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# A Year in the Word

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## A Year in the Word: Part 26

### Small Group Questions: Slaying the Addiction Giant (Miniseries Part 4)

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#### Read

1 Samuel 17:9; Romans 6:16–22, 7:15–23 and 12:2; Exodus 20:3; and Matthew 7:7–8

#### Reflect

When the Israelite and Philistine armies faced each other, Goliath set the rules: if I beat your champion, you will all become our slaves, and vice versa. Goliath's name actually means to strip, shame, and enslave. But God's champion defeats Goliath and it changes everything. How have you seen Goliaths affect entire lives?

- The Goliath Factor
  - Goliath: to strip you, shame you, and enslave you.
  - Name your giant. We all have one.
  - Where in your life are you a slave to cycles, substances, people, and practices that don't work; you want to stop, but you can't? What in your life do you know isn't right, but you keep doing it anyway?
- The giant of everyday addictions.
  - An addiction is a state of enslavement to a particular habit. An addict is someone who has become physically and/or psychologically dependent upon a person, thing, or particular pattern of behavior.
    - If you know your Goliaths, how willing are you to ask God to help you defeat them?
  - Guess what? We are all addicts.
    - How hard is it to view the Goliaths in your life as addictions?
  - It's not a character flaw or simply a lack of willpower. Is this concept difficult to accept? If so, why?
- Understanding the cycle of everyday addictions.
  - All addictions follow the same cycle.
    - Can you identify whether your Goliath stems from genetic, multigenerational issues, childhood experiences, or life choices you've made?
  - The cycle meets a need/serves a purpose or we would not repeat it.
    - Can you identify the temporary payoff and the source of the habit—the real problem?
  - Over time the cycle becomes "hard-wired" in our brain through reward and repetition.
    - What routines and habits do you use to self-medicate and avoid the real problem?
- Big Secret: Your problem is not your problem. Your "solution" to your problem is your problem.
- What drives all addictions? Using the wrong person or thing to meet a right need or desire.
  - How have you or someone you love done this?

Pastor Chip teaches us how to break the cycle of everyday addictions:

1. Ask: learn to look for God first and most for everything you need.
  - a. Lower your "God threshold. Who do you turn to first when problems arise? Do you tend to ask for God's help only after things have gotten out of control? What's one more thing you can do to put God first?
  - b. All addictive cycles starts with idolatry. Who or what are you putting ahead of God?
2. Seek: there is hidden logic to your addictive cycle.
  - a. Non-judgmentally step back and look at your everyday addiction. What are your triggers?
  - b. Identify the need or fear behind the trigger, giving it its power.
3. Knock: don't give up until the doorway to freedom has opened for you.
  - a. Reach out for whatever help is needed. Find your "me, too" people. Who comes to mind to help you?
  - b. Give yourself grace while you rewire what's been hard-wired. Can you be patient with yourself and accept it is a process? What steps can you take to start replacing an old habit with a new, godly one?

**Respond:** Where is God leading you? How can your small group support you?