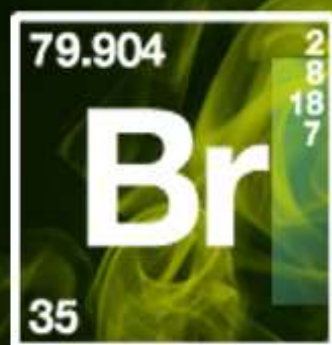


# *Katalyst Church*



*A Revolution of Love*



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Heart

# Offense





# Addictions

**Addiction** is the continued repetition of a behaviour despite adverse consequences, or a neurological or spiritual impairment leading to such behaviours.

**Addictions** can include, but are not limited to, substance abuse, exercise, food, computers I.T., gambling, pornography

Classic hallmarks of addiction include impaired control over substances or behaviour, preoccupation with substance or behaviour, continued use despite consequences, and denial.

Habits and patterns associated with addiction are typically characterized by immediate gratification (short-term reward), coupled with delayed deleterious effects (long-term costs).

**All of us are addicts  
Something has an unhealthy control over us!**



**For I do not do the good I want to do, but the evil I do not want to do - this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.**

**So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.**

**What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!**

***Romans 7:19-25***

# **1. The addiction becomes part of our identity**

Shifted from something we do occasionally to part of our internal identity  
Familiar pattern - Familiar spirit

# **2. When I try to quit but fail, I feel increasingly hopeless**

Lost hope in any resolution to permanent change

# **3. Any threat to my addiction becomes a threat to me**

Defensive about addressing it - good indicator!

# **4. I begin to lose my life purpose and destiny**

Life is consumed by problems + distractions associated with addiction  
Rather than freedom and liberty to live an abundant life

# **5. I ease the pain by getting my next fix**

**How do we get the cycle to STOP**

Choose to deal either with:

**1. The symptoms - Outward behaviours**

**2. The root cause - Internal motivation**



If we get changed hearts, we get changed behaviours

Addictions are symptoms or outward behaviours

Resultant from a bigger issue - **Idolatry**

# A Biblical Example

**The carpenter measures a block of wood and draws a pattern on it. He works with chisel and plane and carves it into a human figure. He gives it human beauty and puts it in a little shrine. He cuts down cedars; he selects the cypress and the oak; he plants the pine in the forest to be nourished by the rain. Then he uses part of the wood to make a fire. With it he warms himself and bakes his bread. Then yes, it's true he takes the rest of it and makes himself a god to worship! He makes an idol & bows down in front of it!**

**He burns part of the tree to roast his meat and to keep himself warm. He says, "Ah, that fire feels good."**  
**Then he takes what's left and makes his god: a carved idol! He falls down in front of it, worshiping and praying to it. "Rescue me!" he says. "You are my god!"**

Such stupidity and ignorance!  
Their eyes are closed, and they cannot see.  
Their minds are shut, and they cannot think.  
The person who made the idol never stops to reflect,  
“Why, it’s just a block of wood!  
I burned half of it for heat,  
And used it to bake my bread and roast my meat.

How can the rest of it be a god?  
Should I bow down to worship a piece of wood?”  
The poor, deluded fool feeds on ashes.  
He trusts something that can’t help him at all.  
Yet he cannot bring himself to ask,  
“Is this idol that I’m holding in my hand a lie?”

*Isaiah 44:14-20*

**The Carpenter uses the tree God has created in part for proper use. The timber he burns, cooks his meat, bakes his bread, keeps himself warm.**

**But then he crosses the line and enters into an improper relationship by fashioning an idol and bowing down and worshipping the same timber as his god and saviour - Idolatry, foolishness and he is blind to his folly.**

**God has given us things and when they are used for the purpose God intended - It is GOOD**

**We can say the same thing about everything we become addicted to. In part it has a right and Godly purpose, but we can cross the line into idolatry and abnormal dependency.**

**Money, Sex, Food, Internet, Sports**

**idolatry affects us in ways we often don't even see!**

# Recognition + Revelation

If we really want to know if there are idols enthroned on our hearts, that are the root cause of driving us into or toward addiction, then the first step to proper order and balance is asking the Holy Spirit to show us what things sit in what order in our heart!

