ADDICTED
TITUS 3:3 / 2-23-20 / A.M.

I. WHAT’S THE DEFINITION OF ADDICTION?


“Any thinking or behavior that is habitual, repetitious and difficult or impossible to control.”

B. Another definition I found is...

“The state of being enslaved to a habit or practice or to something that is psychologically or physically habit forming to such an extent that its cessation causes severe trauma.”

C. The American Psychiatric Association defines alcohol and drug addiction as...

“A complex condition and brain disease that is manifested by compulsive and harmful consequences. People who are addicted allow their lives to be taken over by their addiction even though they know it causes severe problems.”

II. HOW PREVALENT ARE ADDICTIONS IN AMERICA?

A. According to a 2018 National Survey on Drug use in America, 20m people or 11% are addicted with another 22m in recovery.

B. Men are twice as likely to become addicted to drugs and alcohol then women.

C. Reliable statistics aren’t available for other forms of addictions.

III. WHAT ARE THE SIGNS OF ADDICTION?

A. Do your actions interfere with your relationships with God, family, friends, job or even yourself?

B. Do you feel guilt or shame over your thoughts or actions?

C. Have you tried to stop before, maybe several times, but have been unable to do so?

D. The American Psychiatric Association adds the following signs specifically for drug or alcohol addiction...
1. Impaired **control** as a result of craving a substance with failure to stop its use.

2. **Social** problems due to substance use at home, work, or school.

3. Risky, dangerous or **criminal** behavior due to substance abuse.

4. Increased consumption due to built in **tolerance** to receive the same effect.

**IV. WHY DO PEOPLE BECOME ADDICTED?**

A. It’s a false assumption to say addicted people are **weak**, stupid, excessively sinful or just born that way.

B. There are, however, **genetic** factors for addiction.

   1. For example, studies of identical twins because they share the same DNA have shown that if one twin is addicted the other twin is **50%** more likely to also become addicted.

   2. The same study showed that fraternal twins, one of which is an addict the other is **25%** more likely to also become an addict.

C. According to the **National Institute on Drug Abuse** there are three reasons people become addicted.

   1. To feel **good**.

   2. To feel **better**.

   3. To do **better**.

D. Dr. Gary Collins adds the following reasons for becoming addicted.

   1. **Physical reasons**—to numb pain, enhance performance, or genetic predisposition.

   2. **Social reasons**—peer pressure or family influence.

   3. **Mental reasons**—depression or stress.

   4. **Spiritual reasons**—sin, lack of faith, or misconceptions about God.
E. We must be careful when talking about causes for addiction not to leave out the choice factor.

V. WHAT DOES THE BIBLE SAY ABOUT ADDICTION?

A. Be self-controlled—1 Corinthians 6:12.

B. Be Spirit-controlled—Ephesians 5:18.