

The Danger of Addiction

The Danger of Addiction

Addiction:

- “Habitual psychological or physiological dependence on a substance or practice beyond one's voluntary control.”
- “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.”
- Two categories of addiction: Substance and Behavioral

The Danger of Addiction

Two categories of addiction: Substance and Behavioral

Substance addiction is when you are addicted to a substance of some kind:

- **Alcohol**
- **Tobacco**
- **Opioids**
- **Prescription drugs**
- **Hallucinogens**
- **Street drugs**

The Danger of Addiction

Two categories of addiction: Substance and Behavioral

Behavioral addictions consist of compulsive behaviors that take over someone's life:

- **Gambling**
- **Overeating**
- **Sexual addiction, pornography, masturbation**
- **Video games**
- **Internet, social media**
- **Exercise**
- **Shopping**

The Danger of Addiction

Possible signs of addiction include:

- **A great deal of time is spent using substances or engaging in the problematic behavior.**
- **Inability to cut back or quit using or engaging in the behavior, strong desire to use or engage in the behavior.**
- **Inability to fulfill obligations at school, work, or home.**
- **Euphoria resulting from use or behavior.**

The Danger of Addiction

Possible signs of addiction include:

- **Cravings.**
- **Psychological and physical withdrawal symptoms.**
- **Loss of control (physical, mental, emotional)**
- **Development of tolerance.**
- **Perceiving mind-altering effects.**
- **Denial of problems, even with evidence.**

The Danger of Addiction

“Christians must make a distinction between moral problems we call sins, and physical problems we call disease. Diseases are problems of physical pathology in the body’s tissue, and are not necessarily connected to any personal moral failings. On the other hand, Christians understand that moral problems are sin, and trace back to the rebellion that exists between God and man...It is very important that Christians make correct distinctions between these two categories. If we do not, we will rebuke people who are not responsible for their medical conditions like Parkinson’s disease, or we will seek to offer encouragement and medical care for problems, like sinful anger, that God means to address through the truths in Scripture.” – Dr. Heath Lambert, *“Addiction: A Moral Problem, Not a Disease”*, 1-24-2017

The Danger of Addiction

- **As Christians, we are called to have self-control – Gal. 5:23, 2 Pet. 1:6, Acts 24:25**
- **We are not to allow substances or behaviors to cause us to lose control of proper judgment – Eph. 5:18; 2 Pet. 2:18-20**
- **We must be able to discern good and evil; this includes avoiding sinful activities and substances, as well as discerning extremism with ordinary activities – Heb. 5:14**

The Danger of Addiction

“It is...a call...from deep within...It feels as if nothing else in the world matters but satisfying the urge and achieving the goal my body [or mind] has demanded of me. Then, as quickly as it began, it is complete, leaving a worn-out shell in its wake. And the only feeling I am left with, the only thing I know, is that...a death has occurred.” –Bortus, *The Orville S2E2*