

“Reversing Addiction Consequences”

John 8:31-36

Introduction

In John chapter 8:31-36, Jesus is addressing a group of people who did not know they were slaves. While they may have not been slaves in the natural, Jesus points out that anyone who sins is a slave to that sin. (John 8:34) We too become slaves to sin through the various additions like, gambling, pornography, drugs, sex and alcohol to name a few. These addictions are called strongholds within the spiritual realm. A stronghold is when someone feels trapped by their sin and can't seem to get loose, no matter how hard they try. It is important to understand where addictions come from, why they matter, and how to get over them. If an addiction doesn't affect you personally, it almost certainly affects someone in your circle of family or friends.

Jesus didn't leave the people without an exit plan to avoid slavery; He explains to them that it is the truth of God's Word that will set them free. (John 8:31) God's Word has the power to uproot something that has been stuck. His Word alone can help us conquer the sin that is amplified in our lives. The root of a stronghold is sin and sin is a spiritual issue. If we do not attack sin in the spiritual realm we are not attacking the root cause of our problem. Many of us attempt to fix our spiritual issues in the flesh yet this will not work. It's possible, we devise our own solutions to breaking strongholds like addictions, because going to God's Word first seems too simple. However, as we learn to abide in the truth of His Word, we will find that truth weakens the hold of sin.

So how can we seek freedom from addiction through abiding in the truth of God's Word? We cannot merely read it and know it factually; we abide in it by reciting it, thinking about it, praying through it, living it and seeking accountability for it. As we go deeper and deeper, the Word will become a tool to uproot the cause of any crisis a person may have. There are people who don't want to get rid of their sin; they may say they want a solution when they really just want the sin. It's only when we truly want to avoid the damage sin does – when we truly come to hate the sin – that we will get serious enough to seek God in order to break the fortress of strongholds in our lives.

Getting Started

1. What has been the most impactful truth you have learned so far in the “U-Turn” series? How have you applied that truth to your life?
2. How does this week's message affect your understanding of the causes and cures of addiction?

Let's Get Personal

1. Is there a friend or family member in your life that is struggling with an addiction? What do you think they need to know
2. from today's sermon?
3. Have you found deliverance from an addiction or stronghold in the past? How did God break the cycle of sin for you? What did abiding in God's truth look like in your personal situation?
4. James 5:16 says, “Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.” Are you willing to take a step in the right direction and share what addictions or strongholds you are struggling with now?

Take the Next Step

1. What practical steps can you take after hearing today's message that will help you deal with strongholds in your life?
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2. Want to go deeper? Take time to look at the follow passages: Romans 6:-1-23; Matthew 16:21-26; 2 Corinthians 1:1-6 ; Galatians 5:16-24; Romans 8: 1-13; Hebrews 4:12.

Renew Your Mind

“But I say, walk by the Spirit, and you will not carry out the desire of the flesh.” Galatians 5:16
