

Beyond Addictions

Free to Live a New Life In Christ



Changing the way we think: Being transformed by the renewing of our minds.

Assignment 1& 2

(Corresponds to chapters 1 & 2 in the book.)

Name: _____

1. Have you ever been through a rehabilitation program? As you can see in chapter one, God offers us something deeper and more effective. He offers transformation. What is the difference between rehabilitation and transformation? _____

2. Are you are still actively engaged in sinful addictions? Do you still think about it on a regular basis? If so, you are still going the wrong way. Romans 12:1-2 tells you how to turn things around. Write this passage here: _____

3. Are you engaged in any activities that might cause you to be shaped by the thinking of this world (through movies or programs, books or magazines, music or programs you listen to, ungodly counsel you receive)? _____

4. Romans 12:2 tells us what we should do instead of being shaped by the influences of the world. It says that we should be transformed by renewing or renovating our mind. How can you start the process of renewing or renovating your mind this week? _____

Write down an action that you can take today to start this process. _____

5. James 1:14-15 tells us that everyone faces temptation. Who is the tempter and what can we do about him? _____

6. The call to resist temptation and to be transformed by the renewal of your mind is tough. Did Jesus Christ leave you to live this life on your own? _____

If not, then who did He send and how does He help you? (Hint: consider what you are taught by John 14:16 & 14:26). _____

7. Read Hebrews 4:12 and II Timothy 3:16-17. In your own words, tell me what these verses mean to you as you fight the battle against addiction? _____

Beyond Addictions

Free to Live a New Life In Christ



How did we descend into addiction?

Assignment 3

Name: _____

1. Do you agree with Dr. Welch's definition of addiction? _____

If so, what substances, activities or state of mind has held you captive in the past? _____

2. Write James 1:14 here: _____

Are you harboring any lust in your heart that Satan the fisherman could use to entice you? ____ If so (and you probably are), what can you do about it? _____

3. Was there a time in your past when you realized that the following statement was true? "Drawn away by our own lust, we were ripe for the picking. At the time, we didn't know that we were descending into an addiction ... We thought we were flying high above the clouds but we were really descending to a banquet in the grave. Later when our eyes opened we were horrified to see that it was filled with dead men's bones. The thing that we used for our pleasure began to use us." If so, when was it?

4. When Jesus met the woman at the well in the fourth chapter of the Book of John, He pointed to one solution to her problem. Who or what was it? _____ Like the

woman in John 4, you have been drinking from the wrong wells too. Where can you find the solution to your problem? _____

Write down an action that you can take today to start this process. _____

5. Samson’s troubles began when he went down to Timnah. Was there a time when you “went down to Timnah” too? _____ What was this simple step into sin that led you into further addiction? _____

6. Samson was a very gifted man. Why did he experience so many problems with temptation and sin? _____

7. Are there any old “carcasses” in your past that could tempt you? _____
What should you do to avoid going back to see if there is any sweetness left in them?

8. Read II Corinthians 5:17 and tell me how this passage can help you steer clear from old temptations that Satan may want to use to entice you back into a life of sin. _____

9. How can you apply Hebrews 12:1-2 today to help you stay away from the sins of the past that so easily entangled you? _____

10. What is the most meaningful thing you learned from this lesson? _____

Beyond Addictions

Free to Live a New Life In Christ



Addiction as Idolatry

Assignment 4

Name: _____

1. After reading this lesson, do you think that you have ever purchased an idol from a vendor on the street? _____ Can you identify any idols in your past that you looked to for something that you thought God could not provide? _____ What were they? _____

2. According to the text on the first two pages of the chapter, what is an idol? _____

3. Dr. Edward Welch that says, “Idolatry includes anything we worship: the lust for pleasure, respect, love, power, control, or freedom from pain. ... The problem is not the idolatrous substance; it is the false worship of the heart.” Can you identify any idolatrous thoughts that you may still be worshipping in your heart and mind? _____ If so, what are they?

4. In I Corinthians 10:6-14 Paul lists four examples of failure that resulted from idolatry when the Israelites were traveling through the wilderness. Briefly list those four examples:

- 1) _____
2) _____
3) _____
4) _____

5. Paul concludes his statement in I Corinthians 10:6-14 by saying, “Therefore, let him who thinks he stands take heed lest he fall.” How can you take Paul’s warning to heart as you look at the four ways that the Israelites failed in the wilderness? _____

6. The Bible continuously warns us against covetousness and lust. Does the Bible really consider those sinful desires to be idolatry? _____ Read the scripture passages quoted on page 47 and tell me how a little dissatisfaction with circumstances in your life can lead to idolatry. _____

7. Tell me how you can avoid this problem of coveting and idolatry. _____

8. As you pray Psalm 139:23-24, are there any specific thoughts that you believe the Lord is asking you to bring into subjection to Him? _____ If so, keep giving them up to the Lord. Confess weakness in this area of your life and ask the Holy Spirit for help in overcoming these problems.

