

ABC's Of Counseling For Addictions

Issues In Biblical Counseling

- I. Introduction**
- II. A _____ Of Biblical Counseling: Biblical Counseling Is The Process Of Building _____ Relationships Through Which God Brings About _____ And _____**
- III. The _____ Words For Counseling: _____, _____, _____, _____ (Paul David Tripp, *Instruments In The Redeemers' Hands*)**
- IV. _____: Communicating Love To Addicts**
- A. Communicate _____
 - B. Communicate _____
 - C. Communicate _____
 - D. Communicate _____
- V. _____: Asking Questions That Reveal The Heart Behind Addiction**
- A. What Is It You Are “Addicted” To?
 - B. How Long Have You Been Doing This Behavior?
 - C. What Effect Is This Addiction Having?
 - D. What Does This Addiction Offer You?
 - E. How Do You Feel When You Are Participating In This?
 - F. How Do You Feel When You Are Done Participating In This?
 - G. What Have You Tried To Do To Conquer This?
 - H. What Do You Think You Will Lose In Your Life By Giving This Up?
 - I. What Does This Addiction Help You Avoid?
 - J. Do You Want To Conquer This?
- VI. _____: What Truths Do We Need To Say About Addictions?**
- A. _____ Addictions: Addictions Are An _____ And/Or _____ Slavery To _____ Or _____.
 - B. _____ Addictions: Addictions Are A Form Of _____ Seeking
 - C. The _____ Of Addictions: James 1:12-15
 - i. _____
 - ii. _____
 - iii. _____
 - D. The _____ of Addictions: Addictions Form Habits By Forming Neural _____
 - E. _____ About Addictions
 - i. Proverbs 25:8
 - ii. John 8:34

F. _____ For Addictions

- i. 1 Corinthians 6:9-12
- ii. Titus 2:11-15
- iii. Galatians 5:1

G. _____ Over Addictions

- i. Ephesians 4:22-24
- ii. 1 Corinthians 10:13

VII. _____: **How To Fight Addictions**

A. _____ Term Strategies

i. _____ Scripture That Encourages _____ And _____

- 1. Psalm 34:8
- 2. Romans 6:20-23
- 3. Psalm 59:16

ii. Put Physical _____ Between You And The Addiction

iii. Practice _____ Breathing: 20-30 Deep Breaths In Various Shapes

iv. Enlist Personal _____

- 1. People To Call
- 2. People You Will Have To Answer To

B. _____ Term Strategies

i. _____ Idols: Ask, When Tempted, What About This Is Attractive To Me?

ii. Develop _____ Health

- 1. Bible Reading
- 2. Prayer
- 3. Ministry Service
- 4. Gospel Sharing
- 5. Fellowship And Accountability

iii. _____ Health

iv. _____ Health

VIII. **Application**

A. Approach Addictions With _____

B. Celebrate _____, But Focus On The Long Term

C. Keep The _____ At The Forefront

IX. **Taking It Further**

A. Ed Welch, *Addictions- A Banquet in the Grave: Finding Hope in the Power of the Gospel* (Presbyterian and Reformed Publishing, Phillipsburg, NJ: 2001)

B. Heath Lambert, *Finally Free: Fighting for Purity with the Power of Grace* (Zondervan, Grand Rapids, MI: 2013)

C. Lou Priolo, *Pleasing People: How Not to Be an Approval Junkie* (Presbyterian and Reformed Publishing, Phillipsburg, NJ: 2007)