

## **GOING FURTHER – Resources**

*It should be noted that Calvary Chapel Chino Hills does not necessarily agree or endorse any particular site or book and the entirety of its content.*

### **Recommended Books:**

*Available from the CCCH Bookstore*

***A Hunger for Healing*** by J. Keith Miller

Is helpful to those dealing with addictive behaviors in themselves or someone they love.

***Every Man's Battle*** by Steven Arterburn

In this compassionate brother-to-brother guide, Arterburn and Stoeker tackle this serious problem head-on, offering a practical battle plan for men, married or single, who desire to live by God's standard. (This book also available for young men, single men, women, single women and young women)

### **Recommended Websites:**

**Newlife.com:** You can find helpful information regarding any addiction issue, especially sexual addiction and the destruction it causes in marriage and families.

**Focusonthefamily.com:** Click on "Life Challenges," then "see more life challenges," then "Abuse & Addiction"

### **Other Resources:**

#### **Drug & Alcohol problems**

Calvary Chapel Chino Valley – Lion Tamers  
909.464.8255

#### **U-Turn for Christ**

[www.uturnforchrist.com](http://www.uturnforchrist.com)

951.943.7097

Go to [www.athomecalvary.org](http://www.athomecalvary.org) for more information and resources.

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# Addiction Issues



@Home  
*Pointers*

## Addressing Addiction in the Family

*from Pastor George Sasso, CCCH Marriage & Family Ministry  
with Kurt Bruner, The Center for Strong Families*

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**

Sex addictions counselor Rob Jackson tells families that the addictive behaviors they see are just the tip of the iceberg. Efforts to modify behavior might seem effective in the short-term, but can re-appear or show up in a different sort of compulsion if underlying issues are not addressed.

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).