



Kingdom Life Ministries

Understanding Addiction

Kingdom Life

- ▶ Mission: Understanding the truth of who God is and who He created us to be.
- ▶ Kingdom Life Team
 - Pastor Kathryn Loucks
 - John and Wava Oakes
 - Mark Williams
 - Carol Roycroft
 - Chris and Jolene DelSanto



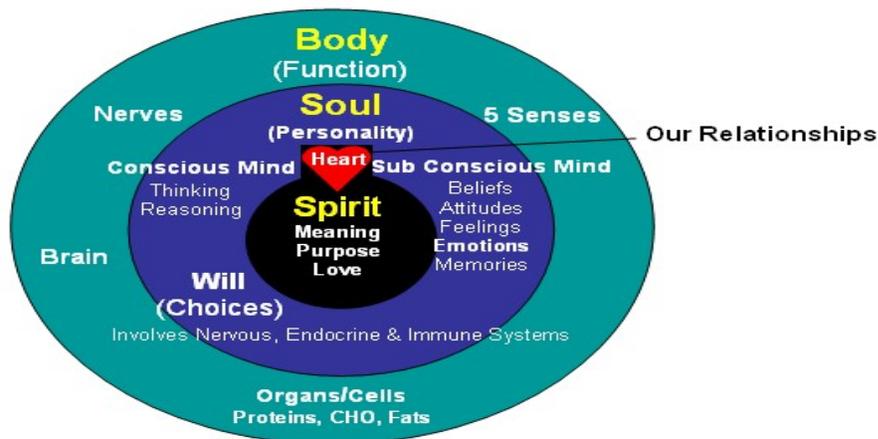
Snapshot of Addiction's Impact

- ▶ In the United States alone, alcohol and other drugs claim more than 135,000 lives every year.
- ▶ That equates to:
 - 350 people every day
 - 15 people every hour
 - 1 person every 4 minutes
- ▶ Every Four Minutes, some one God loves loses their life due to addictions to alcohol and/or drugs.



Body, Soul, and Spirit

We Are a 3-Part Whole



Body, Soul, and Spirit

Our Body

- ▶ It's through our body that we connect to the physical world with our five senses.

Our Soul

- ▶ Our soul is what gives us our personality and it's through our soul that we live out our relationship with God, with other people and with our self. Our soul has three major components - our mind, emotions, and will.

Our Spirit

- ▶ At the deepest level our spirit gives us meaning and purpose and enables us to love one another, our self and God. It's through our spirit that we have communion and fellowship with God. Our spirit gives us intuition between right and wrong.

What is Addiction?

- ▶ Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, and spiritual manifestations.
- ▶ **Dictionary Definition of Disease:** a disorder or incorrectly functioning organ, part, structure, or system of the body resulting from the effect of genetic or developmental errors, infection, poisons, nutritional deficiency or imbalance, toxicity, or unfavorable environmental factors; illness; sickness; ailment
- ▶ Addictions can come in a wide range of forms, including drugs, alcohol, gambling, exercise, pornography and more. Uniting these addictions is the repeated use of perceived pleasurable activities to cope with stress, pressure and conflict. Addicts use substances or activities to deal with the troubles of their daily lives. This can negatively impact their lives and personal relationships as an addict becomes dependent.

What is an Addictive Personality?

- ▶ An addictive personality is a set of personality traits that make addiction more likely.
- ▶ It is believed that as much as 15% of the population in the U.S. has an addictive personality.
- ▶ Criticism of Addictive Personality
 - The idea of an addictive personality is not universally accepted by everyone.
 - Critics point out that a personality just refers to a way of acting and thinking at a certain time. Personality is not a static thing but instead changes as people pass through their life. By labeling people as having an addictive personality it may do more harm than good.
 - The fact that researchers are unable to completely agree on the traits of an addictive personality makes some suggest that it may not exist at all.

Traits of an Addictive Personality

- ▶ Impulsive Behavior
 - Impulsive behavior means acting without thinking about the impact of your actions.
- ▶ Sensation Seeking
 - Sensation-seeking means a person is constantly seeking out new experiences – new flavors, new travel locations or new sources of adrenaline rushes.
- ▶ Valuing Nonconformity
 - Valuing Nonconformity means placing value or embracing a failure or refusal to be a part of prevailing rules or practices of the society.
 - If you have less of a desire to achieve goals valued by society, you are less likely to notice when substance abuse or other forms of addiction begin to negatively impact personal, social or work life.

