

8-Freedom from Addiction

3/6/2022

INTRO:

I. → **Romans 7:14-25**

14 We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. 15 I do not understand what I do. For what I want to do I do not do, but what I hate I do. 16 And if I do what I do not want to do, I agree that the law is good.

→ 17 As it is, it is no longer I myself who do it, but it is sin living in me. 18 For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

→ 19 For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. 20 Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

*→ 21 So I find this law at work: Although I want to do good, evil is right there with me. 22 For in my inner being I delight in God's law; 23 but I see another law at work in me, waging war against the **law of my mind** and making me a prisoner of the law of sin at work within me.*

→ 24 What a wretched man I am! Who will rescue me from this body [of] death? 25 Thanks be to God, who delivers me through Jesus Christ our Lord!

- II. Most (53%) U.S. adults reported that the coronavirus outbreak has had a negative impact on their mental health, including inducing or exacerbating use of alcohol, drugs, gambling and overeating as coping mechanisms.

BODY:

I. **The Source of Addiction**

A. Our brain becomes conditioned to what we stimulate it with.

1) **Romans 6:16-17**

Don't you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness?

2) **DOPAMINERGIC PATHWAYS**

a) Mesolimbic pathway carries dopamine neurotransmitters from the ventral tegmental area to the nucleus accumbens (rewards, aversion, and reinforced learning).

b) Mesocortical pathway carries dopamine neurotransmitters from the ventral tegmental area to the frontal cortex where decisions, planning, short-term memory, speech, and social behavior take place.

3) **IVAN PAVLOV—CLASSICAL CONDITIONING**

(anticipatory salivation)

B. Anything that stimulates our reward center can become an addiction.

1) Substance use disorders—alcohol addiction, marijuana addiction, amphetamine addiction, cocaine addiction, nicotine addiction, opioid addiction

2) Behavioral addictions— food addiction, sexual addiction, video game addiction, shopping addiction, gambling addiction

3) **Romans 13:13-14**

Let us behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.

4) **A FISH OUT OF WATER—HELEN PALMER**

“Never feed him a lot. Just so much, and no more! Never more than a spot! Or something may happen. You never know what.”

II. The Cost of Addiction

- A. Addiction offers short-term rewards with long-term consequences.
- 1) **Luke 21:34**
"Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap."
 - 2) Addiction is a brain disorder characterized by compulsive engagement in rewarding stimuli despite adverse consequences
 - a) Emotional triggers
 - b) Craving
 - c) Addiction activity
 - d) Temporary relief
 - e) Regret, guilt, shame
- B. Often who pays the price is our family and friends.
- 1) **1 Corinthians 6:12-13**
"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.
 - 2) **WHY EARLY PROHIBITION WAS LED BY WOMEN**

III. The Management of Addiction

- A. One of the best sources of help is a recovery community.
- 1) **Galatians 6:1**
Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.
 - 2) **CRAIG FERGUSON TESTIMONY**

B. Temperance is not about legalism, it is about freedom.

1) **Galatians 5:1**

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

- a) Work
- b) Play
- c) Love
- d) Worship

OTHER SCRIPTURES:

1 Peter 4:3-4

For you have spent enough time in the past doing what pagans choose to do—living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry.