

Freedom Series

Session 2: Addiction

For Participants: We encourage you to review these questions again on your own time. Spend some time alone with the Lord to review any questions that were not covered during the meeting and questions that stood out to you during the discussion. Try to go beyond just the correct answer or what sounds right and ask the Holy Spirit to show you what He would like you to learn from this study. Above all, hear what God is saying to you through this study. Don't feel compelled to answer every question or get every question right. Enjoy your time with Jesus and with your Connect Group!

Learn

1. Grant talked about the effect of dopamine on addiction. 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. Grant said that addiction in its simplest form is what?
2. When is the biggest dopamine spike or reward in an addict's brain?

Apply

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?
2. How do people feel when indulging an addiction? Is it possible to satisfy an addiction?
3. What was God's attitude towards us when we struggle with addiction?
4. How can we stay free of our addictions?