addiction

INTRODUCTION

Mark Danzey holds a M.A. in Pastoral Ministries, ordination in the United Methodist Church, as well as certifications with the International Institute for Trauma and Addiction Professionals, the International Coaching Federation and the State of Georgia Office of Alternative Dispute Resolution. Mark has a true passion for helping people recognize addiction for what it is — and helping them see how to lean on a loving God to get through it. You may be surprised to learn that there are many types of addictions, and nobody is immune. Mark wanted to share this message with Iron Forums as an encouragement and a reminder that the way out of addiction is to understand our IDENTITY in Christ. Christ does the work when we expose the darkness and confide in trusted counselors!

Mark's practice, WisePath Mediation and Coaching, is located in Roswell, Georgia.

SCRIPTURE

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

— **Romans 12:2**

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

— **James 5:16**

CONTENT

This is just an outline. Be sure to add your thoughts and listen to the Holy Spirit to see what He may be speaking to you about this topic.

Addiction is often the result of men struggling to suppress their anxiety. When you look to something other than God to suppress your anxiety, it can become an addiction.

Chemical addiction = Drugs and Alcohol

Process addictions = Porn, Love, Gambling and Workaholism

Many business owners become workaholics to escape from stress
— they know business better than family.

Addiction vs. Compulsive Behavior

Mark's rule of thumb is that if you've said to yourself,

"I'm not going to do this again" more than 10 times, and you end up doing it again it's probably an addiction, and probably can't be fixed alone in isolation.

Scripture speaks to this in Romans 12:2

Another "rule of thumb" is,

"Never do anything that would cause your adult children to disrespect you."

How should we deal with addiction or compulsive behavior?

1. NORMALIZE IT — you are not the only one struggling with this
2. DEMONSTRATE HOPE IN HEALING — others have been healed of this
3. EXPOSE THE BEHAVIOR — confide in others you trust to remove the fear and shame — James 5:16
4. Remember that the Bible is a book of REDEMPTION!

Verbalize what you are struggling with — maybe today in your Snapshot Group.

Find a counselor with a Biblical World View.

Get into a pattern of daily devotional and begin to memorize Scripture.

Renew your mind — Romans 12:1-2

Genesis 1:26 - 27 — “...let us make man in our image and likeness.”

These are DIFFERENT WORDS in Hebrew: Image = our identity Likeness = our behavior

When we know our Image (our identity in Christ), it will affect our behavior.

When you focus on identity, you change behavior

If we deny our past, it defines us.

When we OWN our past, we get to write a brave new ending.

— Brené Brown

DISCUSSION QUESTIONS

1. What “patterns of this world” or “process addictions” do you find it easiest to conform to... and how is that perpetuated in today’s culture?
2. In what ways are you currently keeping scripture in your mind (daily devotionals, church on Sunday, small groups, posted notes and reminders, etc.)? How could you add scripture to your daily routine at the office?
3. Have you ever had a person you trusted so much that they know most, if not all, of your secrets? If not, what might that look like?
4. What do you think about the concept of identity in Christ (image) changing your likeness (behavior)?

ACTION: Pray for one another to turn to Jesus and Scripture to renew your mind and transform your lives!