9. What is the most meaningful thing you learned from this lesson? _____

Beyond Addictions

Free to Live a New Life In Christ



Other Biblical Views of Addiction

Assignment 5

Name: _____

1. This lesson begins with the story of a man named Jim who was asking the Lord to remove a sinful habit from his life but still secretly loved the habit. Are there any addictions in your life that you have asked God to remove but are still secretly enjoying? _____. What should you do about them? _____

2. How can an addiction be considered “voluntary slavery”? _____

Are there any scripture passages from the lesson that help to explain it in this light? _____

3. Read John 8:36 and tell me how this solves the problem created by John 8:34 _____

4. How can a sinful attachment to something be considered as an act of spiritual adultery against the Lord? _____

5. The lesson includes a long passage from Proverbs 7. Read Proverbs 7:1-5 and tell me how applying God’s Word can protect you from someone or something that wants to flatter you into doing something that you know you should not do. _____

6. Finish this statement: “You will never receive true happiness through _____”.

7. Define “unrighteousness”. _____

8. What does the book *Self Confrontation: A Manual for In-Depth Biblical Discipleship* call addictions? _____

Review the list on pgs. 16-17 in the lesson and tell me if you are currently engaged in any habits that fit four or more of the descriptions in this list of thirteen characteristics. _____

9. How does Isaiah 53:5-6 provide a solution to this problem of life-dominating sin? _____

10. Read the five foundational scriptures at the end of the lesson and tell me which of these is most meaningful to you at this point. _____

Why? _____

Beyond Addictions

Free to Live a New Life In Christ



That I May Know Him

Assignment 6

Name: _____

1. “That I may know Him”. In these words, the Apostle Paul expressed the focus of his life, that he might know Jesus. On a scale of 1-100, how close would you say you come to having the same desire (1 being not very close and 100 being the same as Paul)? _____ How does this desire affect your struggle with addiction? _____

2. According to the text on page 71, why were Adam and Eve created? _____

Why did Jesus pay the price to redeem you and me? _____

3. There are six Old Testament “I Am” statements on page 73. Each one tells you something about God. Which is the most important to you right now? _____

Why? _____

4. You have probably heard about God Almighty. In this lesson, you find out what that really means. What are the two meanings of El Shaddai or God Almighty? 1) _____ and 2) _____

5. In which of these two ways do you see God most? _____

Why? _____

6. What does the name of Jesus mean? (see page 78) _____

Jesus made seven "I Am" statements in the Book of John. Which of these means the most to you?

_____ Why? _____

7. Read Matthew 11:28-30. Have you searched for peace in your life? How does this passage reassure you that you do not need to look anywhere other than Jesus to find the rest and peace that you have desired? _____

8. What is wrong with this statement? "I can't come to Jesus until I get cleaned up." _____

9. What did you learn about the nature of Jesus in this lesson? _____

10. How does growing closer to Jesus keep you free from addiction? _____

Beyond Addictions

Free to Live a New Life In Christ



Jesus Christ is Sufficient for All Things

Assignment 7

Name: _____

1. “People without a relationship with their personal Creator are hungering for happiness, meaning and fulfillment but nothing this planet offers can fully satisfy these longings”, says Kenneth Boa. How does this describe your experiences before you met Jesus? _____

2. According to the lesson, how can you triumph over sin and remove addictions from your life?

3. Colossians 1:16 has some interesting things to say about Jesus. According to this passage, why was the earth and everything in it created? _____

Read Revelation 4:11 too. These two passages help us understand the purpose God had in creating you. What is it? _____

4. What does it mean to you to know that all fullness is found in Jesus Christ? _____

5. What did Paul mean when he said that “my God shall supply all my needs according to His riches in glory”? _____

6. Compare the satisfaction that Jesus gives to what you experienced before you knew Him.

7. It is important to receive counsel from God. How does God counsel you? _____

8. John 15:5 says a mouthful. What do you think it means to abide in Jesus? _____

How does abiding in Jesus compare to visiting Him once or twice a week in church? _____

9. What did Paul mean when he said, “Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God (II Corinthians 3:4-5)? _____

10. Please tell me how knowing that Jesus is sufficient for all things can help to free you from addictions? _____

Beyond Addictions

Free to Live a New Life In Christ



Your new Identity in Christ

Making the Change

Assignments 8 & 9

Name: _____

1. According to A.W. Tozer, why did Jesus suffer and die? _____

How does this enable you to part from your old sinful nature? _____

2. Re-read the portion of the lesson that deals with your adoption into the family of God. What does this mean to you? _____

Can you relate to the struggles of the Russian orphans who were adopted by their American parents?

