

# OLD MAN NEW MAN T.V.

EQUIPPING MEN FOR THIS LIFE AND BEYOND

## **Old Man New Man – Hooked/Addictions**

*“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.” 2 Corinthians 10:4*

Pastor Labrador introduces this session with the story of a boy in a land far away who, in the process of proving his manhood, picks up a snake that ends up biting him. As the snake slithers away it says to the boy: “You knew exactly what I was when you picked me up.” This is a sad story that is often repeated in the lives of many men. Many fall into addictions believing at first that they can handle it. This problem is going to take a special wrench and God has such a tool. Let’s start the conversation.

1. Go around your group and talk briefly about the person who is your favorite sports-star. Why do you admire this individual?
2. Addictions need to be confronted and deal with. However, in today’s society most sinful behavior is excused, reasoned away, or excused to a degree that makes people think “there’s nothing wrong.” Talk about addictions that have been labeled as “good and harmless” addictions. Why are they really harmful?
  - a. For example; a man has become addicted to gambling and his family is suffering neglect. His wife is now carrying family burdens alone. However, when she talks to her friends they tell her his addiction isn’t anything to worry about. They reason that he could be doing drugs or something worse. What’s really going on? Why?
3. According to Omar Miranda anything could become an addiction, even things we consider good [i.e. exercise]. He added that addiction is a way to escape reality.
  - a. How is an addiction an escape?
  - b. What rewards does it bring during the escape and what consequences follow?
4. Read 1 Corinthians 10:23 and discuss with the group the implication of Paul’s instruction in context with our discussion.
5. Addictions usually take over the will of the individual and people feel helpless. God offers victory in the Bible.
  - a. Read 2 Timothy 1:7. If the members in the group have different Bible versions try to compare them.
  - b. How does this text give hope to you?
6. One of the keys to success in dealing with addiction is highlighted in the discussion. It’s accountability. Here are a couple of suggestions to develop trust and support within your group:

- a. Get the group involved in a few social events, like bowling, hiking, or even taking up a service project for the men to do together. This activity will help the group bond.
- b. As friendships develop; work on starting “Armor of God” support teams. This is where two men agree to pray for each other during the week and meet once a week for prayer.
- c. A result of these activities will be significant friendships that support and encourage each other for spiritual growth.

*“As iron sharpens iron, so a man sharpens the countenance of his friend.”* Proverbs 27:17. There’s nothing wrong with men seeking a counselor. The Holy Spirit works through many people, sometimes a trusted friend can be used by God to help us through our issues.

Friends are very important. Choosing the right friend is important. Seek friendships that prosper and grow. If you want to be successful, find successful men to talk to and to model. To be free of addictions seek men who have had victory over the same or similar issues.

Once hooked, it's never easy to quit. But if you've already suffered from the negative consequences of an addiction and don't want it to get any worse, there's never been a better time to quit than right now.

The Bible says in 2 Corinthians 10:4 that the weapons of our warfare are not carnal but mighty in God for pulling down strongholds and bringing every thought into captivity to the obedience of Christ.

To remain strong against an addiction

1. Stop thinking about people, places, and things you used with.
2. Stop glamorizing your past use.
3. Be truthful.
4. Don’t hang out with old friends that have the same addictions.
5. Don’t fantasize about using. This is critical for victory.
6. Don’t think about relapsing or plan your relapse around other people’s schedule.
7. Get help from a mental health professional, a counselor, a friend or an addictions group.

Jesus tells us in Luke 4:18 that he came to set at liberty those that are oppressed. He also said that if the Son shall set you free, you shall be free indeed.

As a group; Pray that God would set you free from all chains and addictions.

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