

GOING FURTHER RESOURCES

A Hunger for Healing by J. Keith Miller

Beyond Codependency by Melody Beattie

*Surfing for God: Discovering the Divine Desire Beneath
Sexual Struggle* by Michael John Cusick

Breathing Under Water: Spirituality and the 12 Steps
by Richard Rohr O.F.M.

*The Game Plan: The Men's 30-Day Strategy
for Attaining Sexual Integrity* by Joe Dallas

GOING FURTHER CHERRY STREET BAPTIST SUPPORT

Sunday School

The Sunday school ministry of CSBC offers direction to individuals in every season of life by helping them move toward maturity through the systematic study of God's Word. Sunday school allows for a small group setting where questions can be asked, relationships can be built, and encouragement can take place. Please contact the CSBC office at 417.889.1999 for questions regarding placement in one of our Sunday school classes.

Counseling

Accountability and counseling are essential for the individual who is serious about breaking free from an addictive behavior. Being confronted by God's Word and making consistently wise choices that reinforce truth are vital aspects to any profitable counseling. Please call the church office at 417.889.1999 to schedule an appointment with one of our pastors to discuss addiction counseling.

ADDICTION ISSUES



Faith@Home



ADDRESSING ADDICTION IN THE FAMILY

Does someone you love seem to be self-destructing in addictive behavior? Are you watching a spouse, son, or daughter abandon everything once important to them because of drugs, alcohol, sex, or some other stimulant? An addiction or dependence is commonly defined as “a recurring compulsion to do the same thing over and over, despite harmful consequences to one's health, mental state, or social life.” Are you seeing that trade-off in someone you care about - a compulsive pursuit regardless of the effects it has, especially on your relationship?

If you aren't seeing clear signs of addiction, are you noticing a gulf growing between you and this family member as their thoughts, time, and energy are consumed by some dominating activity?

What can you do to help?

STEP ONE

Assess the Willingness to Change

Has your loved one admitted a problem and shown interest in getting help? If they've given you any sign of wanting to deal with their problem, take that opportunity to get the best of Christian counsel and direction from those most familiar with the specific addiction he or she is indulging.

If instead you're dealing with denial, you might need to plan an intervention - which is an orchestrated attempt by family and friends to motivate someone to get help for their problem. An intervention is especially necessary to help stabilize the situation - to begin shielding your home from the emotional, physical, and spiritual vulnerability of an out-of-control problem.

STEP TWO

Treat Body, Mind, and Spirit

Sex addictions counselor Rob Jackson tells families that the addictive behaviors they see are just the tip of the iceberg. Efforts

to modify behavior might seem effective in the short-term but can re-appear in a different sort of compulsion if underlying issues are not addressed.

Deuteronomy 6:5 says, *“And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.”* So those struggling with addiction need to treat problems of the body, mind, and spirit - to go beneath the surface and deal with the thoughts, emotions, and spiritual conflicts driving those behaviors.

James 1:14 describes how dependence progresses from desire to enticement to sin and, ultimately, to death. The most effective approach to recovery is to reverse that progression - to restore a right relationship with God (Romans 8:1-15), to have a clean heart (Psalm 51), to have a renewed mind (Romans 12:2), and then as a result, to bear good fruits in behavior (Romans 6:7).

STEP THREE

Find Hope in Perseverance

God is able to redeem anyone and restore them to a life characterized by self-control (Titus 2:11-14). There is hope in persevering as a family through the struggles of recovery. Romans 5:3-4 says, *“And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; and patience, experience; and experience, hope:”*.

Pray that God's best will win out for this family member, remembering Jesus' words: *“The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.”* (John 10:10). Ask the Lord for wisdom, grace, and courage to set boundaries that will move your loved-one away from his or her destructive patterns and protect your family from the pain and damage caused by addiction.