

# Freedom Series

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## Session 2: Addiction

**For Leaders:** Here are some questions for you and your group to consider. You do not have to answer all the questions, but see which ones God is leading you to discuss with your group. You, the leader, can lead the discussion yourself, or you could ask for volunteers or assign people to certain questions. Above all, hear what God is saying to you through your group. Don't feel compelled to answer every question. Enjoy your time with God and with each other!

### Learn

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1. Grant talked about the effect of dopamine on addiction. Grant said that addiction in its simplest form is what? And what are the effects?
  - Idolatry - you prioritize one thing over others for a long time
  - Fixation on the addiction
  - Has ripple effects on your surrounding community
  - Additional information for leaders: Dopamine is a neurotransmitter in the brain, a chemical messenger between neurons. This is released when your brain expects a reward or pleasure. Certain drugs, alcohol and other things can cause you to become addicted to the need for the pleasure from dopamine and then it takes more and more to satisfy this need for dopamine.
2. When is the biggest dopamine spike or reward in an addict's brain?
  - Right before indulging in the addiction
  - This means that actually indulging in the addiction/addictive behavior does not satisfy
3. What do most people think "freedom from addiction" means?
  - Being in a constant state of recovery
  - NOT thinking about or engaging in the addiction/addictive behavior
4. What does the Bible say about freedom?
  - You get there not by avoiding the addiction, but by putting Jesus first
  - Romans 6:18 You have been set free from sin and have become slaves to righteousness.
  - The addiction will not satisfy our desires, only Jesus can do that

### Apply

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1. Is pornography addiction only for men? What are some other addictions we may think we are exempt from? What is the danger of thinking certain addictions are only for "other" people?
  - No; We can't let our guard down for sin just because "it could never happen to us"
2. How do people feel when they are caught in an addiction? Is it possible to satisfy an addiction?
  - Shame, need to avoid God, empty
  - It is not possible to satisfy an addiction

3. What was God's attitude towards us when we struggle with addictions?
  - God knows we will sin, but still chose us, created us for a purpose, and will use our struggles for good
  
4. How can we stay free of our addictions?
  - With caution. Stay away from things that tempt us, do not entertain thoughts that lead us to stray. Remember that God's grace gives us strength to make wise decisions.