

## “Introduction to Addiction” (1)

I have been given the topic of ‘**addiction**’ to speak about whilst I’m here but let me give you a brief summary of how I’m going to go about presenting these lessons. **First** of all we’re going to look at what addiction is, we’re going to look at some statistics and what the Bible actually says about addiction and finally we’re going to look at the true nature of man.

In our **next** lesson we’re going to look at the attitude Christians should have towards the addict. We’re going to look at the various resources available to help the addict and how they can actually help us to help them. And we’re also going to remind ourselves that we too were former addicts and God will and can help the addict too.

And **finally** in our last lesson we’re going to look at some positive addictions. Addictions that are good for us and can actually help us get through those negative addictions.

I remember a few years ago I met up with an old friend, and after chatting for a while it became obvious that he had an addiction. He was addicted to drinking brake fluid. As you can imagine I was really concerned about the damage it was causing to his insides but he assured me that he could stop anytime.

So let me ask you **how many different addictions are you aware of?**

1. Alcohol Addiction
2. Smoking
3. Drug Addiction
4. Gambling
5. Food Addiction
6. Video Games
7. Internet Addiction
8. Sex Addiction
9. Shopping
10. Work Addiction

**So what is addiction?** The free online dictionary says this. <http://www.thefreedictionary.com>

1. Addiction - being abnormally tolerant to and **dependent** on something that is psychologically or physically habit-forming.
2. An abnormally **strong craving** - an **intense desire** for some particular thing.

Now I’m sure you will agree with me that those definitions can go either way, it can be good or it can be bad, depending on the context of the addiction. Someone who is dependant or has an intense desire to serve the Lord all the time whilst neglecting their family is not a good thing. But someone who is dependant and has an intense desire to serve the Lord all the time but still looks after their family can be a good thing.

You see loved ones; addiction is the biggest preventable killer in the UK and I say preventable because it can be prevented as we will see in our next lesson. And make no mistake about it, addiction destroys lives, breaks up families, harms communities and has a damaging impact on society as a whole. And whether we like it or not, addiction in some ways affects us all.

Let me give you some statistics from [www.drug-aware.com/drug-abuse-statistics.htm](http://www.drug-aware.com/drug-abuse-statistics.htm).

1. A study of 11 and 12 year old school kids, showed that those who demonstrated an awareness of beer ads, held more positive beliefs about drinking and intended to drink more frequently when they grow up.
2. By the time most teenagers get to 15-16 years old, around 80% have already used alcohol and 65% of those have been drunk.
3. In the U.K alcohol consumption has doubled in the last 10 years in young women.
4. Hospital admissions linked to alcohol use have more than doubled in the UK over the last 10 years, to over 200,000 in the last year, and there has been a 20% increase in GP’s making prescriptions for alcohol dependency in the last 4 years.
5. Around 95% of alcoholics die from their disease and approximately 26 years earlier than their normal life expectancy.

6. The annual cost of drug abuse in the UK is around £19 billion.
7. Drunk driving is responsible for approximately 50% of motorway deaths.
8. In the UK, around 10% of adults aged 16-59 had used illicit drugs in the last year and for only 15 year olds, 29% reported taking drugs in the last year.
9. Around 180,000 people in the UK have in the past year been in a structured drug treatment program. Heroin was the main drug for which adults over age 18 were receiving treatment, while for those under the age of 18, it was marijuana/cannabis.
10. Kids at school who say they have been taunted or excluded were more likely to have taken drugs in the last month compared to those who had not taunted or been excluded (11 per cent compared to 1 per cent)

Now I don't know about you but I find that very disturbing and also a bit of a challenge for the church today in terms of how we reach out to these people. And again we will try and answer that question in our next lesson. So we just looked at a definition of the word addiction and obviously a person who has an addiction is called an addict. And according to one online dictionary an addict is **'a person who is addicted to an activity, habit, or substance'**  
<http://dictionary.reference.com/addict>

Now we really need to understand that no-one sets out to be an addict. I don't know of a single soul who gets up in the morning with the specific purpose of becoming an addict. No one intentionally sets out to become a full-fledged addict, yet despite all the warnings, millions of people become addicts. **Why?**

Because prior to that first puff, snort, or drink, the mind has already been self deceived by thinking: **"I won't become addicted, I know when to stop or I can handle a few drinks or getting high a few times."** They deceive themselves into thinking, **'that won't happen to me'**. And that's something we really need to try and understand if we're going to reach out to these people. The addict doesn't start off intentionally by wanting to become an addict but they certainly start off by deceiving themselves.