The passage we just looked at reminds us of the foolish thinking and how unaware we can be of our addictions

**He will expose what has become improper**

**He will highlight what needs to be addressed**



**We can all have a place in our own heart that we  
DON'T recognise is addicted + Idolatrous.**

**We will never recognise the full extent of that condition  
until we ask the Lord to reveal and bring revelation to our  
blinded perspective**

**Now that we know what it is  
We have to dethrone it!**

**How do we do that?**



# How to Overcome?

A man approached Jesus and knelt before him. "Lord, have mercy on my son," he said. "He has seizures and is suffering greatly. He often falls into the fire or into the water. I brought him to your disciples, but they could not heal him." "You **unbelieving** and **perverse** generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? Bring the boy here to me." Jesus rebuked the demon, and it came out of the boy, and he was healed at that moment. *Matthew 17: 14-18*

If we really want to **overcome addiction** once and for all  
Dethrone the gods set up in our heart  
**Break** the **bondage** of the thing that **chained** us to addiction

Two words **Unbelieving + Perverse**  
have great significance

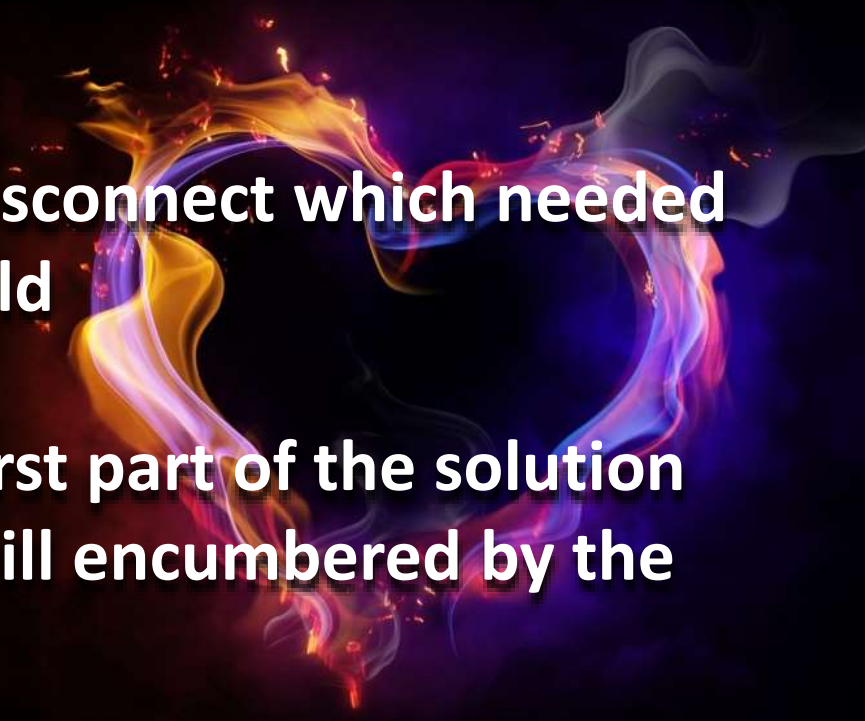
**Unbelieving:** I am not connected enough to God

**Perverse:** I am too connected to the World

Jesus was saying to the disciples/crowd that they were too self-reliant - That there was a shift needed to draw them closer to God

But He was also highlighting a disconnect which needed to happen with them to the world

No good trying to attempt the first part of the solution (drawing closer to God) whilst still encumbered by the second part of the solution.



Then the disciples came to Jesus in private and asked, “Why couldn’t we drive it out?” He replied, “Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” But this kind does not go out except by **prayer** and **fasting**. *Matthew 17:19-21*

**Prayer** : Connects us to God + Increases our faith + dependency  
These are not 911 prayers - Close focused prayers

**Fasting**: An intentional disconnect that has become an idol  
Fast from whatever the Lord shows you is crowding His rightful place on the throne of your heart

# **1. Recognition (or Revelation) + Repent**

**“You cant change what you don’t acknowledge”**

# **2. Then set a course to draw closer to God**

**Thou shalt have no other Gods before me!**

# **3. Set a plan to abstain from the addiction triggers**

**Break the worldly patterning - fasting**

# **4. Generational Curses - Inherited strongholds**

**Help to sever deeper spiritual bondages**

**Renounce and break the sinful acts of fore fathers**