

## **Series Name: Group Therapy**

### **Small Group Questions: Addiction**

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#### **Read**

Romans 12:1-5

#### **Reflect**

Addictive behaviors come in many different forms—some aren't obvious, but when we acknowledge them, we begin to find healing and turn our tendencies toward God instead.

Pastor Josh Walters discusses four ways we can recognize our addictions and offers ways we can begin to overcome them:

#### **1. OFFER YOUR BODY TO GOD**

- a. Pastor Josh mentioned that living sacrifices like to crawl off the altar.
  - i. What do you think this means and how can you relate it to the Old Testament sacrifices?
  - ii. What areas have you been convicted to change, but “hide from” so you don't have to deal with them?

#### **2. CHECK YOUR PATTERNS**

- a. In Romans 12 Paul writes “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”
  - i. What patterns or habits do you need to break free from?
  - ii. Can you think of any mind-renewing practices that could help?

#### **3. THINK RIGHTLY OF YOURSELF**

- a. Paul writes to think of ourselves with “sober judgment.”
  - i. Where do you get your view of yourself and how do you keep yourself from negative though patterns?
  - ii. What areas do you give yourself a pass on certain behaviors?

#### **4. ACKNOWLEDGE I AM MY BROTHER'S KEEPER**

- a. Loving others sometimes means speaking hard truths into their lives.
  - i. In what ways can we speak truth to others in love?
  - ii. Discuss examples of addressing a difficult topic in love to bring about a positive outcome or change?
  - iii. What are ways of speaking truth to you that you prefer and find effective?

#### **Respond:**

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