Traits of an Addictive Personality

- ▶ **Social Alienation**
 - Social Alienation is a condition in social relationships reflected by a low degree of integration or common values and a high degree of distance or isolation between individuals, or between an individual and a group of people in a community or work environment.
- ▶ **Compulsive Behavior**
 - Compulsive behavior refers to engaging in activities even when they may result in negative consequences.

What is Addictive Behavior?

- ▶ Those individuals who are involved in addictive behaviors will tend to exhibit certain characteristics including:
 - They may try to hide the full extent of their behavior from family and friends.
 - They may continue the behavior even when there is evidence that it is causing them harm.
 - They may think about it all the time so that it becomes an obsession.
 - They seem unable to control the amount of time they spend on the behavior.
 - If they are confronted about their behavior they will exhibit denial.
 - They may suffer from periods of depression.
 - They may experience blackouts while engaged in the behavior.
 - The individual may find it difficult to give up the behavior.
 - If they do manage to stop the activity they may experience withdrawal symptoms. These may be physiological or psychological in nature - with substance addition they are usually both.

Types of Addictive Behavior

- ▶ The individual with addictive personality can be susceptible to many different types of addictive behavior including:
 - Alcohol and drugs (including prescription drugs)
 - Eating disorders such as bulimia and compulsive eating
 - Gambling
 - Work
 - Shopping and Spending
 - Exercise
 - Sex and love
 - Pornography
 - Computers or the Internet (still a controversial topic)
 - Power (manipulation and control)
 - Groups and cults

Typical Treatment

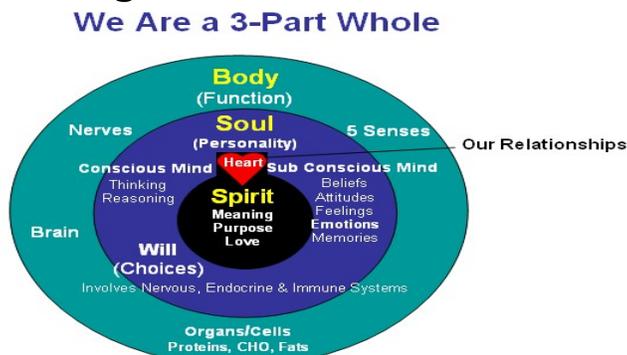
- ▶ The usual approach for dealing with addiction is to help the individual acknowledge their addiction and alter their behavior. The way this is done will depend on the type and extent of the addiction.
 - Non-substance abuse addictions (like gambling, sex, shopping, etc.) may be treated with some type of counseling approach.
 - Those individuals who have alcohol or drug addictions may include rehab and significant amount of support during the early weeks and months of recovery. Self-help groups like AA can be useful for helping people stay free of substance abuse long term.

Recovery

- ▶ Those individuals who have the characteristics of an addictive personality need to be vigilant in recovery.
- ▶ There is a risk of them moving from one addiction to another.
- ▶ This may involve spending all their time at work or becoming a fitness fanatic. It could even involve them becoming obsessive about a recovery group.
- ▶ While some addictions may be less harmful than others they all lead to suffering.

Impact: Body, Soul, & Spirit

- ▶ Illustrating the impact by looking at the addictive behavior of drug use



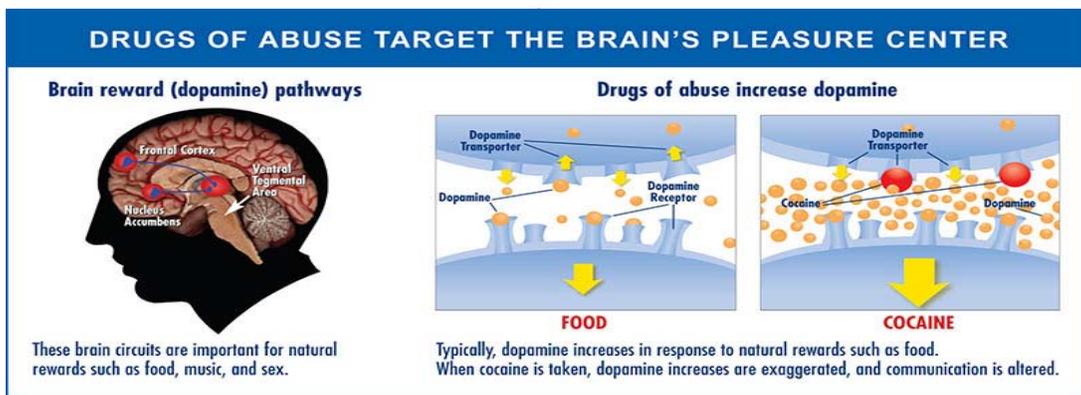
Biological Impact (Body)

Drugs activate the brain's reward system, causing a euphoric effect.

