



## Addressing Addiction in the Family

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Adapted by Greenville Oaks Church of Christ*

Does someone you love seem to be self-destructing in addictive behavior? Are you watching a spouse, son or daughter abandon everything that was once important to them because of drugs, alcohol, sex, or some other stimulant? Internet addiction is also a growing issue, as more and more people find themselves unable to walk away from the screen.

An addiction or dependence is commonly defined as “a recurring compulsion to do the same thing over and over, despite harmful consequences to his health, mental state or social life.”

If you aren't seeing clear signs of addiction, are you noticing a gulf growing between you and this family member as their thoughts, time and energy are consumed by some dominating activity?

What can you do to help?

### **STEP ONE: Assess the Willingness to Change**

Has your loved one admitted a problem and shown interest in getting help? If they've given you any sign of wanting to deal with their problem, take that opportunity to get the best of Christian counsel and direction from those most familiar with the specific addiction.

If, instead, you're dealing with denial, you most likely will need to plan an intervention—which is an orchestrated attempt by family and friends to motivate someone to get help. An intervention is especially necessary to help stabilize the situation—to shield your home from the emotional, physical and spiritual vulnerability of an out-of-control problem.

### **STEP TWO: Treat Body, Mind and Spirit**

Sex addiction counselor Rob Jackson tells families that the addictive behaviors they can see are just the tip of the iceberg.

Efforts to modify behavior might seem effective in the short-term, but can re-appear or show up in a different sort of compulsion if underlying issues are not addressed.

Deuteronomy 6:5 says, *Love the LORD your God with all your heart, with all your soul, with all your strength and with all your mind.* Those struggling with addiction need to treat problems of the body, mind and spirit—to go beneath the surface and deal with the thoughts, emotions and spiritual conflicts driving those behaviors.

James 1:14 describes how dependence progresses from desire to enticement to sin and, ultimately, to death.

The most effective approach to recovery is to reverse that progression—to restore a right relationship with God (Romans 8:1-15), to have a clean heart (Psalm 51), to have a renewed mind (Romans 12:2) and then, as a result, to bear good fruits in behavior (Romans 6:7) and help others.



### **STEP THREE: Find Hope in Perseverance**

God is able to redeem anyone and restore them to a life characterized by self-control (Titus 2:11-14).

There is hope in persevering as a family through the struggles of recovery. Romans 5:3-4 says, *We also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.*

Your prayers ultimately come down to asking that God's best will win out for this family member, remembering Jesus' words: *The thief comes only to steal, kill and destroy, but I have come that they may have life and have it to the full* (John 10:10).

### **GOING FURTHER - Resources**

#### **Recommended Book:**

*Available for checkout at the Faith@Home Center or for purchase online.*

*A Hunger for Healing* (by J. Keith Miller) is helpful for dealing with addictive behaviors in yourself or ones you love.

### **GOING FURTHER – Church Support**

#### **Celebrate Recovery**

Celebrate Recovery (CR) is a Christ-centered ministry that utilizes the teachings of Jesus and biblical principles as the basis for a process that helps people work through things like addictive behaviors that can create such difficulty in their lives. CR meets on Wednesday evenings at 7:00 p.m. for a time of worship and reflection; a personal testimony or a teaching about recovery; gender specific small group meetings and time to engage with others informally. For more information, call the church office at 972-727-2359, email [celebraterecovery@greenvilleoaks.org](mailto:celebraterecovery@greenvilleoaks.org) or go to [greenvilleoaks.org/cr](http://greenvilleoaks.org/cr).

#### **Professional Christian Counseling**

Greenville Oaks Church of Christ offers various resources for Christ-centered professional counseling (including premarital counseling). For more information, call the church office at 972-727-2359 or email [info@greenvilleoaks.org](mailto:info@greenvilleoaks.org).