_____ If so, how do you relate? _____

3. What does it mean to be dead to sin? _____

4. As a Christian, you are complete in Christ. Where did you try to find fulfillment in the past?

Practically, what does it mean to know that you are now complete in Christ? _____

5. How do you apply II Corinthians 5:17 to your life? _____

6. The Bible says a lot about you as a believer in Jesus. Which of the descriptions on pages 14-16 are most important to you? _____

7. Making the Change – How has your understanding of addiction changed since you started the class? _____

8. How has your relationship with Jesus changed since you started the class? _____

Beyond Addictions

Free to Live a New Life In Christ



Godly Wisdom for Pride and Anger

Assignment 10

Name: _____

1. How is pride referred to in the book of Proverbs? _____

Have you ever been in a treatment program or class that referred to it this way? _____

2. Re-read the three passages from Proverbs on page 122 and tell me what pride leads to. _____

3. How does pride interfere with your ability to learn and to grow? _____

4. How does pride cause bitterness and contention? _____

5. The Bible has a lot to say about humility. How would you describe this Biblical virtue? _____

6. How is a man without self-control like a city without walls? _____

7. Can you relate to the older brother who became angry when the father poured out his blessing on the younger brother? _____ How did you respond the last time that someone got a job or a promotion that you believed you deserved? _____

8. Tell me how pride and anger are related. _____

9. How does practicing forgiveness enable you to overcome bitterness? (Read Ephesians 4:32 and the notes on pages 135-136) _____

10. How does dealing with pride and anger properly help to free you from the likelihood of returning to addiction? _____

Beyond Addictions

Free to Live a New Life In Christ



Godly Wisdom for Self-discipline & Developing Friendships

Assignment 11

Name: _____

1. Is there any real Christian growth without self-discipline? _____

God is the initiator; we are the responder. What is our role as we grow in our relationship with Him?

2. What can you learn from Abraham's example as it is described in Hebrews 6:11-15? _____

3. II Peter 3:14-15 encourages us to be diligent in our walk with Jesus. How does our understanding of heavenly rewards affect our diligence today? _____

4. Describe the promises that God has for the diligent in Proverbs 10:4 and Proverbs 22:29.

5. What was Coach Dungy's philosophy? _____

How does this relate to God's call for us to be diligent in this life? _____

Relate it to the call in Colossians 3:22-25. _____

6. The Bible teaches that friendship is a good thing; however it also warns that too many friends can actually be a problem. How can this be? _____

Have you ever experienced this? _____

7. There are four scripture passages on pages 147-148 that counsel us on how to choose good friends. Based upon these passages, who should you avoid and who should you seek as friends?

Are you permitting any on the negative list to influence you today? _____

8. "Do not be unequally yoked together with unbelievers." This statement describes friendships, business partnerships, marriage and more. What practical advice can you take from this statement in II Corinthians 6:14? _____

Does it mean that you should not have acquaintances who are unbelievers? _____ How do you distinguish between "friends" and "acquaintances"? _____

-
9. How do you apply II Corinthians 6:14 when you are considering a marriage partner? _____

What does the Bible counsel you to do if you already married to someone who is not a Christian? (I Corinthians 7:10-15) _____

Beyond Addictions

Free to Live a New Life In Christ



The Eternal Construction Project

Assignment 12

Name: _____

1. The sign reads, "Caution: God (and men) at work." This is a message that Satan, your enemy, doesn't like to see. How have you seen him attempt to stop the work that the Lord has been doing in your life since you started taking Beyond Addictions? _____

2. Where does your real protection come from as you fight the battle against temptation and sin?

3. Why was Nehemiah discouraged when he heard about the condition of the wall around Jerusalem? _____

4. Compare the condition of the wall around Jerusalem with the conditions that you have seen in the lives of other men. Have you witnessed a time when you saw the walls of protection crumbling in someone else's life? _____ What did you see that caused you to be concerned?

5. What was Nehemiah's first response when he heard the news from Hanani? _____

What did he pray about? _____

6. On page 157, it says “Nehemiah told them the whole truth. Their lives were a mess and they were living in subjection to an enemy who wanted to destroy them.” Are there any areas in your life where this is true? _____ If so, what are they? _____

What do you need to do about them? _____

7. Nehemiah also told them why the work would succeed. What did he say? _____

8. The people responded with hope and said, “Let us rise up and build.” You have also heard some good news that should encourage you. Tell me, among the scripture passages listed on pages 158-159, which mean the most to you right now? _____

9. Take Nehemiah 2:20 personally. What does it mean when you tell Satan that he has no heritage or right or memorial in you anymore? _____