- ▶ Most drugs directly or indirectly target the brain's reward system by flooding the circuit with dopamine, producing a euphoric effect.
- ▶ Drugs are more powerful than natural rewards because they can release *two to ten times* the amount of dopamine and the *effects last much longer*.
- ▶ And because the brain is hard-wired to remember and repeat activities that trigger this internal reward system, *first use is often not the last*.

West Ridge
Christian Community Church

Biological Impact (Body)



West Ridge
Christian Community Church

Biological Impact (Body)

Drug use compromises the long-term health of the brain

- ▶ As drug use increases, our brain adjusts to the overwhelming surges in dopamine (and other neurotransmitters) by producing less dopamine or by reducing the number of receptors that can receive signals.
- ▶ This means that, eventually, dopamine simply does not work as well on the reward circuit of a drug abuser's brain, and the *ability to experience any pleasure is reduced*.
- ▶ A person then takes drugs just to try and bring their dopamine function back up to normal — and larger amounts of the drug are needed to create the dopamine high.

Psychological Impact (Soul)

- ▶ **Dictionary Definition of psychological:**
of, pertaining to, dealing with, or affecting the mind, especially as a function of awareness, feeling or motivation.
- ▶ Remember our soul is our mind, emotions, and will.
- ▶ Our Soul will become overwhelmed by the affects of drugs.
- ▶ We will be led by our overwhelmed emotions creating an unstable and, often times, “out of control” behavior that is irrational and self-destructive.

Psychological Impact (Soul)

What Five Words Describe your struggle with Addiction?

- ▶ Exhausting, heartbreaking, painful, dark, empty
- ▶ Lies, Shame, Fear, Hope, Perseverance
- ▶ Challenging, self-doubt, finding a higher power has been hard for me, lack of faith in myself, and inner strength to walk away from that part of my life.
- ▶ Madness, despair, hopeless, selfish, dangerous
- ▶ Pain, fear, hope, persistence, sharing!
- ▶ Relapses, struggles, powerful, confusing, and finally acceptance
- ▶ Constant, nagging, deceitful, cunning, relentless
- ▶ Shame, Depression, Despair, Honesty, Triumph

Spiritual Impact (Spirit)

- ▶ Our spirit is dominated and suppressed when addictive behaviors have damaged our body and overwhelmed our soul.
- ▶ This cuts us off from clear communication from God. He does not pull away from us; we limit our spirit's ability to have healthy communion with him because our body and soul are suppressing the health of our spirit.
- ▶ This also opens the person to demonic attack and influences, allowing strongholds to be established.

Freedom From Addiction

▶ **John 8:34–36**

Jesus replied, “Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed.

▶ **Romans 10:9**

If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved.

▶ **Hebrews 4:15–16**

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Freedom From Addiction

▶ **John 16:7–11**

But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you. When he comes, he will prove the world to be in the wrong about sin and righteousness and judgment: about sin, because people do not believe in me; about righteousness, because I am going to the Father, where you can see me no longer; and about judgment, because the prince of this world now stands condemned.

Freedom From Addiction

▶ **Romans 8:14–15**

For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, *Abba, Father.*"

▶ **Titus 2:11–14**

For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

Freedom From Addiction

▶ **Hebrews 4:12**

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

▶ **Romans 8:38–39**

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

▶ **Romans 12:2**

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Freedom From Addiction

- ▶ **1 Corinthians 10:13-14**
No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.
- ▶ **James 4:7**
Submit yourselves, then, to God. Resist the devil, and he will flee from you.
- ▶ **1 Corinthians 15:33**
Do not be misled: "Bad company corrupts good character."
- ▶ **1 Corinthians 4:20**
For the kingdom of God is not a matter of talk but of power.

