






	The Battle Within: Pursuing Emotional Health - Addictions
 <b>BIG IDEA</b>	Even in the midst of challenges - Jesus is at work
 <b>ICE BREAKER</b>	What is one of your favorite “guilty” pleasures? ( Food, Favorite TV Show)
 <b>MAIN POINTS</b>	<ul style="list-style-type: none"> <li>● Addiction is anything that grips your life</li> <li>● The Biblical word for addiction is stronghold</li> <li>● You are only as sick as the secrets you keep.</li> <li>● You give power to what you hide</li> <li>● Confession is the beginning of healing</li> <li>● The cure for addiction is connection</li> <li>● You may not struggle with addiction but chances are someone else’s addiction has profoundly affected you</li> </ul>
 <b>DISCUSS</b>	<ol style="list-style-type: none"> <li>1. What has been a consistent source of strength for you in difficult times</li> <li>2. Discuss Romans 7:15-20 Paul says “For what I want to do I do not do , but what I hate I do”- Can you relate to Paul’s struggle? What are some compulsive behaviors or habits have you struggled to to break?</li> <li>3. Did your family have “secrets” ? How did that effect you ?</li> <li>4. Had you ever thought of addictions in the light of a stronghold? How has that changed how you think about addiction?</li> <li>5. How can bringing your struggles to the light-sharing them with God and a trusted groups-help you break free from addictions/strongholds?</li> </ol>
 <b>NEXT STEP</b>	If the cure to addiction is connection, how can you create more connections with other people? If you or someone you love is struggling with a Hurt, Hang-up or Habit encourage them to attend Celebrate Recovery
 <b>SCRIPTURE</b>	<p>Hebrews 13:8- “Jesus Christ is the same yesterday and today and forever”</p> <p>1 John 1:9 “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness ”</p> <p>Romans 7:21-25 So I find this law at work: Although I want to do good, evil is right there with me. 22 For in my inner being I delight in God’s law; 23 but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. 24 What a wretched man I am! Who will rescue me from this body that is subject to death? 25 Thanks be to God, who delivers me through Jesus Christ our Lord!</p>
	

NEXT WEEK  
SNEAK  
PEAK

Join us next week as we continue a series called The Battle Within: Pursuing Emotional Health. Come join us and bring a friend!

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Questions or Feedback? Email [Groups@CentralAZ.com](mailto:Groups@CentralAZ.com)