

Youth Group Lesson

Topic:

Addiction

Prepared By:

Grace Rajarethnam



House of Intercessory Prayer Ministries

261 Bedford Hwy. Halifax, NS B3M 2K5 Canada.

Phone: (902)482-7393 | www.hipm.org

Topic:

Addiction

Description & Scope:

- Brain disorder – causes compulsive engagement, craving, inability to stop simply by own will power
- Caused by substance (drugs/alcohol), impulse control (stealing/gambling), behavioral (food/tv/games)
- A habit is called an addiction when repeatedly pursued, no matter how adverse or debilitating consequences can be
- No known cause for how it starts/chronic disease

What are the real life challenges?

- Affects quality of life – school, work, social life/ usually associates with mental health problems - anxiety/depression
- No self-control, bingeing, unable to control cravings, leads to disruptive behaviours, damaging habits – no importance to consequence
- Peer pressure – addiction may start because of it – trying to fit in

Other Sources of Information (Articles, Videos, sermons, etc.)

<https://ministrytoyouth.com/youth-group-lessons-on-addictive-habits/>
<https://www.openbible.info/topics/addiction>
<https://www.alcohol.org/alcoholics-anonymous/>
<https://www.drugrehab.org/scriptures-on-drug-addiction-what-does-the-bible-say/>

What does Bible say?

- Primary verse – 1 Corinthians 10:13 - “No temptation has seized you except what is common to man. And God is faithful; He will not let you be

tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it”

- Titus 2:12 - “training us to renounce ungodliness and worldly passions, and to live self-controlled, upright and godly lives in the present age”
- Recovery begins with COMPLETE SURRENDER AND PURE RELIANCE ON GOD (easier said than done!)
- Refer to first step of AA/NA - “admit that you are powerless over addiction” - first step with God – admit that you have a problem and you need help
- 2nd step of AA/NA - “believe that a power greater than ourselves could restore us” - 2nd step – seek God’s help. God is faithful – Allow God to work His “magic”!
- God will help us when we are weak – He came for the weak, the lame, the poor, the lonely
- More verses in resources to use to stress the power of the Holy Spirit in our lives and how God can help us time and again
- God shows in different ways and forms to help us in times of need – choice is ours to take it. Always knocking on our door – open the door and let Him in

Group Discussion:

1. Why do people spend so much time staring at screens? Why is it easy to be drawn in and escape through technology?
2. Is it wrong to spend too much time on social media?
3. How can video games become addicting? Do you think they are?
4. If you are tempted to go on social media or play videos games and neglect the responsibilities and relationships in your life, what can you do?
5. How would you turn to God instead of addicting habits?
6. How much time do you spend devoted to social media, video games or some other form of entertainment?
7. How can God help you overcome all of the addictions in your life?
8. What should you do if you feel tempted to turn back to social media or video games?
9. What can you do instead of engaging in things that consume your time?

10. Why do people make social media and video games such a priority?

Action & Follow-up:

- Identify addiction in each of our lives – can be simple as morning coffee, 10 minutes videogames before going to school – different for each person
- Try to change habits – stop the addiction slowly – replace tea for coffee, maybe go for a run instead of playing videogames, discuss others
- Try it out week of discussion – come back to next session to discuss how week went, what challenges faced, do we recognize what is a simple habit and what is addiction
- Discuss ways to deal with it once we recognize – seek God’s help, seek peer support, parental support
- What we do now affects our future - discuss

Prayer:

The serenity prayer

“God grant me the serenity to accept the things I cannot change, COURAGE TO CHANGE THE THINGS I CAN, and the WISDOM to know the difference”