

BAGGAGE —2

“DECLARING WAR ON ADDICTIONS”

The discussion questions provided are only suggestions and can be tailored to fit the specific needs of your group. Prayerfully choose four or five questions, and then, if time, allows, you can follow up with more.

KEY POINTS:

- What has Mastered You?
- Take it to God
- Take it Public
- Take it Down

Addiction is a form of bondage that you voluntarily sign up for, and then realize you got something you didn't want.

LAUNCH IT

- Most of us struggle with one form of addiction or another. What makes an addiction so hard to break?

EXPLORE IT

- Our struggle with addiction is an internal battle with indwelling sin. Read Romans 7:19-8:2. Is Paul battle with himself or something else (v 19-20)? Where does this battle take place (v21)? The word *wretched* means frustrated and exhausted from self-effort. Who set Paul free? How does God see us while we are still struggling with sin (8:1)? What does Paul say is the key to walking in freedom (Romans 8:3- 6)? What role does our thought life play in our addictions?
- Read Galatians 5:16-24. Within every believer there is a battle between the flesh and Spirit. The flesh (some versions use sinful nature) is the tendency within us to operate in our own strength and rely on our old ways of making life work. What does Paul instruct believers to do in order to break free from the deeds of the flesh (v16)? What does this mean?
- Read 2 Corinthians 12:7-10. How do we usually view our weaknesses? Why did Paul boast in his weaknesses? How did God use Paul's thorn in the flesh benefit him? How can God use our addictions to do this same thing in our lives?
- Read James 5:16 and Galatians 6:1-2. Why is it important to confess our sins to each other? How do we carry one another's burdens? What do you think Paul meant by, “the one who is spiritual?”

SHARE IT

- What addictions have you overcome in the past? What helped you to get free? What have you tried that hasn't worked for you?
- Why is it hard to admit our addictions to others? How does hiding our addiction make things worse?
- What addictions are you currently still struggling with? (Name it)
- What problems does your addiction cause? How is your addiction robbing you of God's best?

- On a scale of 1-10, how ready are you to break free from your addiction (be honest)?

APPLY IT

- Commit to carrying another's burden by praying and encouraging them until they are free.
- Who do you need to solicit help from and be accountable to?
- What steps will you take this week to break free from your addiction?

FREEDOM DECLARATIONS

- **I humbly admit my inability to manage my life.** I put no confidence in my own strength or abilities. I place all my trust and confidence in Jesus Christ to set me free from my addictions. (John 15:5; 2 Corinthians 3:4-6; 12:9; 1 Peter 5:6-9)
- **I surrender control of my life to God and submit to any changes that He wants to make in me.** I recognize my addiction as Satan's attempt to get me to live independently from God. (Luke 9:23-24)
- **I declare that I am dead to sin and alive to God in Christ Jesus.** The old me was crucified with Christ and I was raised up in Him as a brand new person. (Romans 6:5-6, 11; 8:1-2; Galatians 2:20; Ezekiel 36:26-27)
- **I reject my old beliefs about myself and accept all that God says about me.** God does not see me as a sinner, guilty and condemned, but as a forgiven and righteous person who loves God and hates sin. (2 Corinthians 5:16-17, 21; Ephesians 4:22-24; Colossians 1:22; 2:10; Romans 8:37)
- **I embrace the truth that I am God's child, and as such, I am unconditionally loved and accepted.** There is nothing I can do to cause God to love and accept me more, and nothing I can do that would cause Him to love and accept me less. (John 17:23; 1 John 3:1-2; Romans 8:38-39)
- **I renounce every unrighteous use of my body, and yield it to God to be used for His purpose and glory.** (Romans 6:17-19; 12:1; 1 Corinthians 6:19-20)
- **I will no longer be conformed to this world's thinking.** I commit to renewing my mind daily with God's truth. (Romans 12:1-2; John 8:31-32)
- **I declare that I can do all things through Christ.** Sin's power has been broken, and I am no longer under the law, but under grace. I choose to depend on the Holy Spirit to fill and empower me to do God's will. (Philippians 4:13; Colossians 2:20-3:5; Ephesians 5:15-18)
- **I align myself with God's ultimate purpose for my life, which is to make me more and more like Jesus.** I am not a victim of my past but a victorious over comer through Christ. He will enable me to triumph over every adversity. (Romans 8:28-30; Philippians 3:8-10)
- **I chose to adopt the attitude of Christ, which is to regard others as more important than myself.** I will not merely look out for my own personal interests, but also for the interest of others. (Philippians 2:1-5)