

Addiction & Bad Habits

In the Name of the Father, and the Son, and the Holy Spirit, One God. Amen.

Aim

- † To discuss various forms of addiction, why and how addictive practices may take hold of our lives, and practical ways of overcoming addiction
- † To understand that our heavenly Father will always be there for us, but we must want to change out negative habits first

Key Verses

“Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful, but his delight is in the Law of the Lord.” (Ps 1:1)

Lesson

Class discussion

What is addiction?

The state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming, as narcotics, to such an extent that its cessation causes severe trauma.

What are the common types of addiction or bad habits? (Talk about them)

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|------------|--------------------|
| * Smoking | * Drug |
| * Alcohol | * Crime – stealing |
| * Money | * Pornography |
| * Gambling | * Over-eating |

Why do people become addicted to these material desires?

- Escape from problems – psychological addiction
- Physical satisfaction – physical addiction
- Sense of belonging – groups, gangs

What happens to an individual when they become addicted to a materialistic habit or practice?

- We become a slave, as the addiction has dominion over the individuals will and could potentially lead to deep sin - crime
- Our spiritual life will be affected “Spiritual Starvation”
- The person is weak with no power before the habit
- Persons health will be affected
- Waste your money
- Influence a persons way of thinking/behaviour – immoral
- Loss of physical control – drinking or drugs
- Persons health is affected – smoking and drugs

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These are common problems facing people on the streets: picking up cigarettes from rubbish; stealing to support habit – even those who were born rich.

How do you avoid these bad habits and become addicted?

- Choosing the right friends - Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful (Ps 1:1)
“Evil company corrupts good habits” (1Cor. 15:33)
- Focus on your spiritual life avoid the temptations

How do we overcome addiction?

1 - Acceptance of the problem – through prayer

2 – Wanting to Change – repentance/confession

3 – Believing that you can do it – Holy Communion

4 – Make the change – Through the help from GOD, the Holy Spirit will work from within you to strengthen your will to make the change

Step 5 – Continues attention – Faith in GOD that you will never fall

Glory is to God forever. Amen.