Now sometimes a person can become an addict through no fault of their own. **Can anyone give us an example of that?**

**Genes:** Genetics play a significant role: having parents with alcoholism, for instance, makes you four times more likely than other children to become alcoholics. More than 60 percent of alcoholics have family histories of alcoholism. [http://www.hbo.com/addiction/understanding\\_addiction.html](http://www.hbo.com/addiction/understanding_addiction.html)

So some people are really up against it even before they are born and they can become drug or alcohol dependant through no fault of their own. And for other people there are things which may happen in their lives which may increase the risk of them becoming an addict.

**Can anyone give us an example of that?**

**Early use of drugs:** The earlier a person begins to use drugs the more likely they are to progress to more serious abuse.

**Social environment:** People who live, work or go to school in an environment in which the use of alcohol and other drugs is common - such as a workplace in which people see heavy drinking as an important way to bond with co-workers - are more likely to abuse drugs. [http://www.hbo.com/addiction/understanding\\_addiction.html](http://www.hbo.com/addiction/understanding_addiction.html)

**Childhood trauma:** Scientists know that abuse or neglect of children, persistent conflict in the family, sexual abuse and other traumatic childhood experiences can shape a child's brain chemistry and subsequent vulnerability to addiction. [http://www.hbo.com/addiction/understanding\\_addiction.html](http://www.hbo.com/addiction/understanding_addiction.html)

So people don't set out to become an addict but circumstances surrounding their lives raises the risk of becoming an addict. And when a person becomes heavily reliant on whatever addiction they have, it becomes a way of life for them.

And please know that being an addict is a way of life, it's not a good one but it's a way of life. Just like it's the most natural thing in the world for a Christian to get up each morning and pray to the Lord. It's the most natural thing in the world for an addict to get up every morning to get their fix. I mean you can look at them and think **what?** What a waste of time and life. But the addict is looking at us and thinking **what?** What a waste of time and life.

**Have you ever wondered what most addicts have in common?**

Now we could speak about stealing, lying, cheating etc but put yourself in their shoes for a moment, they meet together, they have a sense of belonging, they have a sense of achievement ([got my fix today](#)). It's a bit like the church [isn't it?](#) But for all the wrong reasons. And so those are some of the things which most addicts have in common but not all because some may be addicted to pornography or internet chat rooms or others things which they can do by themselves in private.

[But why do they do any of those things in the first place?](#) [Angres D.H. says](#), 'Historically, addiction has been defined as physical and/or psychological dependence on psychoactive substances (for example alcohol, tobacco, heroin, caffeine and other drugs) which cross the blood-brain barrier once ingested, temporarily altering the chemical milieu of the brain. Broadly, addiction is defined as the continued use of a mood altering addictive substance or behaviours despite adverse consequences'. [Angres D.H. Bettinardi-Angres K \(2008\). The Disease of Addiction: Origins, Treatment, and Recovery. Disease-a-Month, 54 \(10\), 696-721](#)

[Have you ever wondered why we have so many addicts in the UK? Have you ever wondered why it is so difficult to break an addiction?](#) [Angres D.H. says](#) it's all to do with 'mood altering'.

Now this is important for us to understand loved ones, if we want to help and reach out to those who have addictions. I interviewed a good friend of mine who is in the Lord's church and a recovering alcoholic. And when I asked, [why do alcoholics drink?](#) They said, 'not because they want to get drunk but because they want to change the way they feel.'

Now this may come as a shock to some of you especially those who don't know me that well, but when I became a Christian I had a few addictions of my own. Yes I had some of the obvious ones, like drinking and drugs but I also had some of the less so obvious ones which I won't mention. And let me tell you that my friend and [Angres D.H.](#) are absolutely right. Many addicts become addicts and remain addicts because they want to change their mood; they want to change the way they feel. And again we will look into that in more detail when we talk about positive addictions.

Now please don't just think of the poor addict who is lying on your street corner begging. We often just think of the person with the obvious signs of addiction, like needle marks on their arms or someone who is clinically obese. But there are many other addictions which aren't so obvious, like gambling or shopping. You see there are teachers, policemen, lawyers, judges, church ministers and a whole host of well respected people within our communities who have addictions. But just because their addiction isn't so obvious doesn't mean they don't have one.

