



# FINDING HOPE

In defeat and addiction

# Finding Hope in the midst of...

Part 1: loneliness and loss

Part 2: discouragement and depression

Part 3: fear and anxiety

Part 4: **defeat and addiction** – today



# Habits

a choice that has become automatic



# Addiction

*“Particularly strong habits... produce addiction-like reactions so that wanting evolves into obsessive craving that can force our brains into autopilot, even in the face of strong disincentives, including loss of reputation, job, home, and family.”*

Charles Duhigg



# Addiction

A chronic brain disease that is progressive and can be fatal

Repetitive behaviors in the face of negative consequences

Almost anything deeply enjoyable can turn into an addiction



# Romans 6:15-16

What then? Shall we sin because we are not under law but under grace?...



# Romans 6:15-16

...May it never be! Do you not know that when you present yourselves to someone as slaves for obedience, you are slaves of the one whom you obey, either of sin resulting in death, or of obedience resulting in righteousness?



# Romans 6:15-16

*“All sin is addiction. Whether it’s bitterness, whether it’s envy, whether it’s materialism, whether it’s laziness, whether it’s impurity – every sinful action becomes an addiction. And every sinful action brings into your life a power that operates exactly like addiction cycles.”*

Timothy Keller





# Romans 6:15-16

There are no pet sins

There are no sins you can manage

Because ALL SIN IS INHERENTLY  
ADDICTIVE



# Romans 6:15-16

Sin → sinful habits → addictions → death

Obedience → godly habits → sanctification



# Philippians 2:12–13

So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling...



# Philippians 2:12–13

...for it is God who is at work in you, both to will and to work for His good pleasure.



# 1 Corinthians 10:13

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.



# Philippians 2:12–13

...for it is God who is at work in you, both to will and to work for His good pleasure.



# Finding Hope In Addiction

1. Talk about it



# CELEBRATE RECOVERY AT GRACE

FIND HEALING FROM  
HURTS • HANG-UPS • HABITS

TUESDAYS • 6:30 PM  
AT SOUTHWOOD

FOR MORE INFORMATION CONTACT

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# THE LANDING

TUESDAYS AT SOUTHWOOD | 7:00PM | MEET AND GREET & PIZZA AT 6:30PM  
A SAFE PLACE FOR TEENS TO SHARE STRUGGLES AND BE THEMSELVES

# Finding Hope In Addiction

1. Talk about it
2. Find and fill the hole

*Everyone who knocks on the door of a brothel, is knocking for God*



# Finding Hope In Addiction

1. Talk about it
2. Find and fill the hole
3. Eliminate the triggers





# Finding Hope In Addiction

1. Talk about it
2. Find and fill the hole
3. Eliminate the triggers
4. Stop defining yourself by an addiction





# FINDING HOPE

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