Are there any areas in your life where you need to remove the “memorials” of your past life? _____
If so, what should you do about them? _____

Beyond Addictions

Free to Live a New Life In Christ



Continuing the Work of Jesus Christ

Assignment 13

Name: _____

1. How did Sanballat respond to the work that the Lord was doing in Jerusalem?

2. How does this relate to the enemy's response to the work that God has been doing in your life while you have been involved in this course? _____

3. How did Nehemiah respond to Sanballat's attacks? _____

4. Have you ever allowed the ridicule of the enemy to discourage you? _____

If so, did the ridicule and discouragement continue to take place? _____

What does this tell you about the tactics of the enemy? _____

5. What does it mean to "have a mind to work"? _____

How does this relate to the last lesson on self-discipline? _____

6. How can confusion lead you back into sin? _____

7. How did Nehemiah respond to the enemy's attempt to confuse the workers? _____

Tell me what you should do to set a watch against the enemy day and night? _____

8. At one point, you see the people of Israel experience a little temporary failure in their work.
What happened? _____

Explain how applying Hebrews 12:1-2 will enable you to avoid the trouble that they faced. _____

9. In the past you may have thought that you were the only one affected by your negative decisions.
That wasn't true then and it isn't true now. How will those closest to you be affected by your
positive decisions? _____

How does this motivate you to continue walking with the Lord? _____

10. How can you prepare for spiritual attacks that may come in the normal course of your day?

Beyond Addictions

Free to Live a New Life In Christ



Completing the Good Work He has Begun In You

Assignment 14

Name: _____

1. After facing opposition from Sanballat and the other enemies of Israel, the people of Jerusalem almost destroyed the work that God was doing in their city. What happened? _____

Have you ever experienced a time when selfishness almost destroyed the work that the Lord was doing in your life? _____ If so, how? _____

2. There are blessings in serving, in looking out for the needs of others rather than being concerned about ourselves first. Can you think of some scripture passages that encourage you to think of others rather than yourself or to seek to serve rather than seeking to be served? _____

3. Sanballat and his followers tried an interesting approach to draw Nehemiah away from the work that he was doing in Jerusalem. What did he do? _____

How can you apply this to your own life? _____

4. How should you respond to accusations regarding your past? _____

5. How was Nehemiah protected from the false counsel of the priest? _____

How can you be sure that the counsel you are given is godly? _____

6. What is necessary for you to continue building on the foundation that God is establishing in your life? _____

7. Compromise is a killer. Can you identify any areas of your life in which you need to be especially on guard against compromise? _____

8. We need to have a regular heart cleansing to be sure that we are not compromising our faith in Jesus Christ, to be sure that we are not allowing thoughts and activities back into our life that can lead us back into sin. How can you search your heart in order to be sure that you are not already compromising your faith in Jesus? _____

Beyond Addictions

Free to Live a New Life In Christ



Putting It All To Work

Assignment 15

Name: _____

Congratulations! You stuck with us to the end of the course. You have finished well. We have a little more work to do in order for you to put it all to work.

1. You recall from Lesson #1, the importance of being transformed by the renewal of your mind. What are you doing differently to be sure that you continue to be changed by renovating the way you think? _____

2. Read James 1:14-15. How does this relate to your old problems with addiction? _____

You cannot prevent Satan from tempting but what can you do to keep him from leading you into sin?

3. Addiction is idolatry. How does this Biblical truth help you to recognize and address problems before they grow into idolatrous addictions? _____

4. How does growing closer to Jesus keep you free from addiction? _____

5. It is much easier to be free from addiction when you are abiding in Jesus. What can you do daily to continue abiding in Him? _____

6. How does applying II Corinthians 5:17 keep you free from addictions? _____

7. Practicing forgiveness keeps us free from bitterness and removes a hook that the enemy can use to lure us back into sin. How can you put Ephesians 4:32 to work in your life? _____

8. Just like Sanballat attacked Jerusalem, Satan attacks you once you commit to live for Jesus. So you need to make it clear that Satan has no inheritance or right or memorial in your life anymore. Has the Lord been speaking to you about anything that you need to part with (old habits, possessions or relationships) in order to be free from the temptations of the enemy? _____

9. What motivates you to be sure that you do not give in to compromise in your relationship with Jesus? _____

But, beloved, we are confident of better things concerning you, yes, things that accompany salvation, though we speak in this manner. For God is not unjust to forget your work and labor of love which you have shown toward His name, in that you have ministered to the saints, and do minister. And we desire that each one of you show the same diligence to the full assurance of hope until the end, that you do not become sluggish, but imitate those who through faith and patience inherit the promises.

Hebrews 6:9-12

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Hebrews 12:1-2

Continue growing in your faith.

Separate yourself unto Jesus and He will separate you from addiction.