

## Jesus Wept The Bible and Human Emotions Lesson 11 1Q 2011

### Freedom From Addictions

#### SABBATH

Read memory verse – What does it mean? Does it mean that if an addict reads this verse, prays to Jesus then they will be free of their addiction?

All heaven is interested in the salvation of man, and is ready to pour upon him her beneficent gifts, **if he will comply with the conditions Christ has made:** "Come out from among them, and be ye separate, saith the Lord, and touch not the unclean." 2 Corinthians 6:17.  
{Counsels on Health 288.1}

Are there conditions to salvation? Are there conditions a sinner or addict must comply with in order to gain freedom? Or does God choose –

Just as it is written: "Jacob I loved, but Esau I hated."

<sup>14</sup> What then shall we say? Is God unjust? Not at all! <sup>15</sup> For he says to Moses, "I will have mercy on whom I have mercy, and I will have compassion on whom I have compassion. Romans 9:13-15

There was no arbitrary choice on the part of God by which Esau was shut out from the blessings of salvation. The gifts of His grace through Christ are free to all. **There is no election but one's own by which any may perish. . . . Every soul is elected who will work out his own salvation with fear and trembling.** He is elected who will put on the armor and fight the good fight of faith. He is elected who will watch unto prayer, who will search the Scriptures, and flee from temptation. He is elected who will have faith continually, and who will be obedient to every word that proceedeth out of the mouth of God. **The provisions of redemption are free to all; the results of redemption will be enjoyed by those who have complied with the conditions.** {CC 71.4}

What are the conditions to salvation?

The **blessings of the new covenant are grounded purely on mercy in forgiving unrighteousness and sins.** . . . All who humble their hearts, confessing their sins, will find mercy and grace and assurance. Has God, in showing mercy to the sinner, ceased to be just? Has He

dishonored His holy law, and will He henceforth pass over the violation of it? God is true. He changes not. **The conditions of salvation are ever the same. Life, eternal life, is for all who will obey God's law.** . . . {AG 136.5}

Under **the new covenant, the conditions by which eternal life may be gained are the same as under the old--perfect obedience.** . . . In the new and better covenant, **Christ has fulfilled the law for the transgressors of law, if they receive Him by faith as a personal Saviour.** . . . In the better covenant **we are cleansed** from sin by the blood of Christ. {AG 136.6}

What do you hear? What are the conditions for salvation? Notice, Christ as our substitute did something we could not do – and how do we benefit? What is cleansed by Christ? Records? No! We are cleansed, we receive Christ, we become partaker of the divine nature, the law is written on our minds!

What are the conditions for healing and restoration? Perfect obedience to the law of God – why?

What is the condition for healing someone from sickness? Perfect harmony with the laws of health! It is the same in God's universe!

Christ came to achieve what we could not – a perfect humanity. What do we receive in union with Christ?

- I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh. Eze 36:26
- No, a man is a Jew if he is one inwardly; and circumcision is circumcision of the heart, by the Spirit, not by the written code. Romans 2:29 (DT 10:16, 30:6).
- This is the covenant I will make with the house of Israel after that time, declares the Lord. I will put my laws in their minds and write them on their hearts. Heb 8:10
- Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! 2Co 5:17
- For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of *the* divine nature, having escaped the corruption that is in the world by lust. 2Pet 1:4 NASB

- When we submit ourselves to Christ, **the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life. This is what it means to be clothed with the garment of His righteousness.** Then as the Lord looks upon us He sees, not the fig-leaf garment, not the nakedness and deformity of sin, but His own robe of righteousness, which is perfect obedience to the law of Jehovah. {COL 311.4}

Can we, in union with Christ, be free from addiction? Do we have a role to play or is something done with our consent but without our effort?

- While God was working in Daniel and his companions "to will and to do of His good pleasure" (Phil. 2:13), they were working out their own salvation. Herein is revealed the outworking of the **divine principle of cooperation, without which no true success can be attained. Human effort avails nothing without divine power; and without human endeavor, divine effort is with many of no avail. To make God's grace our own, we must act our part.** His grace is given to work in us to will and to do, but never as a substitute for our effort. {LHU 193.4}
- We are laborers together with God. This is the Lord's own wise arrangement. **The cooperation of the human will and endeavor with divine energy is the link that binds men up with one another and with God.** The apostle says, "We are laborers together with God: ye are God's husbandry, ye are God's building" (1 Corinthians 3:9). **Man is to work with the facilities God has given him.** "Work out your own salvation with fear and trembling," He says. "For it is God which worketh in you both to will and to do of His good pleasure" (Philippians 2:12, 13).-MS 113, 1898. {2MCP 694.3}
- **There are two grand forces at work in the salvation of the human soul. It requires the cooperation of man with the divine agencies--divine influences, and a strong, living, working faith. It is in this way only** that the human agent can become a laborer together with God. **The Lord does not sanction in any one of us a blind, stupid credulity. He does not dishonor the human understanding,** but, far from this, He calls for the human will to be brought into connection with the divine will. **He calls for the ingenuity of the human mind, the tact, the skill, to be strenuously exercised in searching out the truth as it is in Jesus. . . .** Ye are labourers together with God. {OHC 310.5}

