

## ADDRESSING ADDICTION IN THE FAMILY

Does someone you love seem to be self-destructing in addictive behavior? Are you watching a spouse, son or daughter abandon everything once important to them because of drugs, alcohol, sex or some other stimulant? An addiction or dependence is commonly defined as “a recurring compulsion to do the same thing over and over, despite harmful consequences to his health, mental state or social life.” Are you seeing that trade-off in someone you care about – a compulsive pursuit regardless of the effects it has, especially on your relationship?

If you aren't seeing clear signs of addiction, are you noticing a gulf growing between you and this family member as their thoughts, time and energy are consumed by some dominating activity?

### What can you do to help?

#### STEP ONE: Assess the Willingness to Change

Has your loved one admitted a problem and shown interest in getting help? If they've given you any sign of wanting to deal with their problem, take that opportunity to get the best of Christian counsel and direction from those most familiar with the specific addiction he or she is indulging.

If instead you're dealing with denial, you might need to plan an intervention – which is an orchestrated attempt by family and friends to motivate someone to get help for their problem. An intervention is especially necessary to help stabilize the situation – to begin shielding your home from the emotional, physical and spiritual vulnerability of an out-of-control problem.

#### STEP TWO: Treat Body, Mind, and Spirit

Sex addictions counselor Rob Jackson tells families that the addictive behaviors they see are just the tip of the iceberg. Efforts to modify behavior might seem effective in the short-term, but can re-appear or show up in a different sort of compulsion if underlying issues are not addressed.

Deuteronomy 6:5 says, “Love the LORD your God with all your heart, with all your soul, with all your strength and with all your mind.” So those struggling with addiction need to treat problems of the body, mind and spirit – to go beneath the surface and deal with the thoughts, emotions and spiritual conflicts driving those behaviors.

James 1:14 describes how dependence progresses from desire to enticement to sin and, ultimately, to death. The most effective approach to recovery is to reverse that progression – to restore a right

relationship with God (Romans 8:1- 15), to have a clean heart (Psalm 51), to have a renewed mind (Romans 12:2) and then as a result, to bear good fruits in behavior (Romans 6:7).

## STEP THREE: Find Hope in Perseverance

God is able to redeem anyone and restore them to a life characterized by self- control (Titus 2:11-14). There is hope in persevering as a family through the struggles of recovery. Romans 5:3-4 says, "We also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."

Pray that God's best will win out for this family member, remembering Jesus' words: "The thief comes only to steal, kill and destroy, but I have come that they may have life and have it to the full" (John 10:10). Ask the Lord for wisdom, grace and courage to set boundaries that will move your loved-one away from his or her destructive patterns and protect your family from the pain and damage caused by addiction.

## GOING FURTHER: RESOURCES

**A Hunger for Healing** by J. Keith Miller

**Beyond Codependency** by Melody Beattie

**Surfing for God: Discovering the Divine Desire Beneath Sexual Struggle** by Michael John Cusick

**Breathing Under Water: Spirituality and the 12 Steps** by Richard Rohr O.F.M.

**The Game Plan: The Men's 30-Day Strategy for Attaining Sexual Integrity** by Joe Dallas

## GOING FURTHER: BLUE RIDGE BIBLE CHURCH SUPPORT

**Celebrate Recovery:** A biblical and balanced program that helps us overcome our hurts, hang-ups and habits. It is based on the actual words of Jesus rather than psychological theory. Purcellville Baptist Church, just up the road from BRBC, offers this program to anyone; for information, visit the website: [purbap.org/celebrate-recovery](http://purbap.org/celebrate-recovery).

**Professional Counseling:** We maintain a referral list of Christian counselors, therapists, and psychologists in the Northern Virginia area. Since we live in a broken world, the problems we encounter can be very complex and difficult to navigate. We know that God's Word is powerful, His Spirit is inside of us, and that He uses his Church in many ways. Yet He also provides us with other sources of help that can partner with churches seeking to come alongside people in times of spiritual, physical, mental, and emotional need. Contact us if you would like assistance finding someone who might be of help to you: [lifepoint@brbible.org](mailto:lifepoint@brbible.org).

**Pastoral Care:** If you would like to speak with a pastor, please reach out to: [lifepoint@brbible.org](mailto:lifepoint@brbible.org).