

Get Over It!

Getting Over Your Addictions

My doctor was a bit of a smart aleck ... “I have a question for you. Do you know what the most addictive substance on earth is?” she asked. I guessed cocaine and meth, but she shook her head. “Not even close. The most addictive substance on earth is oxygen ... just one breath and you’re hooked for life!” I smiled and I don’t remember if I pondered aloud that if that were the case, why there were no support groups for oxygen addicts. Funny – but no “Ha Ha” funny. The reality is, addictions aren’t funny. They get under our skin, they seep into our bones, and they enslave our souls. In fact, they’re so embedded in our DNA that too often it seems like we can never be free from their grasp. The question we really need answered is, how can we be delivered from their power?

1 Kings 11:1–10

1. Whatever your _____ is, it’s trying its best to become your Personal _____.
2. Your Pet Sin wants to lead you from a _____ to a _____ ... it wants to _____ you completely.
3. Salvation comes only through complete _____ and _____.

My Count Me In! Commitment

- I’ll be here next Sunday
- I’ll invite a friend
- I’m ready to surrender my **whole** life to Jesus
- I’d like to participate in the Directions Discipleship Class – assign me a mentor
- I’ll be at Celebrate Recovery on Monday at 7 PM
Zoom Meeting ID: 293 990 0114

Digging Deeper

Get Over It ... Getting Over Your Addictions

Scripture: 1 Kings 11:1–10

Introduction: Whatever controls your thoughts, rules over your actions. And whatever rules over your actions, enslaves your soul. Obsession is just another word for Addiction – when you consistently and constantly think about your next “fix,” whether that’s your next toke, your next drink, your next smoke, your next kiss, sharing the latest tidbit of news (AKA, gossip), or thinking about your next chocolate doughnut, you can be sure that you’re stuck in an addiction. Sure, you can deny it ... most do ... but if you’re absolutely honest, it’s likely you’ve got something flitting through your mind even now that is calling you to imbibe. And the truth is, there’s nothing more difficult than having to Get Over It ... whatever your “It” is.

1. Read 1 Kings 3:1. Why do you think Solomon felt compelled to marry the Egyptian princess? What benefits do you think he enjoyed from that relationship?
2. Read Deuteronomy 7:1–4 and Ezra 9:1. In Deuteronomy, God forbids intermarrying the Hebrews from foreign women in the land. By the time Ezra wrote his treaty (generations later), Egyptians were included in that list. Why do you think God prohibited intermarriage of foreigners to his chosen people? (Although this study isn’t about current intermarriage issues, by the days of the early church, the prohibition for marriage with foreigners was changed to prohibit marriage outside of the Christian faith – see 2 Corinthians 6:14.)
3. Read 1 Kings 11:1–10. Why do you think Solomon married so many foreign women? What do you think the attraction was?
4. Dr. Bill said that your “pet sin” is poised to become a problematic habit and ultimately a full blown obsession (AKA addiction). What pet sin did Solomon have? What is your pet sin?
5. Read Romans 7:14–25. Why do you think Paul was in such despair over his plight? What hope did he say he had for defeating his sin/habit/obsession?
6. Read James 5:16. How is “confession” similar to being held accountable for our actions? Why do you think James thought it was important to confess our sins to each other?
7. How are you dealing with pet sins? Your problematic habits? Your full-blown obsessions?

Next Week: Hurts, Habits, and Hang-ups. How Can We “Get Over Our Fears”?