



Week 3 — Addiction

LifeGroup Questions

Icebreaker: Cast members on the reality show “Survivor” are sent to live in a remote location with only the clothes they have on and one luxury item of their choice. What one luxury item would you take and why? (5 min.)

Objective: To recognize the addictions holding each of us “Hostage” and take the first step towards accepting Christ’s offer of freedom from addiction.

- Do you think you have an addiction? Why or Why not? (5 min.)
- What do people find in their addictions that they don’t find in God? (5 min.)
- Hobbies, staying late at the office, avoiding silence when you’re alone, looking forward to the next meal, over spending, inappropriate relationships, serving at church...How can things like these become substitutes for God? (5 min.)
- In your life where are you finding security, or comfort, or excitement, or relief that doesn’t involve God? (5 min.)
- How might that be an addiction? (5 min.)

*...a man came running up to Jesus, knelt down, and asked, "Good Teacher, what should I do to get eternal life?" ...you know the commandments: 'Do not murder. Do not commit adultery. Do not steal. Do not testify falsely. Do not cheat. Honor your father and mother.' "Teacher," the man replied, "I've obeyed all these commandments since I was a child." Jesus felt genuine love for this man as he looked at him. "You lack only one thing," he told him. "Go and sell all you have and give the money to the poor, and you will have treasure in heaven. Then come, follow me." At this, the man's face fell, and he went sadly away because he had many possessions. **Mark 10:17-22 (NLT)***

- Like this rich man, what one thing/addiction has God been asking you to give up? (5 min.)

- Why do we work so hard to hide the addictions that hold us “Hostage?” (5 min.)
- How would your life be different if you were free...free from everything holding you **Hostage**? (5 min.)

*The Lord... has sent me to **proclaim release to the captives** and recovery of sight to the blind, to let the oppressed go free. **Luke 4:18 (NRSV)***

- What is the first step God is asking you to take toward freedom from **everything** holding you “Hostage?” (5 min.)

Pray Together:

Ask God to help you take the first steps toward freedom from the addictions holding you “Hostage.”

For Further Study

1 John 1:5-2:14 Why might it be hard for someone to admit that he or she was wrong about something? About what do we tend to deceive ourselves? What results from “walking in the light”? (1:7) What is the result of confessing one’s sins? (1:9) What do you think the terms “light” and “darkness” represent? In what way do we “walk in darkness”? How can we “walk in the light”? How does the promise of being purified from all sin make you feel? What role does the confession of sins play in your daily life? How important is fellowship with other believers to you? What confidence should our relationship with the Father give us? What steps will you take this week to walk in the light?

James 5:13-20 What are some situations in life when most people pray? Why is prayer important? (5:15) Why should we confess our sins to one another? (5:16) What is the benefit of helping a person get back into following the truth? (5:20) How can we use prayer to help someone who is sick? How could you help someone who has drifted away from his or her relationship with Christ? Whom do you know who has been drifting away from the Lord and who needs an encouraging word from you this week?