



We are beginning a series that has touched every person and family either directly or indirectly.

It is a battle that is going on in the minds of people that succumbs them to the control of drugs and alcohol.

To be addicted to these substances is a dangerous game which many people are playing, yet,

No one ever set out intentionally to play it.

Most could say, "It wasn't my intention."

The things we do that have negative consequences, for the most part, it wasn't our intention to get:

- Lung cancer from smoking
- Obesity from over-eating
- Financial ruin from over-spending
- Pregnant from illicit sex

But the reality is, it happens.

But please know this.

This is not a series of judgment or condemnation, but if you or someone you know is in this battle, it would be good for them to be here for this series.

God tells us in His Word:

**Col 2:6** *Therefore as you have received Christ Jesus the Lord, so walk in Him,*

This is a daily walk, lifestyle.

**v.7** *having been firmly rooted* (you have a foundation)

*and now being built up in Him* (you are growing)

*and established in your faith, (stable) just as you were instructed, and overflowing with gratitude.* (thankful)

Now;

look at these steps:

1. You have a foundation
2. You are growing in Christ
3. You are stable in Him

4. You are thankful

Because of this:

**v.8** *See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ.*

“captive” to carry off as spoil

Far too often, what the world says is acceptable is actually sinful and destructive.

It is like a vacuum cleaner that will suck you up if you don't hang onto God.

Look at the things that are glamorized:



- Illicit sex

Until sexual disease or pregnancy



- Social drinking

Until addiction or car accident



- Drug use; prescription and Illegal

Until overdose and death



- Homosexuality

Until depression, disease, suicide or worse.

The world has its own agenda and it is contrary, no, more than contrary, it is at war with God. Therefore, it is at war with you.

Why do people succumb to substance abuse?

Various reasons:

1. A disordered family (out of order)

Perhaps a single parent or abusive family

A need to escape the emotional hardship.

That's why Paul could write;

**Eph 6:1** *Children, obey your parents in the Lord, for this is right.*

**v.2** *HONOR YOUR FATHER AND MOTHER (which is the first commandment with a promise),*

**v.3** *SO THAT IT MAY BE WELL WITH YOU, AND THAT YOU MAY LIVE LONG ON THE EARTH.*

**v.4** *Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.*

Though it is no guarantee children will not fall into some type of substance abuse, parents must set the example by providing a secure and loving relationship with their children.

2. To ease physical pain.

Some people cannot find relief in medications prescribed by their doctor so they abuse those medications.

3. Lack of self-esteem

Read Ps 139:17 *How precious also are Your thoughts to me, O God! How vast is the sum of them!*

**v.18** *If I should count them, they would outnumber the sand. When I awake, I am still with You.*

4. Peer pressure

Everyone needs to be accepted, to fit in.

Remember how bad it felt if you were the last one to be picked to be on the team? I do!

People feel "left out" if they do not participate with the crowd.

I Cor 15:33 *Do not be deceived: "Bad company corrupts good morals."*

Another reason people succumb to substance abuse:

5. Experimentation (curiosity)

Because the world glamorizes sin, we are easily lured into it, like Eve was in the Garden.

She just had to try it!

The serpent made her curious.

Gen 3:5 *For God knows that in the day you eat from it your eyes will be opened, and you will be like God, knowing good and evil."*

What is it like to "be like God?"

6. Cultural influence (the world)

## The Battle Of Drugs And Alcohol

The Media, TV commercials, music and entertainment all promote alcohol and drug abuse. Oh, it doesn't appear that way but that is where it leads.

*Pr 4:23 Watch over your heart with all diligence, For from it flow the springs of life.*

*Pr 22:5 Thorns and snares are in the way of the perverse; He who guards himself will be far from them.*

*Pr 28:26 He who trusts in his own heart is a fool, But he who walks wisely will be delivered.*

I saw a commercial of a young man buying a bottle of whiskey and he brought it home to drink with his mother!

I think an athlete who has made millions of dollars in his sport, one of the lowest things can do is make a beer commercial.

What is he saying to his fans, to the young people who idolize him, who want to be like him, who buy his jersey?

*Rom 12:2 Do not be conformed to this world...*

### 7. Parental substance abuse

Substance abuse can be a family matter in that the children follow in the footsteps of their parents.

Smoking is a good example. And of course drinking follows.

How many parents have died from liver disease from drinking that didn't have to?

And the children are right there to follow.

*Ps 132:12 "If your sons will keep My covenant And My testimony which I will teach them, Their sons also shall sit upon your throne forever."*

Family health is generational.

### 8. Lack of moral and spiritual values draw people into this type of abuse.

There is no moral compass because they have a spiritual void, and emptiness.

All of these reasons beg the question;

"Where do I stand with Jesus Christ?"

## The Battle Of Drugs And Alcohol

We hear a lot of preaching about believing in God but we need to take it farther. We need to love God.

If you do not love Him, you will love something else.

*Mk 12:30 YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND, AND WITH ALL YOUR STRENGTH.'*

These factors are not the cause of drug abuse. It is the choices people make that lead to the abuse.

But a love relationship with God will give one the strength to make good decisions. When you know God loves you and you love Him back, it adds more worth and value to your life as you see it.

You then do not want to do anything to jeopardize that wonderful relationship.

Some people have an addictive personality. Whatever they do, they overdo it. This is from a lack of self-control. It is an undisciplined life. And it doesn't just show up with drugs and alcohol. Other examples are:

- Over-eating
- Shopping
- Gambling
- Promiscuity
- Hobbies

Some of these addictions can be hidden and that makes them even worse as they go undetected and therefore, unresolved.

We must realize they are false gods and turn toward the One, True God who loves you and wants His best for you.

For discussion:

Consider the 8 potential causes for drug and alcohol abuse:

1. A disordered family (out of order)
2. To ease physical pain.
3. Lack of self-esteem
4. Peer pressure
5. Experimentation (curiosity)
6. Cultural influence (the world)
7. Parental substance abuse

8. Lack of moral and spiritual values

If you are using this book in a group, without judging, exposing or condemning anyone, talk about if or how any of these have been in your past.

If you are using this book alone, write down some of those experiences to help you identify your history.

Pray and ask God to forgive you and those who may have negatively affected you.

*NEXT TIME*

“The Physical Effects Of Drug And Alcohol Abuse”