



INSIDE OUT.

ADDICTION

INSIDE OUT REFLECTION AND RESOURCES

WEEK 5: ADDICTION

Scripture:

For my people have done two evil things: They have abandoned me—the foundation of living water. And they have dug for themselves cracked cisterns that can hold no water at all.

JEREMIAH 2:13

Reflection:

- Do you have any addictions or bad habits that you feel trapped in?
- Would your spouse or a close friend answer the same way?
- Is there anything in your life you are holding onto that you need to surrender to God?
- Who is someone you could reach out to for help or support?

Prayer:

Spend some time in silent prayer with God. You can use the PRAY acronym below to guide you.

- **P: Praise** - Spend some time thanking God for who He is in your life.
- **R: Real life** - Spend some time engaging God about your real needs and concerns.
- **A: Ask** - Ask for God's provision, love, and power to be made known to people in your life.
- **Y: Your will** - Spend some time being silent and listening for God's direction.

“Jesus, thank You that I don't have to fix myself. I admit that I look to other things besides You for comfort and relief from the pain of this world. Help me to surrender my control, my addictions, and my sinful habits to You and to believe You have the power to restore me to peace and wholeness. I want to learn to live in Your grace daily and depend on Your Spirit for everything I need. Jesus, I thank You that You love me where I am and that I don't have to walk this journey alone. Amen.”

Resources for Conversation and Further Study:

- [For Family discussion and prayer](#)
- [A 40-day devotional on resiliency](#)



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BOOKS, ARTICLES, AND ADDITIONAL RESOURCES ON ADDICTION:

- [Local Addiction Counseling and Support](#) (page 5 and 6)
 - Hope Recovery group for men: Tuesday nights at the Raleigh campus rm 2120 at 7p.m.
- [From the Basement to the Sanctuary](#), Holly Hayes
- [7 Things Christians Need to Know About Addiction](#), Steve Horne
- [Addiction and Grace](#), Gerald May

MENTAL AND EMOTIONAL HEALTH RESOURCES

Right Now Media Video Resources:

- [Free membership from Hope](#)
 - Mental Health, Dr. Jeff Baker
 - Facing and Overcoming Anxiety, Jonathan Pokluda
 - Changes that Heal, Henry Cloud
 - Free of Me, Sharon Miller
 - Steps to Freedom in Christ, Neil Anderson