



## GOING FURTHER: RESOURCES

### Recommended Books:

**A Hunger for Healing (by J. Keith Miller).** This book uses the 12 Steps as a classic model to assist you in your spiritual growth.

**A Mind Set Free (by Jimmy Evans).** This book exposes such things as “The Secret of Satan’s Success.” He’ll teach you about “The Promise and Process of Biblical Meditation” and discuss “The Four Pillars of Moral Integrity.” As you employ the truths from this mini-book, you’ll be equipped to fight and win as you “Enter the Battlefield”.



## GOING FURTHER: SUPPORT

### Recommended Sermon Series:

Watch the online podcasts “Wrecked” and “Secrets”. Log on to [rushcreek.org](http://rushcreek.org) and select Watch Online at the top of the page.

### Restore

We believe that Christ can restore our lives and brokenness. We strive to be an authentic community of believers who walk closer to God and are learning to reflect His image to others. Most of our participants have struggled with hurts from their past, abuse, alcohol, anger, anxiety, boundaries, depression, divorce, dysfunctional families, drugs, eating disorders, perfectionism, and sexual issues, as well as the guilt & shame associated with these struggles. You will find acceptance and learn practical steps of recovery in a Christ-centered community. Join us each week or for more information contact [restore@rushcreek.org](mailto:restore@rushcreek.org)

### Professional Christian Counseling

The Rush Creek Counseling Center provides Christ-centered professional counseling at low fees when compared to counseling services in the community. Therapy is tailored to the specific needs of the child, adolescent, adult, couples or family. Our offices are located at the Green Oaks campus. For more information, please visit [rushcreek.org/counselingcenter](http://rushcreek.org/counselingcenter) or call us at (817) 704-6991.

# Addiction Issues



AT HOME  
..... MAPS .....

# 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 that was 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 most likely will 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.”

Your prayers ultimately come down to asking 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).