

60 SECONDS IN THE SCRIPTURES

ADDICTION

THE FACTS:

- ✓ Addictions that are known to be harmful include: alcohol, tobacco, drugs, gambling, etc. (Gal. 5:19-21).
- ✓ Addictions that are not bad (in and of themselves) but can be taken to the extreme include: food, sports, entertainment, fishing, hunting, work, golf, electronics, sex, recreational activities, etc.
- ✓ Addiction involves allowing ourselves to indulge in anything to the extreme where that is the focus of our lives more than God.
- ✓ Unhealthy obsessions with the “things that are in the world” can distract us from being “servants of righteousness” (1 John 2:15-17; Rom. 6:17-23).

THE FOCUS:

- ✓ We want to make sure that we are not “brought under the power of any” (1 Cor. 6:12)—being addicted to anything good or bad.
- ✓ We must keep our bodies under control in order to keep ourselves faithful to God (1 Cor. 9:27).
- ✓ Christ must be the one reigning in our lives and not sin (Rom. 5:21; 6:12).
- ✓ Esau is an example of one who allowed himself to be overcome with the physical over the spiritual by selling his birthright for food (Heb. 12:15-17).
- ✓ The household of Stephanas is an example of those who were overcome with the work of the Lord—a good addiction (1 Cor. 16:15)
- ✓ We must examine the focus of our lives to make sure we are not in a negative addiction. Ask yourself:
 - Where do I put the most effort or emphasis?
 - What is the focus of most of my thoughts?
 - Am I distracted by something consistently?
 - Is there something in my life that I feel like I can't live without?