

B E N E A T H T H E S U R F A C E

ADDICTION || CONVERSATION GUIDE

Jonathan Hetterly

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Sermon Recap:

This weekend, we were joined by Licensed Clinical Mental Health Counselor, Jonathan Hetterly. He brought a weighty and important message on overcoming our addictions through Christ. When we acknowledge our addictions and understand the truth of God's Word, we can break the vicious cycle and strongholds addictions create. We don't have to remain slaves to our addictions, and no matter our pasts, God offers us His redemptive love and promises to restore our deepest mistakes, pains, and traumas. By leaning into uncomfortable emotions, pursuing recovery over abstinence, abiding in Christ, and committing to community, we can begin to heal. We don't have to do this alone. We were made to walk in community, and we are children of a faithful God who helps His kids.

Discussion Questions:

Upward

- Read Romans 12:1-2. God cares more about our heart transformation than He cares about our behavior. How does this truth free you from your addictions or idols?
- When we abide in Christ, we can break the vicious cycle of addiction. How does abiding change our hearts and priorities? How can you abide in Him this week?

Inward

- Addictions aren't only limited to alcohol, drugs, or gambling. Sometimes, we can become addicted to something that isn't bad in and of itself, such as social media, Netflix, attention, or spending money. Do you see overindulgence or addiction in your own life? Remember that this is a safe place to share your heart and fears. If you don't feel comfortable sharing in the group, consider journaling your thoughts.
- What does pursuing recovery over abstinence look like in your own life and story?

Outward

- When we lean into community, we learn that we aren't expected to navigate difficulties alone. Do you feel you have solid community to encourage and challenge you? If not, pray for God to bring you Christ following friends.
- Read Proverbs 18:1. One of the most detrimental things we can do is isolate ourselves. Why do you think that is? Who can you encourage that may seem isolated?

Prayer:

Father, You are the only thing worthy of our attention or praise. You are the God who sees, who cares, and who invites us into Your redemptive story. Help us break free from our addictions and learn to abide in You. When it seems too weighty to release, help us surrender it all to You. You are faithful to meet us in our weaknesses and display Your unending strength. In Jesus' name, amen.

Soul Tattoo:

Choose to branch out and be in community on your journey to overcome addiction.