In fact the chances are many of our congregations may already have addicts within them. And I may well be speaking to someone in this room today who is struggling with an addiction.

[I remember one time during my drinking days being in a pub and a friend's father came up to me and asked, how can you tell if someone is on drugs?](#) So I went onto to explain to him, it's mostly in the eyes. For example if someone has taken a hallucinogenic drug the pupils will be dilated but if their pupils have shrunk and they look tiny then that could be a sign that they have taken some sort of speed drug. Well later on in the evening my friend met up with me in the pub, his father looked him straight in the eyes, took himself and beat him up.

[So what does the Bible say about addiction?](#) Well when I was doing a word search through my PC Bible concordance I discovered that the word [addiction](#) isn't there but the word [addicted](#) is. Let me give you three examples.

[1 Corinthians 16:15 "I beseech you, brethren, \(ye know the house of Stephanas, that it is the firstfruits of Achaia, and that they have addicted themselves to the ministry of the saints,"\) KJV](#)

[1 Timothy 3:8 "Servants, in the same way, must be reverent, not double-tongued, not addicted to much wine, not greedy for money". RSV](#)

[Titus 2:3 "Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good". NIV](#)

So these are just three examples of where the word addicted is mentioned. And notice that two of them are used in a negative sense and the other one is used in a positive sense. And so the first thing I thought was, ["Wow 3, 45 minutes lessons on addiction, this isn't a lot to go on"](#). But then I went on and had a look at what a Greek dictionary said about the word addicted, and it truly opened my eyes.

For example look at what [Mickelson's Enhanced Strong's Greek and Hebrew Dictionaries](#) says about it. **δουλόω** **douloo** (dou-loh'-o) 1. to enslave {literally or figuratively} KJV: bring into (be under) bondage, become (make) servant.

When I read that, all of a sudden scripture after scripture started flooding into my mind. Scriptures like what Paul wrote to Titus in **Titus 3:3** “**At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another.**”

Scriptures like **Galatians 4:9** where Paul is talking about the law, and says, “**But now that you know God--or rather are known by God--how is it that you are turning back to those weak and miserable principles? Do you wish to be enslaved by them all over again?**”

**So what does the Bible say about addiction?** Lots, it has a lot to say about addiction as we will see over our time together. **Now what else does this tell us?** It tells us that even in Biblical times people struggled with addictions and you will find many examples of that in both the Old and New Testaments. And the good news is that the Bible also gives us the cure, the Bible gives us the knowledge and understanding in order for us to help those addicts with negative addictions.

The question is, **will we have the wisdom to put what we know and understand into practice?** You see God's Word, the Bible, gets right to the heart of the problem by telling us what mind-altering addictions do to the heart. The Bible tells us that God cares about the addict and He wants the best for them. And the Bible also tells us that addictions do more harm to an individual than what meets the eye.

**Hosea 4:11** “**Whoredom and wine and new wine take away the heart.**” Our heart is where our natural God-given emotions reside and to have ones heart taken away, is to take away our desire for natural things that God has given us. Natural desires like family, healthy relationships, good work, and moral ethics.

For example, a person can and will leave their family for the bottle or drugs. This is not natural; its mind boggling to say the least. If the heart was not taken away, you couldn't pay a person enough money to leave their loved ones just so they can get drunk or high repeatedly. God instilled in the heart of each person a desire to love and to be loved.

For example, little girls pretend to be mummies as young as three years of age because nurturing was instilled in their hearts by God. It brings pleasure to the heart to nurture a baby, but if the heart has been taken away, then nurturing becomes a burden. But make no mistake about it loved ones; it's very difficult to reason with someone who has had their heart changed to unnatural thinking.

You can point out that God, family, and work is important and that their addiction is destroying their relationship in all these areas, but you will encounter friction and excuses. Before addiction takes place, that same person would admit that addiction destroys lives, but after addiction takes place it's very hard for them to see the destruction that is taking place in their life.

**So what's changed?** The heart has changed and so for us to help the addict we first need to appeal to their heart. And remember the real spiritual heart is the mind; our physical hearts are just a pump which sends blood throughout the rest of the body. So whatever the addiction may be, we need to appeal to the addicts mind. Because that is where I believe the problem lies. People have forgotten where they came from and self respect has left them.

