

Lesson 2

IS ADDICTION A SIN OR A DISEASE?

If we confess our sins, He is faithful and just to forgive us our sins
and to cleanse us from all unrighteousness
(1 John 1:9).

Today, our world is filled with many differing opinions concerning addiction. The most popular thinking is that those who are addicted to something have a “disease” or are “born that way.” Contrary to what people think, an addiction is a choice.

1. Write Romans 6:16.

First, let’s define the words **addiction** and **sin**.

Addiction: An addiction is a constant dependence on a substance or practice that is beyond voluntary control.

Sin: The original translation of the word sin means to miss the mark. The mark, in this case, is God’s standard of perfection. In other words, when we sin, we are missing God’s very best for you and me.

GOD’S WAY OR MAN’S WAY

God warns us about the wisdom and philosophy of man.

2. Write Colossians 2:8.

3. Write 1 Corinthians 2:5.

When we believe the philosophy that addiction is a disease, or that it is just the way we are, we minimize the need for personal responsibility or change. It also conveys hopelessness—once an addict, always an addict. This belief is contrary to what the Bible says.

4. Write 1 John 1:9-10.

True repentance involves a commitment to discontinue to sin. We wouldn’t genuinely be confessing our sins to God if we planned to commit them again, only wanting temporary forgiveness. When I sincerely confess my sin, God is faithful to cleanse me from sin. God’s Word instructs us on how to live a life that pleases God.

There is no question that we have cravings and urges, but behaviors can be overcome. Even when withdrawal symptoms occur, a person still has to make a choice: to give in to temptation or to endure through the temptation.

Do you believe that God can help someone overcome addiction? Or have you concluded that those who have addictive or compulsive behaviors desperately want to stop but cannot?

ONE STEP: COME TO JESUS AND ADMIT YOUR SIN

First, I must realize that I am a sinner by nature.

5. Write 1 John 1:8.

For God to help me, I must admit I need help. I need to acknowledge my sin is not God's best for me and that I need God to help me choose His plan instead of continuing in my sin.

6. Write Romans 5:12.

As descendants of Adam, we inherited a sin nature. He sinned first, and we followed suit, and now we are prone to sin. And because of sin, death spread to all men. Not only physical death, but also spiritual death. And death to God's perfect plan for our lives.

7. Write 1 John 2:1-2.

Even as it took only one man to pollute the gene pool, so it would take only one Man to make it right. Sin and death spread through the first Adam, but forgiveness and life spread through Jesus Christ. His righteous act of sacrifice brought the gift of forgiveness to all who will trust in Him. We are related to Adam, but we also have the opportunity to be related to Christ. One Man makes all the difference in the world.

When it says that Jesus Christ is the "propitiation" for our sins, that means He took the blame. Christ removes our sins. In Him, we are forgiven and purified.

No one is beyond forgiveness, despite what they have done. If a person turns from his/her sin, receives Christ's forgiveness, and commits his/her life to Jesus, that person will be saved.

8. Write 1 John 4:9-10.

Having a relationship with Jesus will help us abstain from sinning. Jesus will help us from relapsing into sin. Take time now to sincerely pray and ask Jesus to help you with sin.

9. Write a prayer to God for help.