

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

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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).

GOING FURTHER - Resources

Recommended Book: (Available from @ the Porch or CCC Library)

Moving Mountains (by John Eldredge) Only when we realize that prayer is not just asking God to do something, but a partnership, will we begin to pray more effectively and with power. You'll also discover more about different types of prayer--from the intimacy of listening prayer, and inner-healing prayer to prayers of intervention, consecration and warfare. Your prayer life and your world will never be the same.

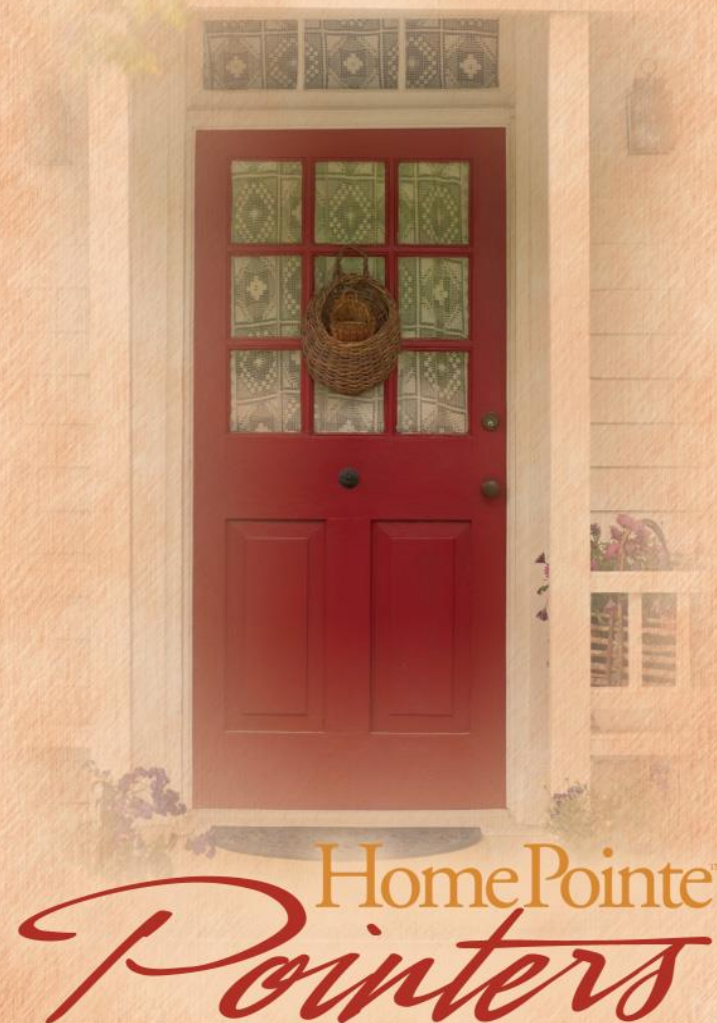
A Hunger for Healing (by J. Keith Miller) is helpful to those dealing with addictive behaviors in themselves or someone they love.

When Someone You Love Abuses Drugs or Alcohol (by Cecil Murphey) *Addiction*. It's a trial we're never ready to encounter. We can't believe that a loved one would make such a life-altering mistake by entering into the dark world of drug or alcohol addiction. When people we love are struggling, we struggle as well. Sometimes we wish that we could fix their lives for them. But we also forget to care for our own needs, both physically and spiritually, during these difficult times. Cecil Murphey offers spiritual encouragement for people whose loved ones suffer from drug or alcohol addiction. These daily readings will help you focus on God in the midst of your trials.

GOING FURTHER – CCC Support

If you would like to talk more with someone about an addiction, please contact the church office at 765-395-3361 for a list of Christian Counselors in the area.

Addiction Issues



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