**The average person weighs around 10.5 stone and is made up of the following chemicals: 92.4 lbs. Oxygen, 31.5 lbs. Carbon, 14.6 lbs. Hydrogen, 4.6 lbs. Nitrogen, 2.8 lbs. Phosphorous, 1.12 lbs. Chlorine, 1.02 lbs. Iron, 0.34 lbs potassium, 0.24 lbs. Sulphur, 0.12 lbs sodium, 0.04 lbs magnesium, 0.02 lbs. Fluorine.**

Now if you accept that, that is all there is to a human being, then you've sadly missed the point, there's a lot more to a human being than just a few chemicals. And so for us to be able to share with the addict that they are a lot more than just a bunch of chemicals put together, we first need to understand this ourselves.

You see all human beings are triune beings, let me explain. The Godhead is made up of the Father, Son and the Holy Spirit. Human beings are also triune beings because we have a body, soul and spirit. But sadly many people have forgotten the soul and spirit part, all they think about is the body. You see all these so called super models which in the world's eyes have great physical bodies but sadly the soul is dead.

The apostle Paul gives us complete description of the nature of man in **1 Thessalonians 5:23** “May the God of peace himself sanctify you completely. May your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.”

Here, the apostle clearly reveals that man is a triune being, consisting of spirit and soul and body. And even though this is the only verse in the Bible in which the three-fold nature of man is mentioned, these three elements, body, soul and spirit, are referred to in different combinations in other places, in both the Old and the New Testaments.

In the Old Testament, for example, in his God given wisdom, Solomon refers to the **body** and **the spirit**. **Ecclesiastes 12:7** “The dust returns to the earth as it once was, and the spirit returns to God who gave it”. Solomon says at death, the **body** returns to the dust of the earth, and the **spirit** goes back to God who gave it. So straight away we can see a distinction between the body and the spirit.

In **Matthew 10:28** “And be not afraid of them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.” Here Jesus Himself speaks of those who are able to kill the **body**, but who are unable to kill the **soul**. This statement proves that **body** and the **soul** are also different.

**Hebrews 4:12** “For the word of God is living, and active, and sharper than any two-edged sword, and piercing even to the dividing of soul and spirit, of both joints and marrow, and quick to discern the thoughts and intents of the heart.” The Hebrew writer tells us that the Word of God is able to pierce, ‘to the dividing of soul and spirit’. Again this shows us that there is a difference between the **soul** and the **spirit**. And remember the spirit in which the **Hebrew writer** makes reference too here is not the Holy Spirit but the human spirit.

Paul makes this clearer in **Romans 8:16** where he writes, “The Spirit himself bears witness to our spirit that we are God’s children.” He also makes it clearer in **1 Corinthians 5:4** “In the name of our Lord Jesus Christ, you being gathered together, and my spirit, with the power of our Lord Jesus Christ.”

And finally in **Hebrews 12:13** the writer says, “To the general assembly and assembly of the firstborn who are enrolled in heaven, to God the Judge of all, to the spirits of just men made perfect.” Contrasting the assembly of the Israelites at Mount Sinai with the assembly of the Hebrew Christians at Mount Zion, the writer tells them, “You have come to the spirits of just men made perfect”.

And so in **Ecclesiastes 12:7** we see the distinction between the **body** and the **spirit**. In **Matthew 10:28** we see the distinction between **body** and **soul**. And in **Hebrews 4:12** we see the distinction between **soul** and **spirit**. Now please remember that in these verses where these three elements are mentioned, I’m not offering them as proof of man’s nature because we need to understand them in the context of which we find them. It’s in **1 Thessalonians 5:23** where we find a definite statement as to the nature of man.

Now I’m mentioned earlier that one reason why we have so many addicts in the UK alone is because they have forgotten where they have come from and in the process they have lost a lot of self esteem. And yes this can be applied across the board to many other people who don’t have addictions but remember we are dealing with people’s spiritual hearts.

We’re dealing with people who have believed the lies which are being rapidly fed to them in the media that says they have evolved from monkeys. We’re dealing with people who are pre-occupied with self and think that there is no life after death. We’re dealing with people who think that life is all about, eating drinking and be merry. We’re dealing with people who have no real purpose to live, never mind have a purpose for dying.

