

**Struggles Christians Face**  
**2. Addiction – can I ever be free?**

**John Percival**

**Introduction**

- Addiction in Hong Kong?

**Understanding addiction**

- Why do people take drugs?
- What does it mean to be addicted?
  - Physical dependence
  - Psychological dependence

**Biblical principles on alcohol and drugs**

- Give thanks for God's good gifts (1 Tim. 4:4, Ps. 104:15, Jn. 2, 1 Tim. 5:23, Luke 7:33)
- Avoid drunkenness as a sin (Pr. 23:29-35, Rom. 13:13, Eph. 5:18, 1 Tim. 3:3, 3:8)
- Exercise self-control (1 Cor. 6:12, Gal. 5)
- Watch your influence on others (Rom. 14:20-21)
- Honour God with your body (1 Cor. 6:19)
- Obey the law (Rom. 13:1)
- Develop the Christian alternative (Eph. 5:18, Jn. 6:35)

**Application**

**Bible references:** 2 Pet. 2:19, Ps. 139:23-24, Is. 55:1-2

**Ephesians 5v15-20 (NIV)**

<sup>15</sup> Be very careful, then, how you live--not as unwise but as wise, <sup>16</sup> making the most of every opportunity, because the days are evil. <sup>17</sup> Therefore do not be foolish, but understand what the Lord's will is. <sup>18</sup> Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. <sup>19</sup> Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, <sup>20</sup> always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Resources:

Ed Welch, "*Freedom from Addiction – turning from your addictive behavior*" (brief, readable booklet aimed at helping those struggling with addiction at the moment; currently available on church bookstall for HKD10)