



Shepherd Care®

To Care for People Where They Live and Work

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COMMUNITY Care TOPIC

A Biblical Understanding of Addiction

In Proverbs 23:29-35 we can discover some essential information about addiction. In these Bible verses the specific addiction is alcohol is defined, but principles of any compulsive habit apply.

- In verses 29-31, we see that any addiction causes sorrow and contention.
- In verses 32-34, we see the destructive results of lingering and remaining in the arenas.
- In verse 35, we see that the longer we contemplate and focus on these addictive objects, that a magnetic attraction results.

A Mind is a Terrible Thing to Waste

In the book "Blink" by Malcom Gladwell, Penguin Books, page 60, information about addiction can be gleaned. "It's like drug addiction,' says Antoine Bechara, one of the researchers on the Iowa team. 'Addicts can articulate very well the consequences of their behavior. But they fail to act accordingly. That's because of a brain problem. That's what we were putting our finger on. Damage in the ventromedial area causes a disconnect between what you know and what you do.' What the patients lacked was the valet silently pushing them in the right direction, adding that little emotional extra- (as in) the prickling of the palms- to make sure they did the right thing."

Where is the Hope and Victory?

- It all starts with a personal relationship with Jesus (Romans 6:23 and 1 John 5:4-5).
- It takes a realization, and continual remembrance, that there is no life in the addiction, but rather only in living a Christian walk (1 John 5:12).
- Step by Step- daily and incremental victory is secured and maintained by intentional and systematic steps. These include accountability and support (Psalm 119:133; Psalm 37:23; Galatians 2:20).
- Strength is found in family- a group to support and forgive is important. Loved ones who pray, forgive, and are positive examples. Often more bridges are burned, and relationships are damaged the longer the addiction progresses. Restoration for all involved is found in Christ!

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"Addicts can articulate very well the consequences of their behavior. But they fail to act accordingly."
"Blink" by Malcom Gladwell, Penguin Books, page 60

"They have stricken me, shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake? I will seek it yet again."

Proverbs 23:35

All Scripture quotations, except otherwise noted, are from the King James Version of the Holy Bible, (Cambridge: Cambridge) 1769. Public Domain

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