And sadly something what we don’t see in many people’s lives and in an addict’s life, especially those who don’t want help is, God. **Why?** Because they have forgotten their creator. **Hosea 8:14** “Israel has forgotten his Maker.”

**Deuteronomy 32:18** “Of the Rock who became your father, you are unmindful, and have forgotten God who gave you birth.”

That’s what happens when you forget where you came from, you become unmindful. When you take God out of the picture, you’re left with a pointless existence. When you take God out of the picture, you’re left with being nothing special. Now if we’re going to try and reach these people, we ourselves first need to understand the nature of man. We too first need to understand where we came from.

Turn your Bibles to **Genesis 2:7** “**The LORD God formed the man from the soil of the ground and breathed into his nostrils the breath of life, and the man became a living being.**” We see here that God formed or fashioned or moulded, man’s body out of the ground, and we read, that God “**breathed into his nostrils the breath of life; and man became a living being**”. Now the word ‘being’ has been preferred by later translators, rather than the word ‘soul’ which is used in the **King James Version**, because the original word ‘nephesh’ does not mean ‘soul’ in the special New Testament sense.

**Mickelson Hebrew Dictionary says this, nephesh (neh'-fesh)**

1. (properly) a breathing creature, i.e. animal of (abstractly) vitality
2. used very widely in a literal, accommodated or figurative sense (bodily or mental)

**Mickelson Greek Dictionary says this, psuche (psoo-khay').**

1. soul, inner being or life
2. (literally) breath

In fact, in the Old Testament, where the word ‘nephesh’ occurs **745 times**, the translators of the **King James Version** have rendered it by at least **30 different** words or phrases. So the difference between the Hebrew ‘nephesh’ of the Old Testament and the Greek ‘psuche’ of the New Testament is easily recognizable.

Something else we need to remember is that we’re not to suppose that man was a ‘dead soul’, until God breathed into him ‘**the breath of lives.**’ The word ‘life’ is plural in the Hebrew text. In other words there was nothing before; it was the entrance of ‘**the breath of lives**’ which actually constituted him ‘**Man**’.

Notice that the word ‘became’ is categorical. We should read the verse in this way; “**God ‘breathed into his nostrils the breath of lives, and Man came into being - a living soul.’**” That phrase, ‘**a living soul**’, is adjectival and describes and defines man **after** God breathed life into the form which He had shaped. And it’s here we see the difference between man and the rest of Creation.

Remembering that the Hebrew word ‘Adam’ means ‘man.’ ‘Life’ like animal life, is something which Adam shared with every other living creature created by God. But the difference between the other creatures and man lies in the fact that God said ‘**Let us make Man after our own image, after our likeness.**’ (**Genesis 1:26**).

Only with reference to man is this said, and it is this ‘**likeness to God**’ which uniquely constituted man a rational and moral being, possessing a conscience that enabled him to distinguish between good and evil, right and wrong, obedience and disobedience. It is in this sense that man is a **soul, a self**, having self-awareness and self-consciousness.

Now look at **Genesis 1:26** again, “**God said, “Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the birds of the sky, and over the livestock, and over all the earth, and over every creeping thing that creeps on the earth.”** This shows us that man is not only superior to all other living creatures on Earth because he possesses this moral awareness. This is also shows us that the gulf between man and the rest of creation was further emphasized and endorsed when God assigned to him dominion over all other living creatures.

**So how do these three different parts of man relate to each other? I go into the local schools quite regularly and every now and then they ask me to come in and have a question and answer session with the children about God, the Bible and religion as a whole. And I remember one child asking me an amazing question; does the body have a soul?**

Now that’s a great question and yes we can answer and say yes the body has a soul but maybe we should say, **it’s the soul which has a body**. Now I say that in light of what we’ve just looked at, the ‘soul’ is man's unique self. It is the part of his being which, because it is rational and moral, determines the actions performed by his body, and which, therefore, renders him personally accountable for what he does. And so it is man's ‘soul’ which will ultimately be either saved or lost, depending on his response to the offer of the salvation which was made first possible by the coming of the Christ into the world.

So now let’s look at the body, as someone once said to me ‘**The Body is of the earth and for the earth**’. We might describe the body as ‘**Earth-conscious**’, since it is the physical tool or instrument, by means of which a person’s ‘soul’ or ‘self’ by its very nature is invisible is able to function in a physical world.