So the balance is as follows:

- The Remedy to sin was fully achieved by Christ and no one else.
- We can do nothing to add to what Christ has done to save mankind, but, each person now must choose to open their heart in trust to receive from the Holy Spirit the benefit of Christ's victory in their life.
- When we do this a supernatural transformation of character, desire, motive, and attitude takes place.
- In this process there is a daily, ongoing, and constant cooperative work of the individual with the Divine in which the person chooses to continue to follow the direction of the Heavenly Physician until they are one day fully healed and set free to be self-controlled beings operating on the law of love, which has been fully restored into the heart. (Heb 8:10).

What is an addiction, what definition would you give?

**The compulsive engagement in behaviors that have short term reward ....**

**But bring long term destruction**

What can you name that fits this definition?

- Alcohol
- Tobacco
- Drugs
- Sex/porn
- Gambling
- Work
- Relationships
- Video games
- TV
- Food

SUNDAY

Alcohol – Read Proverbs 23:29-35:

Who has woe? Who has sorrow?  
 Who has strife? Who has complaints?  
 Who has needless bruises? Who has bloodshot eyes?  
 30 Those who linger over wine,  
 who go to sample bowls of mixed wine.  
 31 Do not gaze at wine when it is red,  
 when it sparkles in the cup,  
 when it goes down smoothly!  
 32 In the end it bites like a snake  
 and poisons like a viper.  
 33 Your eyes will see strange sights  
 and your mind imagine confusing things.  
 34 You will be like one sleeping on the high seas,  
 lying on top of the rigging.  
 35 "They hit me," you will say, "but I'm not hurt!  
 They beat me, but I don't feel it!  
 When will I wake up  
 so I can find another drink?"

Thoughts?

What danger is there in alcohol?

- Average age of first drink is 12
- 20% of teens 12-20 are binge drinkers
- Adolescent drinkers scored worse than non-users on vocabulary, general information, memory, memory retrieval and at least three other tests
- Perform worse in school, are more likely to fall behind and have an increased risk of social problems, depression, suicidal thoughts and violence
- Alcohol affects the sleep cycle, resulting in impaired learning and memory as well as disrupted release of hormones necessary for growth and maturation
- Alcohol use increases risk of stroke among young drinkers
  - <http://www.ama-assn.org/ama/no-index/physician-resources/9416.shtml>

Alcohol while pregnant:

- Increased psychosis in offspring<sup>1</sup>
- Alcohol tastes better to offspring<sup>2</sup>
- Mental retardation increased in offspring<sup>1</sup>

- Multiple organ defects in offspring<sup>1</sup>
  - Fetal alcohol syndrome<sup>1</sup>
  - 1 drink/week or less<sup>4,5,6</sup>
    - shorter children/smaller heads
    - Behavior problems
    - Delinquency
    - Emotional problems
1. . Centers for Disease Control and Prevention (CDC). Fetal Alcohol Spectrum Disorders. Updated 5/2/06.
  2. Youngentob, S. Glendinning, J. Fetal ethanol exposure increases ethanol intake by making it smell and taste better PNAS 2009 106 (13) 5359-5364;
  4. Sood, B., et al. Prenatal Alcohol Exposure and Childhood Behavior at Age 6 to 7. *Pediatrics*, volume 108, number 2, August 2001, page e34.
  5. Sayal, K., et al. Prenatal Alcohol Exposure and Gender Differences in Childhood Mental Health Problems: A Longitudinal Population-Based Study. *Pediatrics*, volume 119, number 2, February 2007, pages e426-434.
  6. Streissguth, A.P., et al. Risk Factors for Adverse Life Outcomes in Fetal Alcohol Syndrome and Fetal Alcohol Effects. *J Dev Behav Pediatr*, volume 25, number 4, August 2004, pages 228-238.
- Low Neuropeptide Y in amygdala is associated with increased alcohol preference in animal models<sup>1</sup>
  - NPY receptor knockout mice show alcohol preference<sup>2</sup>
  - Olling et al 2009 demonstrated that ETOH causes<sup>3</sup>
    - Decreased histone deacetylase (gene inhibitors)
    - Resulting in increased NPY in amygdala and low anxiety
    - Alcohol withdraw increased histone deacetylase thus suppressing NPY and increasing anxiety
    - Administration of a drug that blocked histone deacetylase blocked withdraw anxiety
      - 1. Alcoholism: Clinical and Experimental Research Volume 23, Issue 6, pages 1023–1030, June 1999
      - 2. The Journal of Neuroscience, 2002, 22:RC208:1-6
      - 3. Journal of Neuroscience Research Volume 87, Issue 10, pages 2386–2397, 1 August 2009

