

SMALL GROUP STUDY

Breaking Free From Addiction

From the sermon series, "Health & Healing"



AGENDA

- Allow people to arrive, talk, and snack – 15 min.
- Open in prayer – 30 sec.
- Ice breaker – 15-20 min.
- Show DVD – 10 minutes
- Discussion – 30 minutes
- Worship – 10 minutes
- Prayer – 20-30 minutes

DISCUSSION

1. In your opinion, how are addictions rooted in patterns of self-medication? How do they provide temporary relief to pain and stress?
2. What are some obvious addictions? What are some that may not be so obvious?
3. How do addictions eventually enslave a person? How do they destroy relationship with God and others?
4. Read James 1:13-15. How does the Bible say that we can slip into addiction? What does this suggest to you about the cure?

Icebreakers

Use the questions below to help people open up and to focus your meeting. It is very helpful to go around in a circle with the leader going first. (Remember if you have new members or guests you should take time to introduce everyone.)

1. What modern appliance can you just not live without? Why?
2. What's an odd or compulsive habit that you have?
3. What's one thing you used to do regularly in the past that you no longer do?



5. Read Romans 6 (the whole chapter). What stands out to you here?
6. How can we "offer" ourselves as slaves to righteousness instead of slaves to sin?
7. Read James 5:16, Proverbs 27:17, Hebrews 10:24-25, and Colossians 1:28-29. In his message this week, Fred said that breaking free from addiction is a process involving confession, community, and accountability. What does this look like? How can you harness the power of these three things to affect change in yourself, break the power of addictions/bad habits in your life, and become more like Jesus?

PRAYER

This would be a good week to break into smaller same-gender groups for prayer. While praying, be sure to allow times of silence to discern how the Holy Spirit might be leading you to pray.

RESOURCES

Celebrate Recovery: Biblically-based 12 step program. Open for any person trying to overcome life's hurts, habits, and hangups. Check out p. 19 in the Journey Guide. You can pick one up in the lobby at church.

Freedom KC: 12 step program specifically to help break free from sexual addictions. On p. 20 in the Journey Guide. Also check out Freedom Partners, a support group for their spouses (also on p. 20.)

Women's Healthy Eating Support Group: On p. 22 in the Journey Guide.

God bless,

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