If we think about Jesus Himself, when the Lord came into the world. **John 1:1+2** “In the beginning was the Word, and the Word was with God, and the Word was fully God. The Word was with God in the beginning.”

**John 1:14** “And the Word became flesh, and dwelt among us.” Although the Son existed ‘in the beginning with God’, it was necessary that ‘the Word’ should ‘become flesh’ and ‘dwelt’ or ‘tabernacled’ among us.

You see loved ones the Lord needed a physical body. And as Paul tells us in **Philippians 2:6-8** that Jesus “Though he existed in the form of God did not regard equality with God as something to be grasped, but emptied himself by taking on the form of a slave, by looking like other men, and by sharing in human nature. He humbled himself, by becoming obedient to the point of death – even death on a cross!” Paul says without the human form that He took on Himself, it would have been impossible for Him to fulfil the unique purpose for which He came.

He needed a body **why?**

1. To be able to communicate with mankind in a personal and unmistakable and uncomplicated manner.
2. To present the ‘signs’ which were to be the authentication and endorsement of His Messiah-ship.
3. To set the human race the perfect example of obedience to the will of the Father.
4. And above all, by means of that perfect life, to demonstrate His worthiness to become the perfect offering for the sin of the world.

And so The Word must become flesh. This was the divine plan, and it is why we find the writer of the letter to the **Hebrews**, in **10:5** placing the words of the Psalmist from **Psalms 40:6-8** into the Lord's mouth. **Hebrews 10:5** “Therefore when he comes into the world, he says, “Sacrifice and offering you didn’t desire, but you prepared a body for me; You had no pleasure in whole burnt offerings and sacrifices for sin. Then I said, ‘Behold, I have come (in the scroll of the book it is written of me) to do your will, O God.’”

Notice that the ‘body’ was prepared for ‘me.’ Peter, also talks about the body in **2 Peter 1:14**, and he describes it as “putting off my tent.” In other words loved ones, man is more than just a bunch of chemicals. Man is not merely an animated construction of flesh and bones; he is a soul, a ‘self.’ Man is housed in a physical body; and since his body is designed for earthly life, at death, the body returns to the earth. God told Adam in **Genesis 3:19** “In the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; you are dust, and to the dust you shall return.”

We’ve briefly looked at the soul and the body now let’s briefly look at the spirit of man. And please bear with me on this because this is ultimately important in helping us reach out to addicts. **Job 32:8** “But there is a spirit in man, and the breath of the Almighty gives them understanding”.

If we consider the body to be **Earth-conscious**, and the soul to be **Self-conscious**, we may think of the spirit as being **God-conscious**. In other words, it is that part of man's nature which enables him to reach out to, and communicate with God. It is the spiritual dimension in man's character, and, here again; we see the difference between man and other creatures.

It’s only man says who can say, “My soul thirsts for God, for the living God”. **Psalms 42:2** Its only man who is encouraged to “seek after Him, in the hope that they might feel after Him and find Him” **Acts 17:27**. Its only man who is given the assurance that “He is not far from each one of us, for in Him we live and move and have our being” **Acts 17:27**. And like we saw earlier according to **Ecclesiastes 12:7**, at death, “the spirit returns to God Who gave it”.

Someone recently shared with me an illustration to help me get this point and I would like to share it with you because I think it’s helpful. **When I am away from home, I use the telephone as a means of communication with my wife. But when I am at home we talk face to face and so I do not need the telephone. Well in a similar way, God has endowed us with the ability to contact and communicate with Him, whilst we are here on earth. And so when we are ‘at home with the Lord’ we will no longer need the telephone.**

**So how will understanding the nature of man help us help the addict?** Well quite simply because it reminds us that we are all unique individuals, addict or not and we are all created in the image of God. Addicts don’t see themselves in that way and so because a lack of self awareness or circumstances in life, they become addicts because they want to change the way they feel about themselves or the circumstances they find themselves in.

So to summarise we've looked at various common addictions. We've looked at what addiction is and how an addict never starts out to become one. We've looked very briefly into what the Bible actually says about addiction and we've looked at why it's important to understand the very nature of man.

In our next lesson we're going to look at the recovery process and the churches attitude towards addicts and how we can actually help the addict.