Thoughts? Alcohol damages brain, alters gene expression, impairs thinking, increases anxiety and fear circuitry firing.

If all of this is so then what do we make of Proverbs 31:4-7:

- “It is not for kings, O Lemuel—  
 not for kings to drink wine,  
 not for rulers to crave beer,  
 5 lest they drink and forget what the law decrees,  
 and deprive all the oppressed of their rights.  
 6 Give beer to those who are perishing,

- wine to those who are in anguish;  
 7 let them drink and forget their poverty  
 and remember their misery no more.

Thoughts? Do we follow this Biblical guidance today? How about when we give cough syrup to those who are sick and it is suspended in an alcohol solution? This is speaking of using alcohol as a medicinal agent, to reduce suffering for those who are in a state deserving of medical intervention. Fortunately we have much better medicines today than alcohol.

Read fourth paragraph, "Alcohol, as well as..." thoughts? It clearly implies that psychoactive substances have a universally negative moral influence. But don't you think this should say "other psychoactive substances of abuse"? Antidepressants and antipsychotics are also psychoactive substances which restore healthy functioning and improve moral decision making.

## MONDAY

### Sex addiction –

- Average American teen watches:
  - 15,000 sexual acts per year
- Children don't differentiate between reality and TV
- Media normalizes sex
- Teen programming has more sexual content than adult
- 2/3 teens have seen pornography on the internet
- 3/6 major networks will not allow advertising for condoms or birth control, yet all allow ads for male enhancement drugs
- 6 studies document that the higher exposure to media sexual content the earlier kids have sex
- \$57 billion worldwide (\$12 billion US)
  - Porn revenue is larger than all combined revenues of all professional football, baseball and basketball franchises.
  - US porn revenue exceeds the combined revenues of ABC, CBS, and NBC (\$6.2 billion)
  - Child pornography generates \$3 billion annually
- 4.2 million pornographic websites (12%)
- 68 million daily porn web searches (25%)
- 20% of men visit porn sites at work
- 47% Christians say porn is a major problem in their home

- Visitors to porn sites 72% male 28% female
- A 1996 Promise Keepers survey at one of their stadium events revealed that over 50% of the men in attendance were involved with pornography within one week of attending the event.
- 51% of pastors say cyber-porn is a possible temptation. 37% say it is a current struggle (Christianity Today, Leadership Survey, 12/2001).
- Over half of evangelical pastors admits viewing pornography last year.
- Roger Charman of Focus on the Family's Pastoral Ministries reports that approximately 20 percent of the calls received on their Pastoral Care Line are for help with issues such as pornography and compulsive sexual behavior.
- In a 2000 Christianity Today survey, 33% of clergy admitted to having visited a sexually explicit Web site. Of those who had visited a porn site, 53% had visited such sites "a few times" in the past year, and 18% visit sexually explicit sites between a couple of times a month and more than once a week.
- 29% of born again adults in the U.S. feel it is morally acceptable to view movies with explicit sexual behavior (The Barna Group).
- 57% of pastors say that addiction to pornography is the most sexually damaging issue to their congregation (Christians and Sex Leadership Journal Survey, March 2005).

Thoughts? We have a problem –

Read last paragraph, "God is willing..." thoughts? Is the problem an addict faces the problem of obtaining a legal pardon from God? Was this ever a problem?

What is the number one obstacle for the addict to find freedom?

The warfare against self is the greatest battle that was ever fought. The yielding of self, surrendering all to the will of God, requires a struggle; but the soul must submit to God before it can be renewed in holiness. {FLB 87.4}

Denial, I don't have a problem, I can handle it...

