

Substance Use Disorder (SUD) is a mental health condition in which a person has a problematic pattern of substance use that causes distress and/or impairs their life.

Behavioral addictions, also known as ‘non-substance addictions’, are characterized by a person’s inability to control an activity.

All addictive cycles are an attempt to meet the right need the wrong way.

*Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God--this is your true and proper worship.*

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is--his good, pleasing and perfect will. For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.*

**Romans 12:1-5 (NIV)**

### 1. OFFER YOUR BODY TO GOD

*Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God--this is your true and proper worship.*

**Romans 12:1 (NIV)**

### 2. CHECK YOUR PATTERNS

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is--his good, pleasing and perfect will.*

**Romans 12:2 (NIV)**

### 3. THINK RIGHTLY OF YOURSELF

*For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.*

**Romans 12:3 (NIV)**

### 4. ACKNOWLEDGE I AM MY BROTHER’S KEEPER

*For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.*

**Romans 12:4-5 (NIV)**