

THE STRUGGLE IS REAL

#ISTRUGGLEWITHADDICTIVEPATTERNS

Jonathan Hetterly – July 17, 2016

1. Open in prayer. Pray for everyone to have the courage to share about the addictive patterns in their lives. Remember that Satan loves to leaves things in the dark, but when they come into the light we can take steps towards freedom.
2. We were created to consume and experience pleasure. However, the fall corrupted consumption and pleasure.
 - Read Proverbs 25:16-17 and discuss practical examples about your typical consumption patterns.
3. Discuss each of the three types of indulgences and how these have influenced you or someone you know:
 - a. Benign Indulgences (addictive patterns with minimal consequences)
 - b. Problematic Indulgences (addictive patterns that can still be successfully corrected)
 - c. Active Addiction (out of control behaviors and significant consequences)
4. Discuss this statement: "Addiction isolates us from others, tears the person apart, and protects itself at all costs."
 - Read 1 Corinthians 6:12.
5. The solution to treating and managing addictive patterns is: Connect with God (Upward), Connect with Yourself (Inward), and Connect with Others (Outward).
 - a. What does it look like to connect with God?
 - b. What are some practical ways to love yourself correctly?
 - c. If you're not connected in a TC group or through serving, visit the TC website to learn about how you can get involved.
6. Read 2 Peter 1:5-6 NLT and discuss.
7. Read 2 Corinthians 12:7-9 and discuss.
8. If you struggle with addictive patterns or behaviors, please know there is hope. We know the struggle is real and TC is a safe place to walk together through them. We'd love to help you. Please contact us at Care@TransformationChurch.tc.