What do those who engage in porn always forget? To actually think about the health and welfare of the people they are exploiting.

TUESDAY

## Gambling

- 85% of U.S. adults have gambled at least once in their lives, 80% in the past year. [National Problem Gambling Awareness Week, January 2011](#).
- College graduates (24%) are significantly more likely than non-graduates (14%) to gamble on sports [Gallup Poll, February 2008](#).
- Gambling occurs at a higher percentage in higher-income households (72%) versus lower-income households (55%) [Gallup Poll, February 2008](#). But problem gamblers are more likely to come from lower income households.

Card Rooms	\$1.18 billion
Commercial Casinos	\$34.41 billion <sup>1</sup>
Charitable Games and Bingo	\$2.22 billion
Indian Casinos	\$26.02 billion <sup>2</sup>
Legal Bookmaking	\$168.8 million
Lotteries	\$24.78 billion
Pari-mutuel Wagering	\$3.50 billion
<b>GRAND TOTAL</b>	<b>\$92.27 billion</b>

[http://www.americangaming.org/Industry/factsheets/statistics\\_detail.cfv?id=7](http://www.americangaming.org/Industry/factsheets/statistics_detail.cfv?id=7)

What does gambling look like? What is included in gambling?

- Casinos, lotteries, bookmaking, track
- What about Stock market?
- What about Gambling with life choices? Relationships? Russian Roulette?

What is it that fuels the behavior of gambling?

- Desire for some form of self enhancement, something to give self a boost, advantage, either money, fame, power, (selfishness), combined with....
- Self deception – creating imaginary fantasies about what winning looks like rather than honest evaluation of what is transpiring, which is reinforced by...
- Intermittent success to keep the self-deception alive

What needs to be done to resolve this? Truth, love – how might these help a gambler?

WEDNESDAY

Read first paragraph – “The Bible...” thoughts?

What leads one to have money as an idol?

Would it be fear and insecurity and seeking to protect self? Would it be a failure to see the universe as it really is and the true valuelessness of money?

Read bottom green – thoughts?

THURSDAY

Read second paragraph, “The intensive desire to...” thoughts?

Do you think Body Dysmorphic Disorder or Anorexia Nervosa is an addiction?

They are not classified as addictions by the DSM IV TR because they are not addictions they are problems of a different nature.

BDD and Anorexia are not about worshipping the body, or making the body an idol as the lesson suggests or becoming addicted to certain treatments or behaviors, or loving self and worshipping self-

Just the opposite – these disorders are related to deep seated insecurity, fear and distorted self image typically related to some psychological traumas or problems earlier in life that were unable to be resolved and thus got channeled into these symptoms.

While the addict seeks the behavior for a high, thrill, escape stress, and calm self – the BDD and Anorexic do not get joy or highs or thrills or reward, in the classic sense, from their behaviors. These behaviors are driven primarily as an attempt to avoid some other pain and the behaviors themselves are painful to endure. These disorders are much closer to Obsessive Compulsive Disorder than Addictions.

However, there is a form of self-centeredness in which self can become an idol and we become superficial and focused on ourselves, appearance and become petty judges of those around us and going to church is a weekly beauty contest. This type of person is also not an addict but a shallow self-centered person who has yet to experience genuine love for others.

FRIDAY

Read and discuss questions 2 and 4

What can an addict do?

12 Step Programs:

- 1. We admitted that we were powerless over our addictions, that our lives had become unmanageable.
- 2. We came to believe that a Power greater than ourselves could restore us to sanity.
- 3. We made a decision to turn our will and our lives over to the care of God as we understood Him. "Jesus Christ is the Highest Power."
- 4. We made a searching and fearless moral inventory of ourselves.
- 5. We admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- 6. We were entirely ready to have God remove all these defects of character.
- 7. We humbly asked Him to remove all our shortcomings.
- 8. We made a list of all persons we had harmed and became willing to make amends to them all.
- 9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10. We continued to take personal inventory and when we were wrong, promptly admitted it.
- 11. We sought, through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12. ***Having had a spiritual experience as the result of these steps***, we tried to carry this message to others, and to practice these principles in all our affairs.

Steps to Recovery:

- Set a Date
- Stop other substances
- Trigger Identification and Replacement
- Join Forces
- Buddy Up – 12 Steps get a sponsor
- Exercise
- Right Use of Imagination
- Drink Plenty of Water and Fresh Juices
- Pray/Meditate/Higher Power
- Clean Everything

- Avoid Mental Games
- Remind Yourself the Reasons for Quitting
- Consider Medications