

Beneath the Surface

Addictions

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Consumption → Overindulgence → Addiction

Understanding Addiction

1. When our ' _____ ' leads to ' _____ '
Our ' _____ ' becomes our ' _____ '

2. When ' _____ ' becomes ' _____ '
Our ' _____ ' becomes ' _____ '

3. When ' _____ ' leads to more ' _____ '
Our ' _____ ' leads to ' _____ '

4. When ' _____ ' leads to ' _____ '
Our attachment becomes ' _____ '

Proverbs 18:1 NKJV

How to Break the Vicious Cycle of Addiction

1. Lean into Uncomfortable _____
Choose to be vulnerable

2. Pursue 'Recovery' over 'Abstinence' (Romans 12:1-2 CSB)
Be _____!

3. _____ in Christ
You Are Not Alone - Don't Go It Alone! (John 15:4-5 ESV; Psalm 25:3 NIV)

4. Branch Out
Be in _____ (Romans 18:1 NKJV; Romans 12:1-2 CSB)

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

Action Step: Sign up for our Emotionally Healthy Spirituality short-term groups.
If you need immediate Care assistance, please email us at Care@TransformationChurch.tc